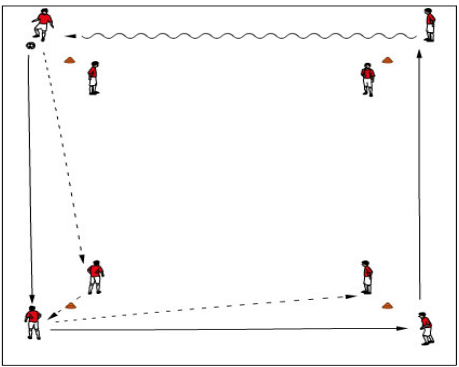
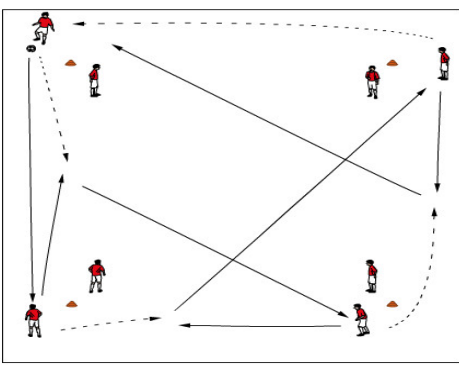
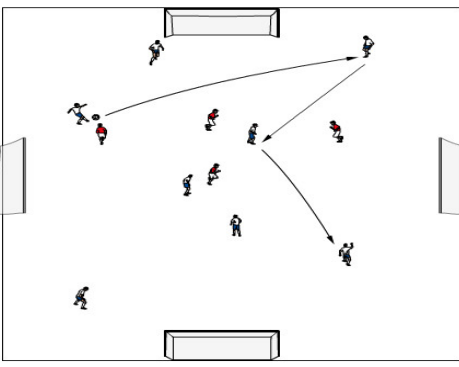
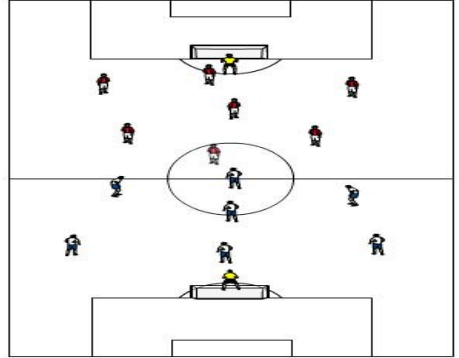


Okanagan Whitecaps FC Coaching Session Planner (Technical Session)

Coaches Name	David Broadhurst	Session Topic	Passing and Receiving		
Date Produced	May 6 <sup>th</sup> 2009		Time available	2 hours	
Organization		Diagram		Coaching Points	
<p>15 x 15 yd box.</p> <p>X1 passes to X2 and swops places with X3. X2 passes to X4 and swops with X5. X4 passes to X6 and swops with X7. X6 dribbles to the start. Repeat sequence.</p> <p>Encourage players to receive using inside and outside of foot.</p>				<p>Inside of foot to play the pass.</p> <p>Push through the middle of ball.</p> <p>Accuracy and weight of pass.</p> <p>First touch out of feet to set up pass.</p> <p>On toes ready to receive.</p>	
<p>Players rotate the same as drill one.</p> <p>X1 passes to X2 who lays it back and X1 plays diagonal pass to X4. X4 lays back to X2 who plays diagonal pass to X6. X6 lays it back to X4 who plays diagonal ball to X8. Repeat sequence.</p>				<p>Repeat previous coaching points.</p> <p>Scan picture, be aware of where the ball is.</p> <p>Timing of pass, timing run.</p> <p>Change direction so that players use both feet to pass.</p>	
<p>Possession drill taking place in a 30 x 30 yard area with four goals.</p> <p>8 v 3, 3 defenders.</p> <p>Team must make 5 passes to score a goal.</p> <p>If defenders win ball they are allowed to score in goals.</p>				<p>Repeat previous coaching points.</p> <p>Emphasis now on first touch and the need to take a touch away from the defender.</p> <p>Relax when defenders are far away, move ball quicker when defenders are close.</p>	
<p>Small Sided Game (SSG)</p> <p>7v7 or 8v8</p>				<p>Continue to reinforce and repeat all previous coaching points.</p>	