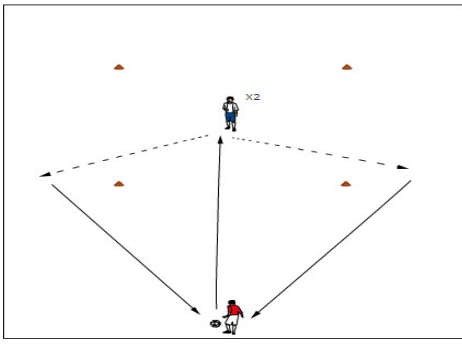
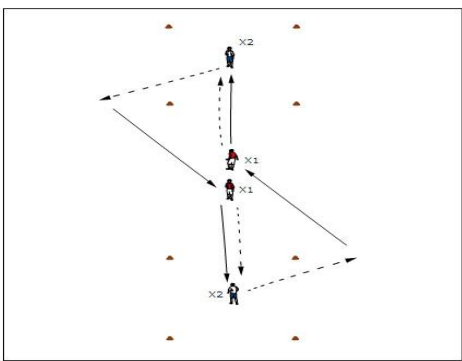
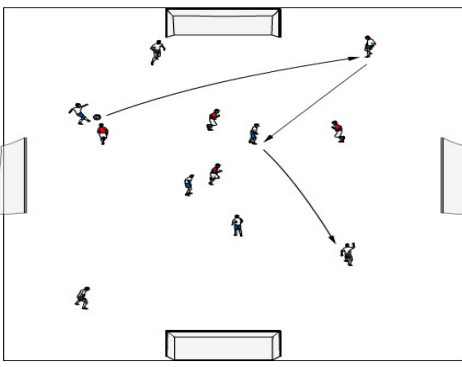
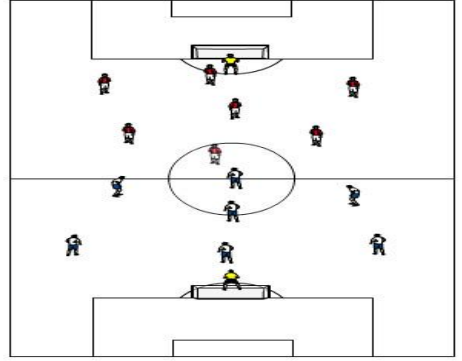


Okanagan Whitecaps FC Coaching Session Planner (Technical Session)

Coaches Name	David Broadhurst	Session Topic	Passing and Receiving		
Date Produced			Time available	1 hr 15 mins	
Organization		Diagram		Coaching Points	
<p>6 x 6 box with player inside. Another player stands 10 yards away.</p> <p>X1 passes to X2. X2 moves ball out of box and passes back to X1.</p> <p>Encourage player to work inside and outside of foot to receive.</p> <p>Progress to have player receive outside of box.</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>Two boxes set opposite each other.</p> <p>X1 passes and applies pressure. X2 moves ball away from defender and passes to opposite X1. Process repeated on other side.</p> <p>Players rotate places.</p>				<p>Repeat previous coaching points.</p> <p>First touch away from defender but on a forward angle so that pass can be played forward on second touch.</p> <p>Defender applies passive pressure.</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>	