

SPORTS & GAMES · GRADES 2–4

Football — Passing & Receiving

45-minute lesson plan

Lesson at a glance

Time	45 minutes
Equipment	1 football per pair, cones (12+), bibs/colored bands
Space	Hall, playground or pitch
Learning aim	Pass with accuracy using the inside of the foot. Receive with the sole or inside.
Group size	Up to 30 — works in pairs and small groups

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog around the area, weaving between cones. On a whistle, change direction. On two whistles, sprint to the nearest cone and back.</p>	<p>Drill 1 — Pass to a partner (10 min)</p> <p>In pairs, 3m apart. Inside-of-foot passes back and forth. Coaching points: plant non-kicking foot beside the ball, kick through the middle, follow through. Build to 4m, then 6m apart.</p>
<p>Drill 2 — Pass through the gates (10 min)</p> <p>Set up small 'gates' (2 cones, 1m apart). In pairs, pass through the gate to your partner. Score a point each clean pass. Game to 10.</p>	<p>Drill 3 — Triangle passing (5 min)</p> <p>In groups of 3 — players form a triangle. Pass round the triangle one way for 30 seconds, then change direction.</p>
<p>Game (10 min)</p> <p>Small-sided 4-v-4 games on small pitches. Rule: each goal must come after 3 passes in your team.</p>	<p>Cool-down + reflection (5 min)</p> <p>Walking lap. Then sit in a circle. What's one thing you learned? Pick the best 'pass of the day'.</p>



Coaching points to repeat

- Plant non-kicking foot **BESIDE** the ball, pointing at your target
- Eyes **UP** after the pass — see what's happening next
- Don't snatch at the ball — let it come to you
- Strike with the **INSIDE** of the foot, not the toe
- When receiving — first touch should set you up for the next pass

