### Health and Safety

Check pitch for hazards and make sure the goals are properly anchored.
Do players have shin pads on and laces tied. All jewellery removed, no chewing gum
Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?

### Topic: Short Passing

**Specific Objective:**
We are concerned here with the big picture, helping players to relax and coordinate the movement and balance of their whole body to produce a fluid action. Lots of good demonstrations will help young players obtain a mental image of what they are aiming to achieve.

### Activity: Drill

<table>
<thead>
<tr>
<th>Warm-up</th>
<th>see warm-up resource page</th>
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| Introduction Unopposed technical practice |
| No. 1 “Criss-Cross” |
| Add additional grids to avoid having more than 4 in any line. Don't get sidetracked with coaching first touch, stay focused on the pass. We are trying to achieve a relaxed, balanced and smooth action. Remember to work on both feet. |
| Look at the overall posture and body shape - playing on toes, bent standing leg, arms relaxed, head steady, good follow-through etc. When players get it right ask them to remember what it felt like. |
| 10 mins |

| Skills Practice |
| No. 26 “Vision” |
| Now players will have to look for their passes and pass the ball to moving targets. Move the practice on through progressions according to the ability of the group. Split larger groups into smaller ability based groups with varied levels of challenge. |
| Make sure there is plenty of space for the group to work in to keep the pressure low at this stage. Some players may boot the ball one touch in a panic as soon as a defender is involved. Encourage composure and good technique |
| 15 mins |

| Small-Sided Game |
| Make sure you have a generous size of pitch for the number of players. If you have an odd number, have one player play as neutral to create more passing opportunities for the team in possession. Praise examples of good passing technique and especially where the player gets their head up to observe the person receiving the pass. |
| 20 mins |

| Cool Down |
| Jogging and passing at random with emphasis on good technique. Static stretches. Review today’s coaching points with Q&A and encourage lots of practice before next session |
| 5 mins |

### Review

<table>
<thead>
<tr>
<th>On a scale of 1-5 was the session..</th>
<th>What would you want to change next time?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe?</td>
<td></td>
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<tr>
<td>Effective?</td>
<td></td>
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<tr>
<td>Fun?</td>
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</tbody>
</table>
A simple unopposed practice to improve the push pass and first touch. It allows the coach to work with a number of players in a fairly small area. Encourage players to aim for a high standard. Older players should be able to recognise and correct their own faults. It is essential all our players learn to pass consistently and receive a ball comfortably over short distances. Use this type of practice regularly for short periods at a time.

Organisation

Place four marker discs in cross pattern 10-15yds apart as shown
One football at each of two adjacent cones
Players pass - two touch - to opposite player and then run to disc on their right
Don’t have long queues, split larger groups into more than one grid
Make it competitive - challenge two grids who can play for longest without losing control?

Coaching Points

- Is body language relaxed and balanced?
- “Play on your toes”
- Eye contact and communication
- Accuracy and pace of pass
- Strike through mid-line of ball, keep it down
- Contact with inside of foot - not with toe end
- Follow through in direction of pass
- First touch - withdraw foot on contact
- Get receiving foot off the ground, “soft ankle”
- Move quickly following pass

Development

i Players follow their pass to the same disc - time your pass and run to avoid collisions
ii Players control and/or pass the ball with outside of the foot
iii Players control and/or pass the ball with weaker foot
iv Players are required to pay one touch
v Increase the distance between discs
No. 26 “Vision”

- Possession

Grid Size
20-30yds
Square

To become composed in possession of the ball players need to learn to maintain a mental image of the changing picture. When the ball arrives they already know where the space is and what their options are. This practice will help players develop that awareness. It starts simple and gradually develops to increase the demands on the players. Don’t rush the developments too quickly, use it over a number of sessions.

Organisation

Players spread out around the grid and only move enough to make an angle for a pass
Players are on two touch, ball must keep moving, pass to any player without any opposition at first
Players MUST call loudly the name of the player they are passing to before making the pass
No other player is allowed to call, only the player in possession

Coaching Points

- Players should spread out and use the space
- Constantly be looking around viewing the options
- "See the picture"
- Do players look composed on the ball?
- Move the ball quickly but without being rushed
- “Play with your head up”

Development

i Add an additional ball, more balls may be added depending on size of group
ii Add a defender, any player who makes an error or fails to nominate early enough takes over defending
iii Take defender out go back to one ball and now everybody jogs around changing direction all the time
iv As in (iii) add one or more additional footballs
v Now put a defender back in as in (ii) with everybody on the move
vi Go back to the start again, now players MUST nominate who they will pass to before their first touch
vii Gradually progress again through point i-v with this new restriction
viii All of the above can be developed by splitting group in two, players can only pass to opposite colour
ix All of the above can be played with half or all of the group restricted to one touch

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No. 19 “Invasion”
- Passing
- Possession

A very simple introduction to passing under pressure. This practice can be adjusted to suit the numbers in your group and their level of ability. Have as many or as few grids as you need and either place them together as in the diagram or separate them. Start with low pressure passing practice and encourage good movement off the ball before introducing the contest. Encourage players to look up and see their options.

**Organisation**

Arrange your squad into groups and assign them a grid each
The players in each group should chose a number and begin to pass the ball around in sequence
Get players to move into spaces and use all of their grid
On the coach’s call the players with that number invade the adjacent grid and try to win the ball
The three players who keep their ball the longest win a point
Once all four players have defended give each group a new target grid - keep the scores

**Coaching Points**

- Keep moving within grids and finding new spaces
- Listen for good communication between players
- Are they passing with heads up - eye contact
- When it goes to 3 v 1 are they composed on the ball?
- Make sure the defenders work hard for their team
- Look at supporting movement off the ball
- "Get out of defender’s shadow"
- Are the passes well timed?

**Development**

i Adjust the size of the grids
ii Once a defender succeeds they can return to their grid and support their team-mates

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