

TOPIC: Passing & Movement

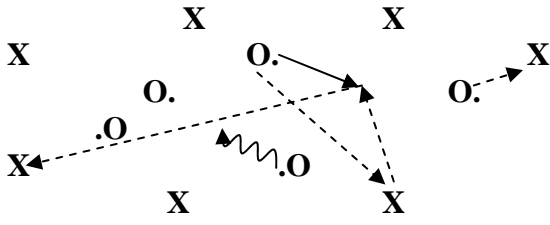
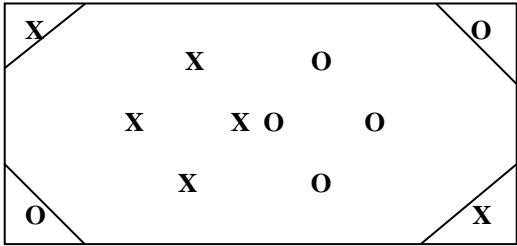
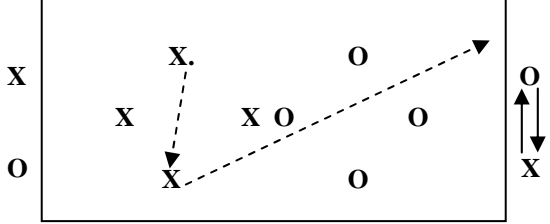
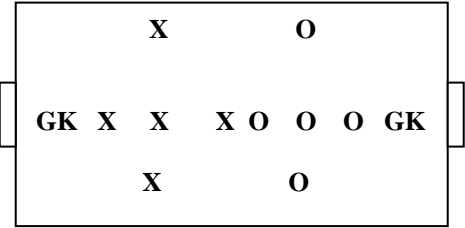
Key:

Running without the ball

Running with the ball

Pass

Coach Name: Ian Barker

<u>WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>Windows (7 out, 5 in)</p> <ul style="list-style-type: none"> • Pass to outside window • Move to receive return pass • Establish 1-2 touch rhythm • Exchange out by takeover or give – n - go 	<ul style="list-style-type: none"> • 1st touch must prepare for the 2nd touch pass • Assess options in advance of receiving a pass • Outside players should pass to space
<p><u>ACTIVITY 2</u></p> 	<ul style="list-style-type: none"> • Play to corner targets • Corner target comes in and inside player goes out on score • Most recently scored at corner can be used for support 	<ul style="list-style-type: none"> • Identify the biggest available playing space • Attack quickly to prevent defense compacting • Targets bring ball into play away from pressure
<p><u>ACTIVITY 3</u></p> 	<ul style="list-style-type: none"> • Play to targets • Targets when their team is in possession may call a “switch” with opposing target to change angle of support • Most recently scored at target can be used for support 	<ul style="list-style-type: none"> • Be aware of passing channels into target • Move in a complimentary way with teammates • Vision must always be as long as possible
<p><u>GAME</u></p> 	<p>6 v 6</p> <ul style="list-style-type: none"> • Goal should be wide and low (e.g. 20’ x 4’) • Kick – ins for restarts 	<ul style="list-style-type: none"> • Keep the ball on the ground • Establish a 1-2 rhythm • Support at angles offering depth, length & width