

Passing sequence warm up (15 mins)

Set Up:

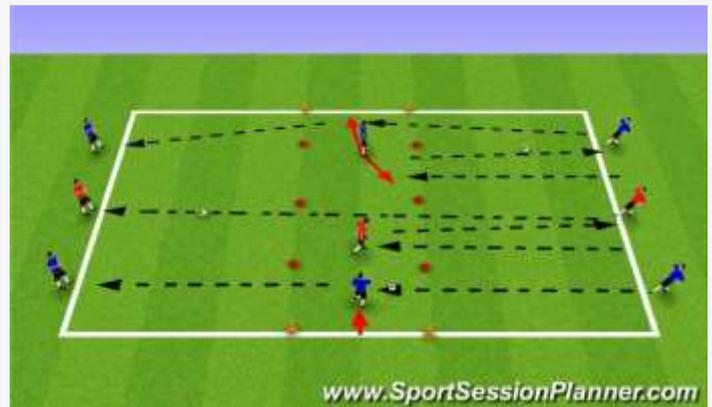
Players in groups of 3; 1 player from each goes into central area
An outside player passes the ball into the central player who receives and controls by:

- Open body to pass to other side after 1 touch control;
- Closed body, play wall pass for passer to play longer ball to opposite player;
- Receiving player decides sequence.

Change number of touches;
Control with different parts of the foot;
Aerial control, (If appropriate)

Coaching Points:

- Receiving, first touch, quality;
- Receivers body shape; open hips to be able to play forward or back
- Movement to receive pass - open space to move into



Square passing (15 mins)

Simple square set up with a player on each
6 passes to 7 who opens out and plays to 10.
10 plays back to 8 who plays to 6.

Focus on simple quality pass and first touch, inc body position before building to more complex.

Check away from cone (defender) to create space

Check shoulder before receiving

Move to the ball to gain possession quicker

Open up body and receive on back foot

play 2 touch. Force high quality pass and receive

Step through pass to continue momentum

Change direction to use opposite foot

P - receive on right foot, play with left.

P2 - 6 plays 7 who plays to 6 who plays to 10 (give and go) 10 then is like 6 and does same sequences with 8 being 7 and 6 being 10

P3 - 6-7-6-7-10 (7 spin off to receive second pass)

Coaching points First

touch out of feet

Weight/power of pass

movement away and to the ball



Pass and mover keep away (15 mins)

Pairs Passing

Set Up: Players are in pairs with a ball. Players start between 5 and

10 yds apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field. Variations:

1. How many passes in 1 min, beat your score
2. How many w/your non-favorite foot,

Add defender(s), repeat #1 & 2.

Coaches can also become defenders.

Coaching Points:

Key Questions: What surface of your foot do you use to make a short pass, a

Long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up.

Long pass use

The laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.



Possession

Set Up-

3 teams of 2 players - 4v2 in large grid - 2 teams together vs 1, team that loses the ball becomes defenders

Have 2 fields running if needs be.

Coaching points

Movement of the ball - Support team mates at all times

Reaction with speed

Solid passes, good technique

Weight of pass

Time and patience on ball - do not panic and just kick

