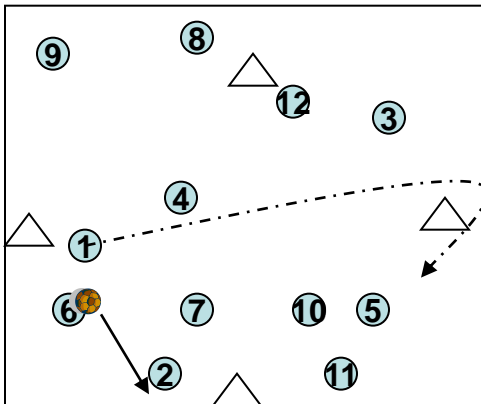




→ Ball
 - - - - Player

Passing and Moving



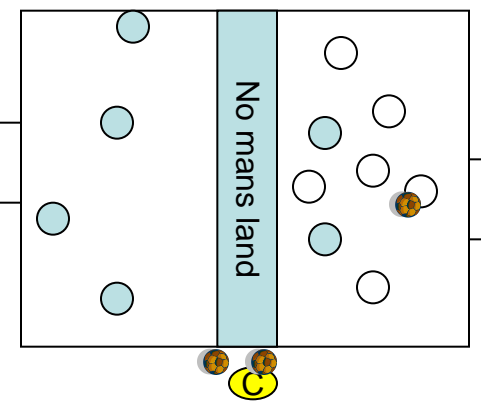
Organization

12 players Inside a 30x30 square
 Players pass in number sequence with the last player passing back to number 1

1. Add another Ball
2. Add a 3rd ball that is dribbled to next player
3. Add 4th ball that is thrown to next player
4. After players pass the ball they run around the furthest cone

Coaching Points

- Communication
- Movement off the ball—move to the ball as your pass is one number away
- Getting into line of flight
- Selection of surface
- Soft controlling surface
- Accuracy/ pace of pass
- Leading pass —lead to team mates next pass
- Control out of feet

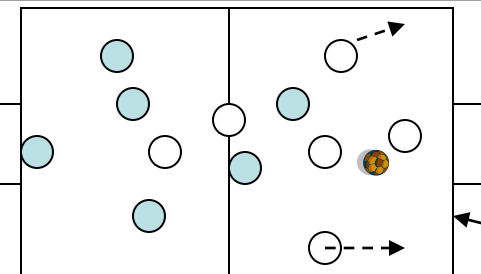


30x40 divided with a 5x30 yard no mans land
 2 Teams of 6
 Attacking team scores by completing 5 passes
 Defending team sends 2 players. If ball goes out coach serves to opposite team

- Area 30x40 Full field with 2 five yard goals – Teams get a team shape of 1 forward 1 midfielder and 3 defenders plus a GK.

Teams score by either putting 5 passes together in their own half or scoring in opposing goal

- Movement off the ball
- Pass & support pass
- Angle of support
- Accuracy/ pace of pass
- Speed of play
- Disguise of pass
- Line of Flight
- Team Shape
- Awareness of Team mates
- Awareness of pressure
- Speed of play



Final Game 6v6
 Free play
 If ball goes out start with a free pass in

White team looks to possess ball in defensive third and draw in Blue defenders