

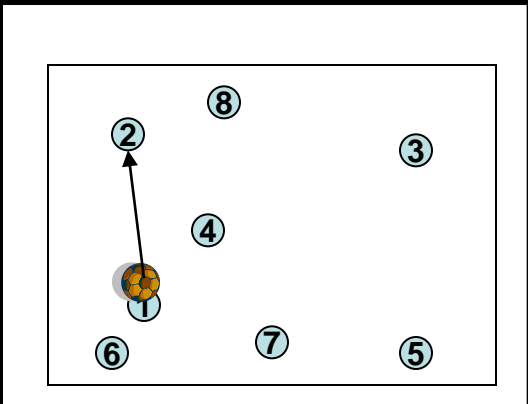


Master Coach Session



————→ Ball
 - - - - -> Player

Passing and Receiving



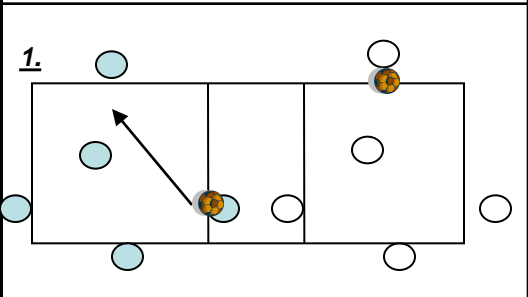
Organization

Inside a 20x20 yard square In groups 8 with all players numbered 1 through 8
 Players pass in sequence with player number 8 passing back to number 1

1. Add additional balls on success
2. Limit Players to two touches

Coaching Points

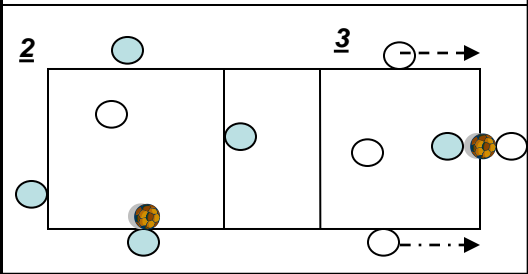
- Communication
- Movement off the ball
- Getting into line of flight
- Selection of surface
- Soft controlling surface
- Accuracy/ pace of pass



Two teams of five- (add in coaches)- 1 ball per team in a 15x10 yd area

1. Teams pass through their shape (unopposed)
 - Center player randomly changes with out side players as the ball moves
 - Limit touches for player/group (3-2 touches)

- Leading pass – weight/angle
- Control out of feet



2. Teams send across a defender creating 4v1

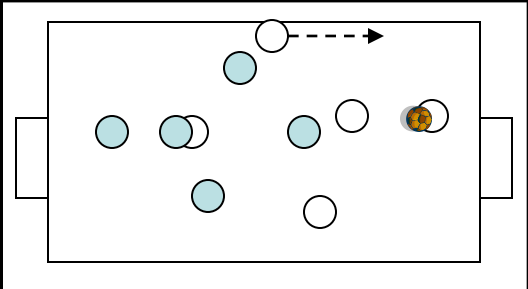
five passes = 1 goal

Defenders score by the dribbling ball out of square

3. Add in one attacker inside the area – (3+1v1)

Movement off the ball

- Angle/distance of support
- Accuracy/ pace of pass
- Speed of play
- Disguise of pass



4v4 plus goalkeeper Area 30x20 with 5 yard goals

Two -three touch to begin with

All restarts are a free pass in

- Team Shape
- Awareness of Team mates
- Awareness of pressure
- Speed of play