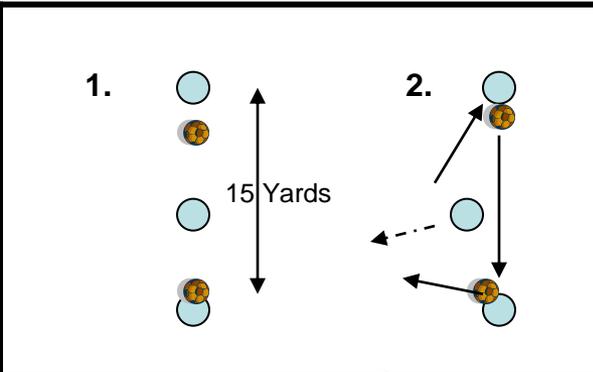


Passing for Possession



Objective: To improve the players ability to make and support a pass



Organization

In groups of 3 with 2 balls at each end
End players are 15 yards apart

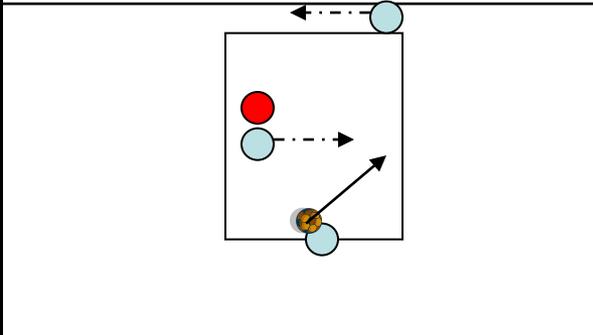
1. Middle players alternate which side they receive a pass from
2. When Centre player receives at an angle end players pass

Coaching Points

- Communication – ask for ball
- Ready to receive- On toes
- Selection of surface- receive with foot the ball comes to
- Quality of pass- Strike in middle, lock ankle

Position of non kicking foot- pointing at target

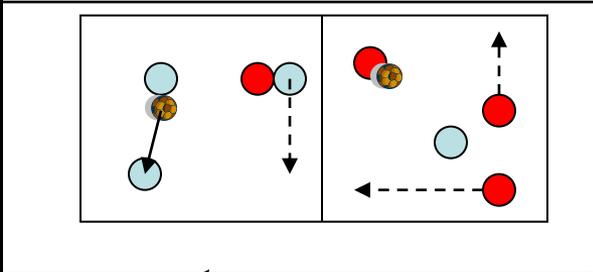
- Open Body shape- Middle player receives sideways on allowing a receive and pass without turning
- Pass to the furthest foot- This also allows middle player to receive and pass across efficiently



Area 15x10 yard area 1 ball 3v1
2 players in middle with 2 on the outside
One player is defender. If defender passes to targets then the last attacker to touch the ball becomes the new defender
Team scores 1 point for every 5 passes

- Off the ball movement- Coach movement to get open for a pass. Attacking players should try to create two passing options

Recognition of pressure – Who is the most open player



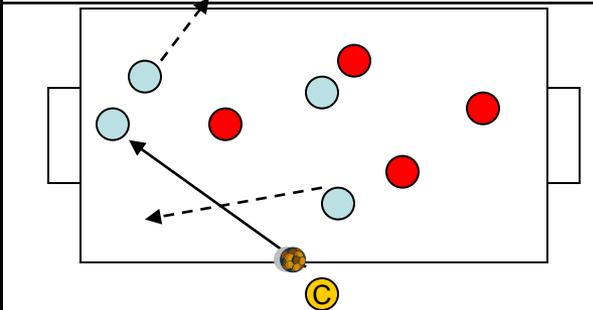
Area 30x20 Two teams of 4 with a ball each
Games are 2 minutes long and teams try to get as many passes together as they can without the ball going out of bounds. If the ball does go out the count starts from 0

Team Shape- Acknowledge/correct teams ability to cover as much of the area

Decision making – Coach the players ability to recognize to pass hold the ball to draw in defender

Decision Making- Coach the teams awareness of when to go forward based on numbers

Speed of play – Acknowledge/coach speed of support



Final Game 30x20 4v4
Starting (trigger) points
If ball goes out of bounds restart with a pass:
1. To defender closest to their own goal
2. To forward with his back to opponents goal