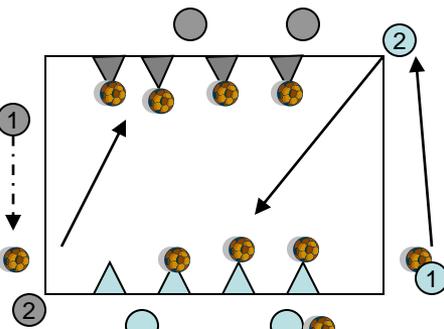
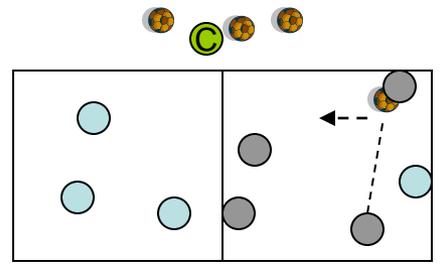


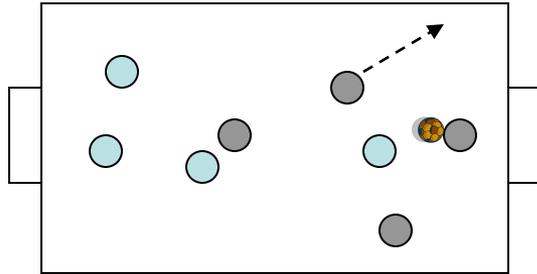
Passing

	<p align="center"><u>Organization</u></p> <p>In pairs with one ball players passing</p> <p>Using –Inside then outside of foot</p> <p>Add in challenges of</p> <ol style="list-style-type: none"> 1.Increased distance 2.Passing 1st time (1 touch) 3. Players switching after each pass 	<p align="center"><u>Coaching points</u></p> <ul style="list-style-type: none"> •Lock Ankle –To give the pass pace •Non kicking foot- Pointing at target •Kicking foot- following through to target •Kicking foot after kick going back not across to prepare for next pass and balance <p>Readiness to receive –on toes –Heels up ready to react to pass</p>
<p align="center">Introduction</p>  <p align="center">Repetition</p>	<p>Two teams on the outside of a 15 yard square each with 1 ball</p> <p>Teams stand in front of 4 balls on cones</p> <p>Player 1 passes to player 2 and follows</p> <p>On receiving the ball player 2 tries to knock a ball off a cone</p> <p>When a ball is knocked down it can be used to get the others</p>	<ul style="list-style-type: none"> •Emphasize technical points •Coach in the flow- instead of stopping the activity help individuals who are having difficulties •Focus on control in an increased pressure environment
 <p align="center">Game related</p>	<p>Area 30 x15 yards Two teams each in a half trying to get as many passes as possible</p> <p>1 defender (add more on success)</p> <p>If ball goes out coach passes to other team. If defender passes across team starts on 5 passes –encourages transition</p>	<ul style="list-style-type: none"> •Movement off the ball •Angle of support –must be at an angle that that allows a clear pass •Timing- passing quickly when defender is near and slowly or not at all when defender is away



→ Ball movement
 - - - -> Player movement

Passing



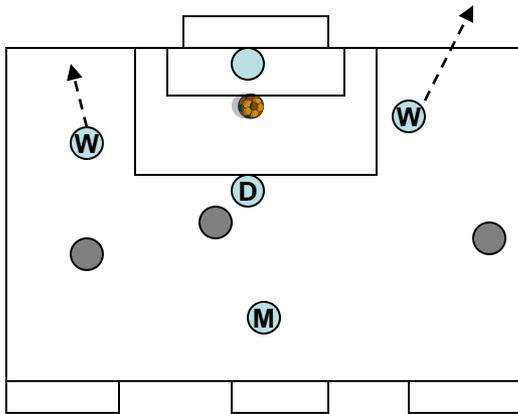
Final Game

Organization

Area 20 yards x 30 yards
 1 ball 4v4
 Pass the ball in for all restarts
 Allow players 1st pass free
 Play two touch

Coaching points

- Establish team shape- teams should have a triangle shape (3) or a diamond shape (4)
- Look to pass forward 1st
- Communication
- 1st touch away from pressure
- Open body shape



Final Game

Functional - Technique in relation to the real game
 Area half game field
 Team ● scores in single goal
 Team ○ Dribbles through wide or passes through central goal
 Center counter goal in this specific game is the forward in the real game
 Team ○ plays 1 defender 1 midfielder and 2 wide players
 Team ● starts with 1 forward & 1 mid
 Coach starts practice by

- Passing to Goalkeeper
- Passing behind the defender
- Passing to the other team

- Team Shape
- Communication
- Off ball movement- The wide players make a diamond off the central players
- 1st look- look to pass through the central goal 1st
- Recognition of pressure – Can the ○ team recognize whether to attack the wide or center goal
- Open Body shape – The players need to be on the half turn in preparation to play in all three directions
- Speed of play – attack quickly