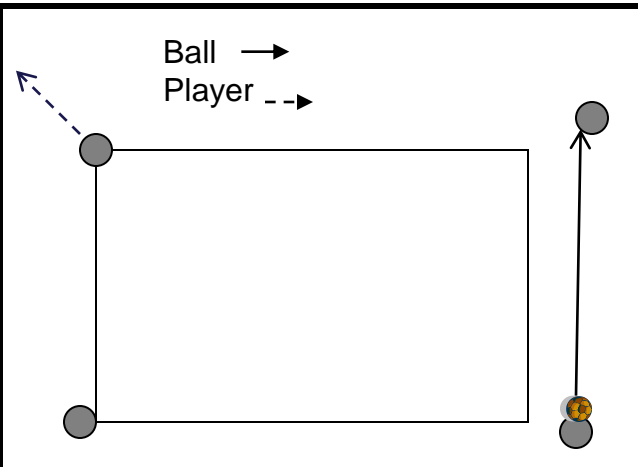




Passing and support



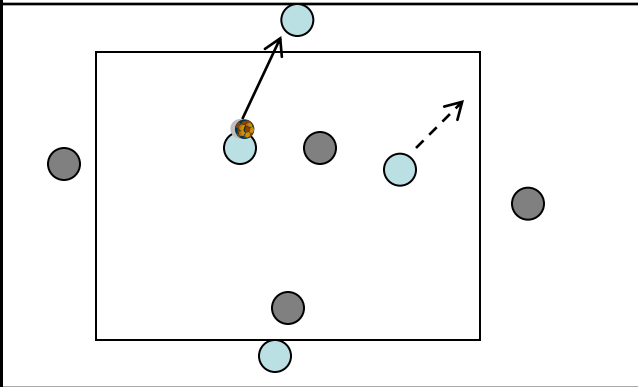
Organization

Area 15 yard square in groups of four one ball

1. Players try to pass the ball around the outside of the square as quickly as possible
2. After the ball has been passed one way switch directions
3. If players pass to front foot the ball changes direction. If passed to the back foot the ball continues in the same direction

Coaching Points

- Communication
- Check away from the cone as ball travels to player that passes to player
- Accuracy/ pace of pass
- Open body
- Passing to Back foot



20x20 2v2 with 4 target players

Team 1 has targets North and south

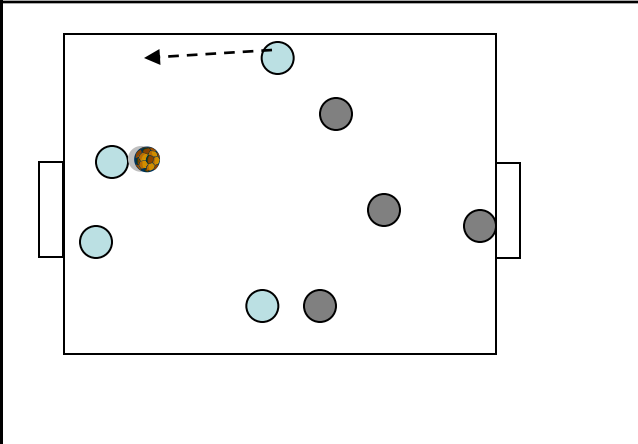
Team 2 has targets East and West

Players score by getting the ball to their target/s

Players can score at the same target

Teams score 2 points if target passes to target

- Angle/distance of support
- Awareness of target
- Can you score
- Off Ball movement
- Team Shape
- Speed of play



30x40 4v4 closest player to goal becomes Goalkeeper

When 1 team is attacking the defending team must have a goalkeeper making the game 3v4

Coach starts the game by passing to

Goalkeeper

Forward

Wide players passing back to goalkeeper

- Team shape
- Move as the ball moves
- Can you penetrate with shot / pass/dribble
- Can you create a passing lane