

EDUCATE - CONNECT - INSPIRE



**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**

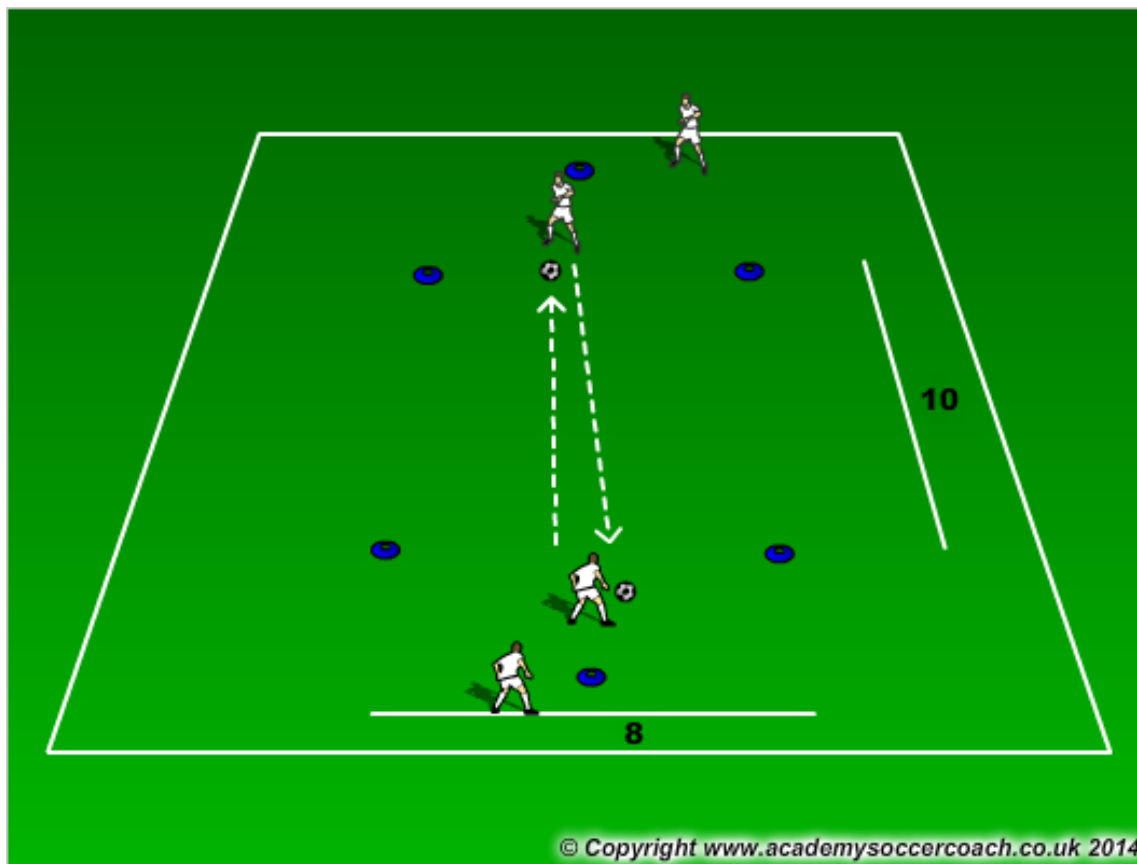


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Session Five: Passing & Control



BAYERN MUNICH: PHASE 1



Area: 10 x 8 Hexagon

Description: Players pass 1 ball back and forwards over 10 yards

1. Pass and back pedal around cone with partner stepping in for next pass

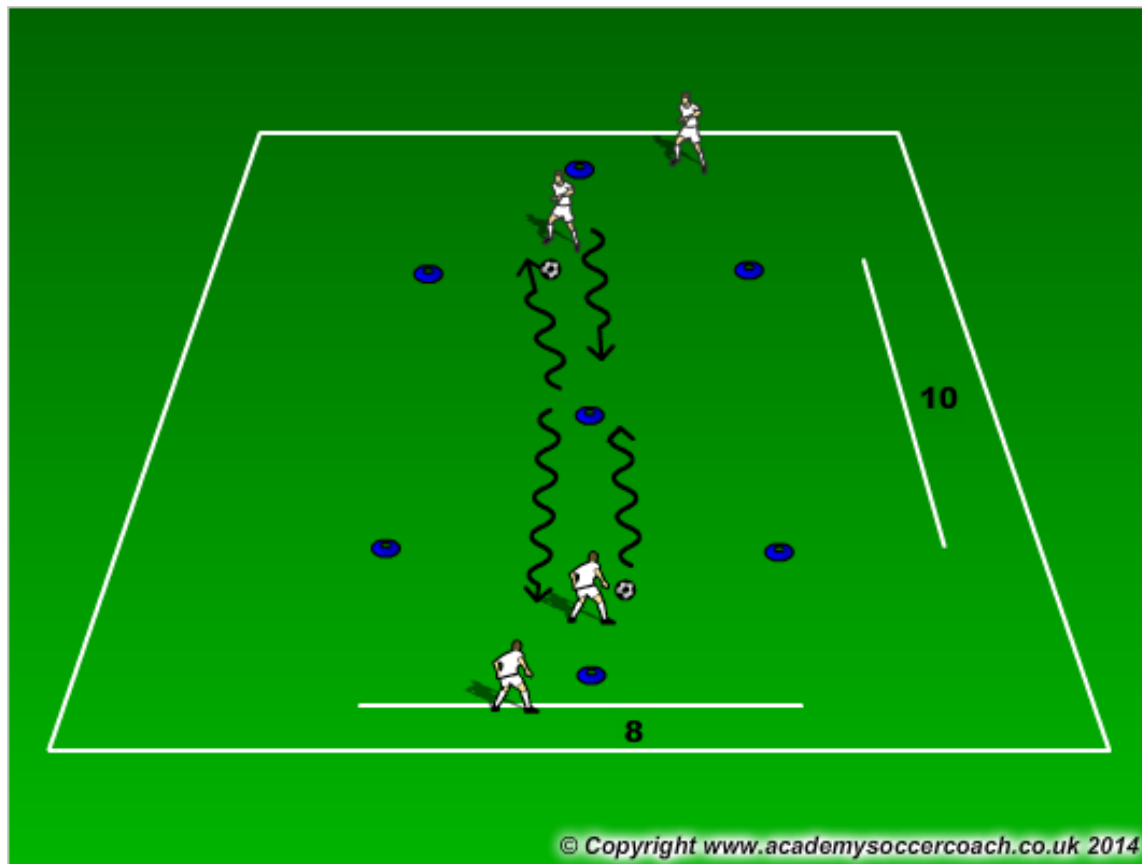
Coaching Points: Self preparation, strike center of ball with center of foot, don't land striking foot

Progressions

- Pass and take 1st touch behind cone to right or left and connect pass
- Pass and take 1st touch in front of cone to left or right (use all surfaces of foot)
- Pass and attack cone with first touch and then use pull push behind and pass back
- Same as above with any COD move
- Pass and have partner set ball for you (quick set and pass, switching roles) RACE to 20 passes

Lots of different options for progressions working on 1st touch and passing

BAYERN MUNICH: PHASE 2



Area: 10 x 8 Hexagon

Description: In 4 players perform different Ball mastery sequences in to the center cone

1 Double touches into the cone and play to next player waiting

2 Double touches with a figure 8 around to the blue discs on the way back

(lots of variations within this , set up for ball mastery and COD moves)

BAYERN MUNICH: 3 VS 3 + 3 NEUTRALS



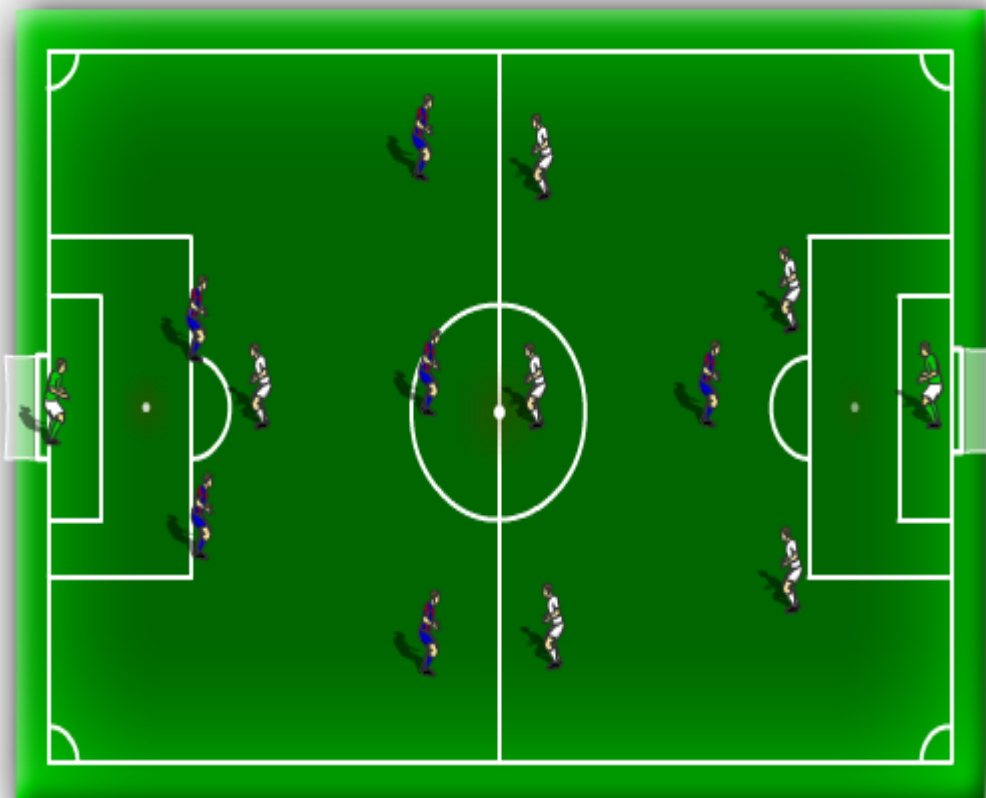
Area: 25 x 25 Grid

Description: 3 teams of 3 players. Two teams in the area playing against each other with the other team as neutral players. Neutral players have 1 player in the area and 2 players as targets on the outside of the area. Players attempt to combine passes from one side of the area to the other using neutral players.

Coaching Points: Speed of the pass is very important. Move the ball quickly with short, sharp passes. Once the ball is played to the outside targets move wide to create space for a return pass. Use the inside neutral player to link up the play.

Progression: Reduce the number of touches. Add additional outside targets.

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Add passing conditions; Set number of passes for a point/goal, set number of passes before you can shoot etc