

Passing 2

OBJECTIVE: To improve the teams ability to pass and retain possession

TEAM TACTICAL PRINCIPLES: Spread out, Create passing options, Create diagonals

WHAT Improve the players ability to retain possession

WHEN: When we have possession of the ball

WHERE: offensive-third, middle-third, defensive-third

WHO: All players

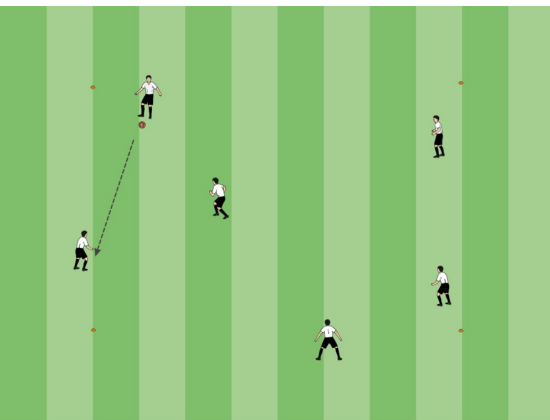
WHY: To be able to move the ball up the field as a team

David Brown

AGE: U10 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

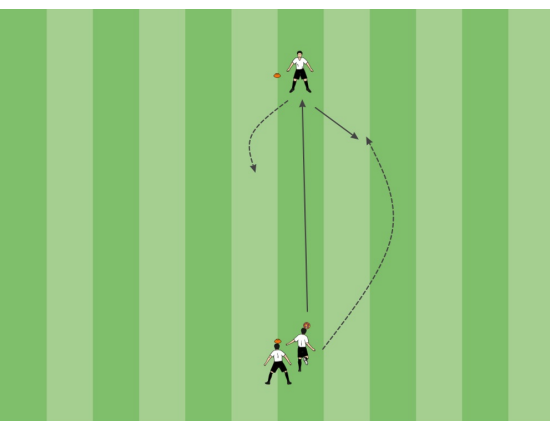


Passing Rondo

EXERCISE RULES: Either a 4v1, 5v1 or a 4v2, dependent on the players level

FOCUS TEAM OBJECTIVE: Improve the players ability to pass and move to keep possession

NOTES: How do we avoid getting in the middle? How do we move to help a team mate out? How do we stand on the outside of the rondo? Pass to open players. Move to an open passing lane in an open position to see as much of the area as possible



Three Person Passing Patterns and Practice

EXERCISE RULES: In groups of three, the players will perform various combinations to improve their technique. Players will: Pass & Follow, Give & Go, Overlap, Wall Pass, Step Over Pass. Can make races to increase intensity

FOCUS TEAM OBJECTIVE: To improve the players passing technique in a variety of combinations

NOTES: Keep toe up to lock ankle. Non kicking foot plants next to the ball for balance. Follow through to target. Create angle when receiving pass to not receive the ball in the same line



Transfer Game

EXERCISE RULES: Split into three teams. Defending team starts in the blue zone. One defender goes in to the area where the ball is to apply pressure to attackers. Attackers aim to keep the ball, and pass the ball to through the blue zone to the other attacking team when there is space to do so. Increase the number of defenders if too easy for players.

FOCUS TEAM OBJECTIVE: To improve the speed of passing and to create space to receive passes

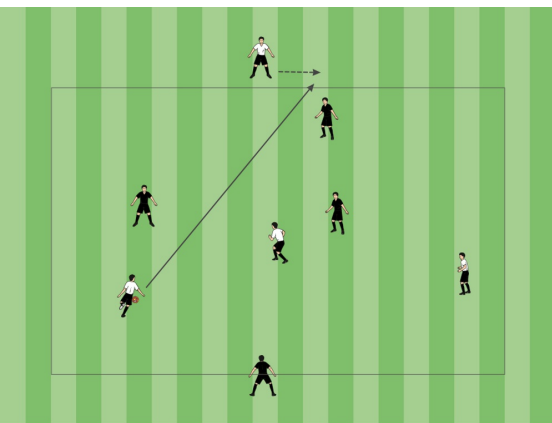
NOTES: Width and Depth in positioning to receive the ball in a different line to team mates. Head up and communicate to see passing options

Target Player Game

EXERCISE RULES: Place teams into groups of at least 4. More if needed because of numbers. Each team is trying to score at their target player at the end of the field. Rotate target player every 4 minutes

FOCUS TEAM OBJECTIVE: To create passing angles to receive a pass and break lines in defence

NOTES: Open Passing Lane. Eyes Up. Communicate How do we create space? How do we communicate? Why do we not want to be in lines? Movement away from defenders. Verbal, body language and eye contact. To break defensive lines and find space between the lines

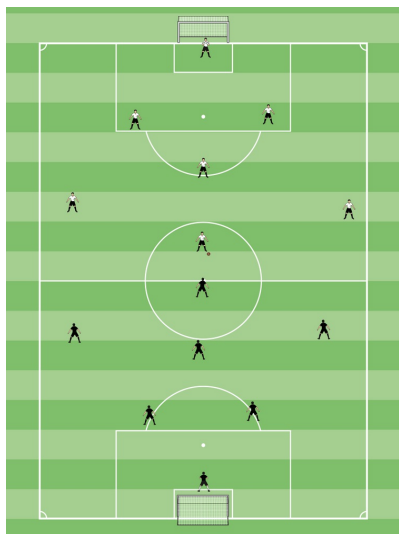


7v7 Scrimmage

EXERCISE RULES: Play a regular 7v7 scrimmage

FOCUS TEAM OBJECTIVE: To practice the learned skill in a game scenario

NOTES:



Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?