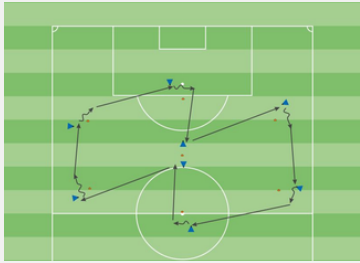


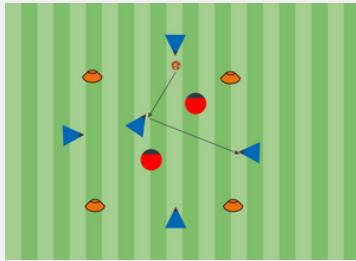
U 1 3 + N o n - G a m e F o r m

N.80 Pattern Passing



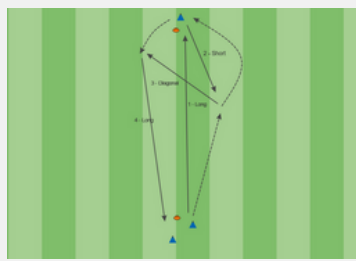
- Functional passing pattern
- Play two touch
 - Play the way you face
- Simulate switching the point of attack without pressure
- Focus on:
 - Communication
 - Quality and pace of pass
 - Quality of receiving
 - Off the ball movements to create a little space

N.81 Rondo



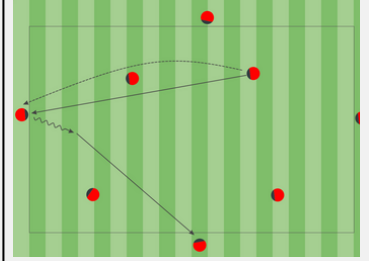
- 10x10
- Usually 4-8 players on outside with two in the middle
- Try to win the ball together
- Identify cues (bad passes, bad touch, head down)
- Focus on forcing towards your partner
- Don't get split!
- You can play to a set number of passes or if pair wins it, they switch out

N.82 1/2 Touch Passes



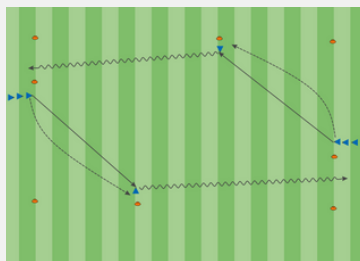
- Groups of 3
- Start with Long, player that plays long checks for a short from player that they played long to. Once they receive the short, they play diagonal back to opposite side to same player that played short. Player that receives diagonal ball plays long to new player opposite and begins again.
- 1-2 touch
- Check shoulder
- Body shape, scanning

N.83 Long Pass



- Full group with half in and half out
- Can use a full half or make smaller
- One ball per 2 players
- Players inside start with a ball
- Play to players on outside, they take 1-2 touches inside and play a long pass
- Focus on driven balls
- Focus on good first touch into space
- Follow pass to go outside to receive a ball

N.84 Functional Pass



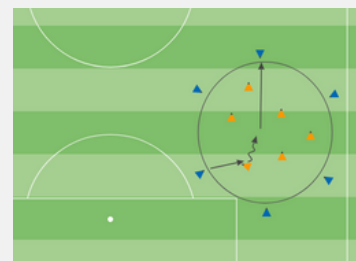
- 15 x 20
- Four lines as shown
- End lines play to back foot with inside of foot
- Outside lines receive with body open, take first touch forward and dribble through gate
- Rotate lines following pass and drbble
- Focus on passing and receiving technique as well as dribbling into space forward through gate

N.85 1v1 Continuous



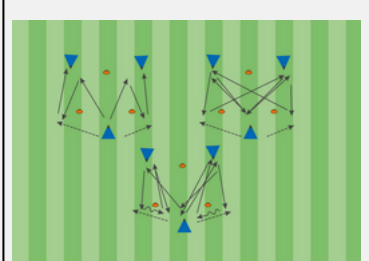
- 15 x 15 - adjust as needed
- Four lines as shown - two teams opposite
- First player dribbles in against one defender, from there it is continuous
- Goal is to pass to teammate on opposite side
- If team scores, defender stays on
- If defender wins it, roles switch
- If attacker kicks it out, they stay and defend against new attacker

N. 86 Turn Circle



- Circular space on area of field that requires some perception of area and how it effects passing, receiving, turning
- Players in middle check to outside players
- Outside players communicate where to turn and play
 - Turn up, back, out, in, etc.
- Rotate after a couple minutes
- Focus on passing/receiving points

N.87 Triangle Passing



- 3 Players, Triangle Setup about 3-4 yards between cones
- Passing combinations as shown.
- See video link for demonstration