

## Technical - Passing & Receiving (20 mins)

**Set Up:** Half the group around the outside. Half in the middle with the ball. Start with basic pass each target. Receive, play back. Dribble through the middle each time you receive the ball back, encouraging change of direction and speed.

**Aim:** Players focusing on switching the ball early and quickly. All players taking responsibility for communication. To try and move the ball as quickly and as accurately as possible from one side of the field to the other.

Progression -

1) Play pass to outside player - they hold onto it at their feet - initial passer runs around the back of them and receives it in front of them (over lap type play)

2) Play pass to outside player - run straight at them encouraging the outside player to take a positive touch wide and away from the on coming player.

**Coaching Points:** Technical Weight of pass. Focusing on target. Inside the foot/ firm ankle. Getting the ball out of your feet once received.

**Tactical:** Run to provide support. Creating angles to receive. Thinking about where to take the ball next.

**Social:** Communication from the outside so the player on the ball knows the options. Communication from the middle once the pass is made.

**Decisions:** Can I switch it quickly? Where can pass to make sure the ball isn't lost? Distance determines weight of pass



## Corner to corner

Set Up:

2 teams

1 player from each team in boxes diagonally from each other (as shown)

Players pass and move on the inside of the area - they need to pass the ball into any team mate in any corner, once they pass the ball they follow their pass and swap positions. Receiving player dribbles out of the box and goes to find a new player.

Neutral player in the middle playing area that will play with what ever team has possession of the ball, creating extra players (an overload) for that team.

Can we create combinations of passes in the middle before taking the ball to one of our box players.

Each successful pass in to a team mate in a box is a point.

Aim:

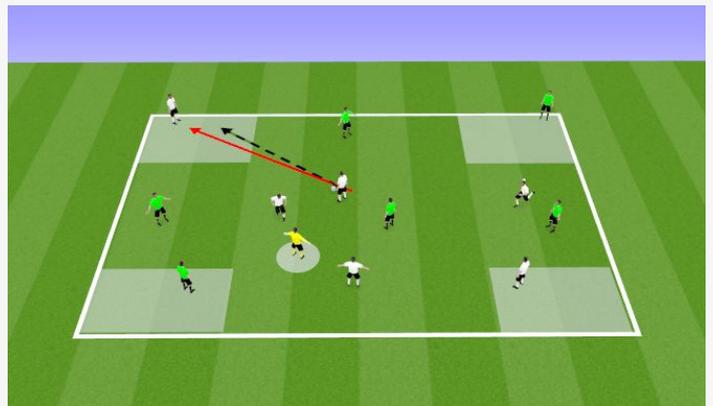
For players to pass under slight pressure and chaos. Movement of players in the boxes to receive the ball and find space

Coaching Points:

Passing technique

Make the area big in possession - Depth and Width - movement off the ball

Communication



## 4v4+2

Set Up:

4+2 v 4

1v1 in each box with two neutral

The playing area is divided into 4 quadrants. 1 player from each team is in these spaces. 1 ball is used in the game.

There are 2 neutral players between the 4 areas, these players can move from space to space, to help who ever has possession of the ball.

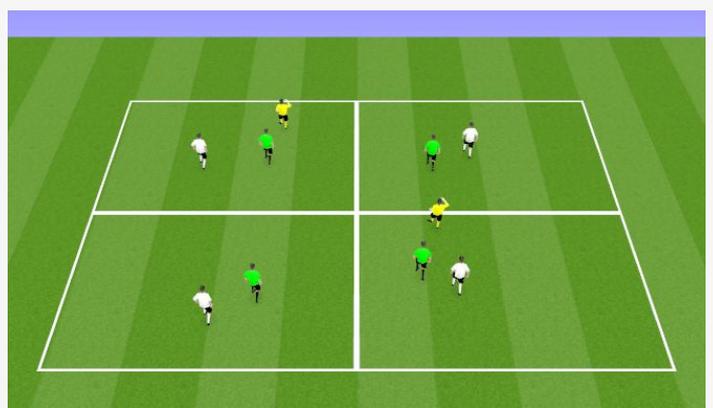
Objective - to keep possession as a team, moving the ball from one quadrant to another. Every successful pass into a new quadrant is a goal/point.

Neutral players can create 2v1s in these spaces, helping the player with the ball

Aim:

Create overloads to maintain possession

Coaching Points:



Communication - talk to help team mates

Passing lanes - dribble the ball into space to find a player moving into space. Do not force it through the defender

Movement off the ball - Standing still will make it easier for a defender to intercept. Move around to be a good passing option for your team mate.

## let them play

Let them play - try to have a neutral player so the teams can still work on overloads. If you have an even number of players, have 2 neutral.

Reiterate what was covered in the session

