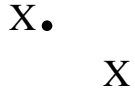
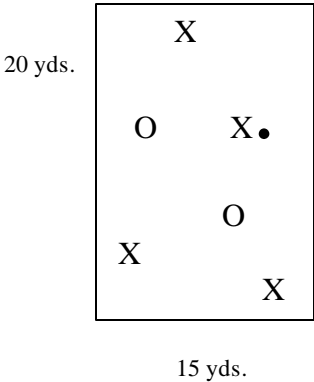
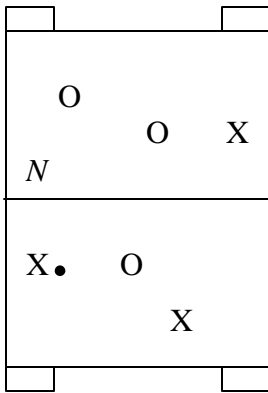
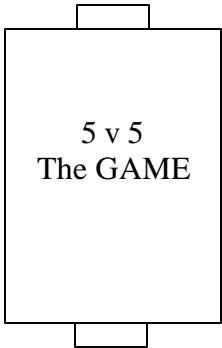


Topic: **Passing**

Organization	Variations	Diagram	Coaching Points
Fundamental			
Technical passing work in pairs, one ball between two. Stretch.	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Two touch. ▪ One touch. ▪ Vary contact surfaces of the foot. ▪ Short and long passing. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy of pass ✓ Speed of pass ✓ Passes to feet and passes to space
Match Related 1			
4 v 2 possession exercise (15 x 20 area or as needed).	<ul style="list-style-type: none"> ▪ Team of 4 scores a goal by splitting the defenders or linking 6 consecutive passes together. ▪ Defending team switches to attack once they successfully win the ball in the field of play or reach a touchline safely. ▪ Limit touches of the attacking team based on ability. 		<ul style="list-style-type: none"> ✓ Accuracy of pass ✓ Weight of pass ✓ Disguise of pass ✓ Timing of release ✓ Correct supporting positions ✓ Body position open to the field of play

Topic: **Passing**

Match Related 2			
<p>3 v 3 + 1 directional passing game (20 x 30 area or as needed)</p>	<ul style="list-style-type: none"> ▪ Team in possession scores by linking 8 consecutive passes together. ▪ Team in possession scores by striking a penetrating pass through the opponent's small goals. ▪ Players must be in the attacking half of the field before scoring. ▪ If necessary, limit the number of touches based on ability. 	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Accuracy and quality of through pass ✓ Speed of play ✓ Disguise of pass to prevent telegraphing ✓ Use of different surfaces of the foot for passing ✓ Supporting positions in advance of ball to create penetration opportunities ✓ General decision making
Match Condition			
<p>4 v 4 with goalkeepers to two large goals (30 x 50 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Maintain length to encourage penetrating passes. ▪ No restrictions. 	<p>50 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> ✓ Correct shape and balance of team ✓ Look for penetrating passes ✓ Selection of pass to feet or space ✓ Keep possession – speed of play ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session