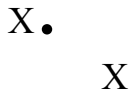
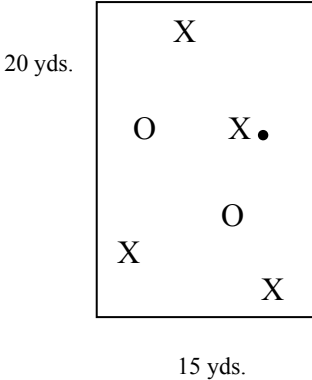
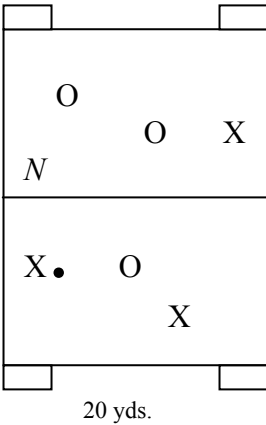
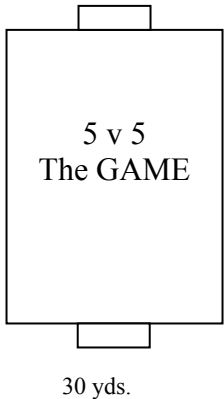


Topic: **Passing**

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

Topic: **Passing**

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