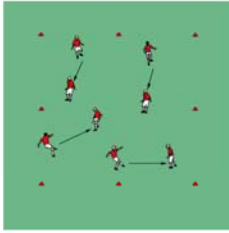




SESSION 2 PASSING AND SUPPORT



Warm Up : Pass and move



Organisation

Set up a 20x20yd grid use 1 ball for every 3 players (e.g. 9 players = 3 balls). Players move about the grid passing and receiving after they have passed one ball they immediately look for another ball. Players use the following techniques.

- Throw to pass, Catch to receive
- Bounce ball to pass, Catch to receive
- Roll ball to pass, Flick up to hands to receive
- Volley to hands
- Passing and receiving using feet

Perform Dynamic Flex at Various intervals

Technique Practice : Fast Feet receiving

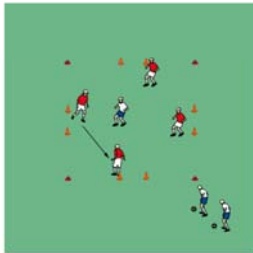


Organisation

Set up a 10x10yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- 1 touch passing
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot

Skill Practice : 4v1, 4v2 Passing and Support



Organisation

Set up a 10x10yd grid with a small goal on each side of the grid (see Diagram), split players into 2 groups of 4 with 1 group as the attackers and the other group as the defenders. The drill starts by the defender passing the ball into the attackers. The attackers attempt to keep possession and prevent the defender from winning the ball. Once the attackers have made 10 passes or the defender wins the ball and scores by passing the ball through one of the small goals a new defender is introduced.

Progression

- 4v2, 4v3

Skill Practice : 2v2 + 2 Passing and support



Organisation

Set up a 20x15yd field with 2 target players (See Diagram) Players play a 2v2 and to score must pass to their assigned target player. The opposing target player can give support behind for the team in possession of the ball.

Small Sided Game U11-U13 : 4v4 5 passes to Shoot



Organisation

Set up a 30x20yd grid with 2 small goals. Player play a 4v4 game and team in possession must make 5 passes before they can shoot on goal

COACHING POINTS

- Spread out create space
- Look to pass forward at every opportunity
- If forward pass is not available pass to keep possession
- Timing, weight and accuracy of the pass
- Quality 1st touch
- Head up observe space, players and ball
- Communicate
- Angles of support
- Support early

Small Sided Game U14-U16 : Passing and Support 5v5 with target players



Organisation

Set up a 50x30yd field. Players play 5v5 game with 2 target players. To score players must pass the ball into their target player. In the defensive 3rd players can use the opposing teams target player as a supporting player.

COACHING POINTS

- Spread out create space
- Timing, weight and accuracy of the pass
- Quality 1st touch
- Head up observe space, players and ball
- Communicate
- Angles of support
- Support early
- Look to pass to the target player early

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the group:

4. **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space, head up.
5. **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
6. **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

1. **When in possession of the ball what direction are we looking to pass the ball 1st?**
Forward.
2. **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.
3. **When playing 4v4 what is are shape?**
DIAMOND