

PASSING AND MOVEMENT SESSIONS

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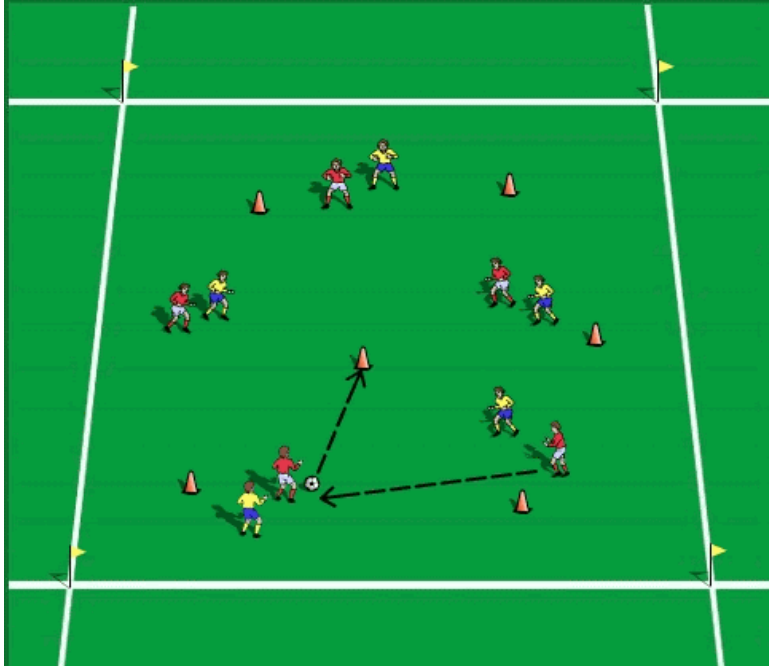
Session 49: Passing And Movement Practices

Session 50: Simple Passing Drills In Fours

Session 51: Two Zone Overload Possession Game Improving The Maintenance Of Possession Through Passing And Support

To Begin: For much younger players we can start with very simple but FUN passing exercises leading onto more serious passing movements.

Session 32: A 4 v 4 Knockout Game



Passing, receiving, dribbling, turning, mobility

Create a 35x35 yard grid. Two teams of 4-6 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid.

Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

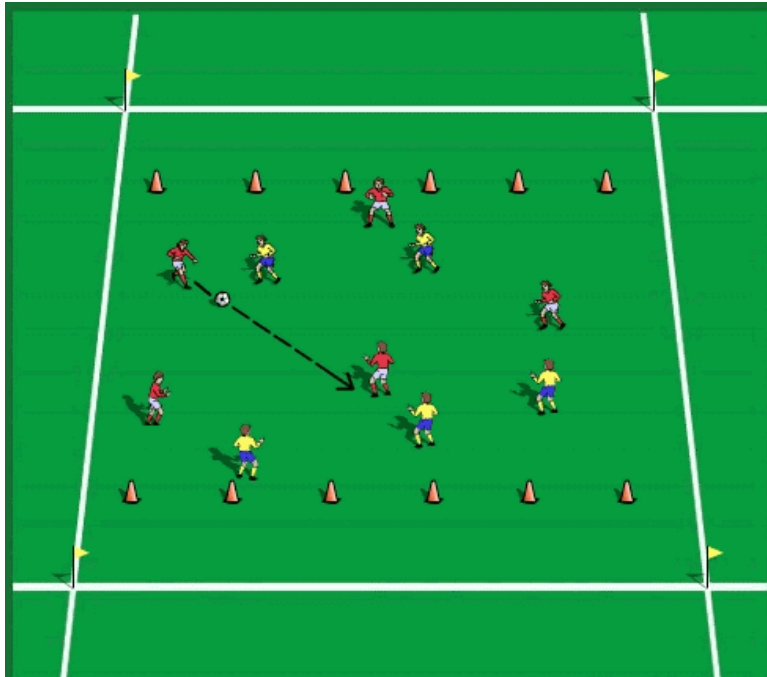
Progression:

1. Limit the number of touches.
2. Decrease the size of the grid.

Coaching Points:

1. Create supporting angles.
2. Use the inside of the foot to pass accurately.
3. Look to combine and play the way you face.

Session 33: Defending The Cones



Passing and dribbling

Create a 40x30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5 and place them in the grid.

Session 34: Team Tag



Passing, receiving, warm up

Create a 44x18 yard grid (penalty box). Position 8-10 attackers, 2 defenders, and two balls inside the grid.

1. The attacking players pass and dribble two balls around the grid. The two defenders must attempt to tag one of the attackers while they are in possession of the ball.
2. If the tag is made, that attacker has been eliminated from the grid and must juggle on the side.
3. Take note how long it takes the two defenders to tag all players. After each game, switch the roles of the players and see how quickly the defenders can get the job done.

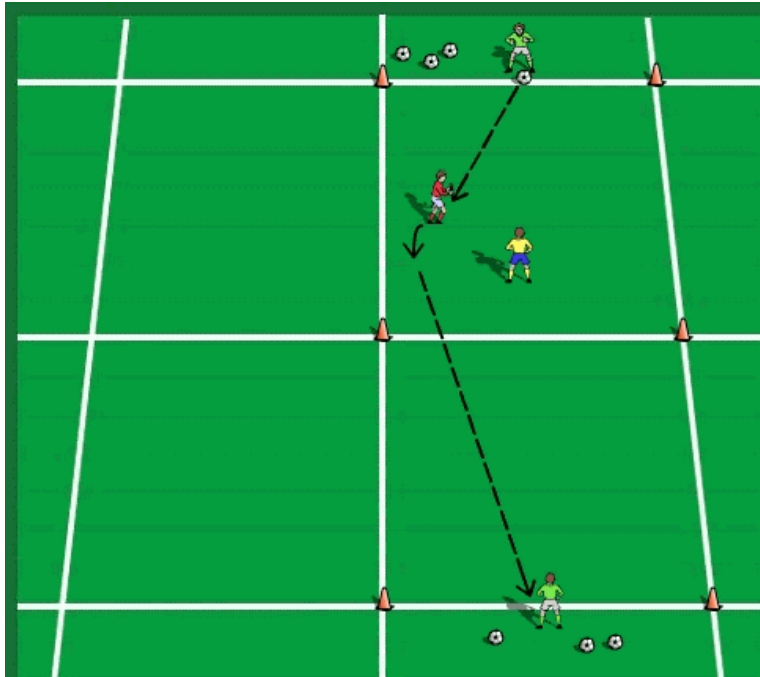
Progression:

1. The attackers only have 2 touches.
2. Reduce the size of the grid.

Coaching Points:

1. Defenders must work together to close players down.
2. Attackers must provide passing angles and must keep the ball moving.

Session 35: Turning Away From Pressure



Passing, receiving, turning

Create a 20x10 yard grid with a neutral player at each end of the grid with a supply of balls. Two opposing players start in the grid. Repeat set-up to accommodate all players on the team.

1. The neutral player finds the closest player in the grid. That player must turn and play it to the other side's neutral player for a point to be awarded.
2. That player remains on the offensive side until the defender wins the ball back, at which time the roles are reversed. The player can play the ball back to the neutral player but does not receive a point for it.
3. Play for 1 minute before rotating in the neutral players.
4. The object is to score as many points as possible by changing the point of attack.

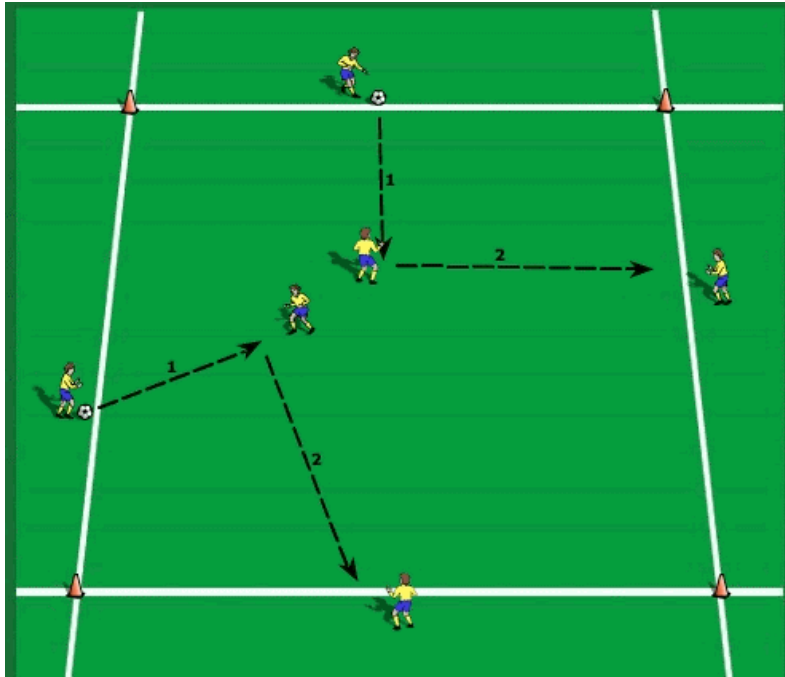
Progression:

1. Two touch maximum.
2. Neutral players can drive balls back and forth as well.

Coaching Points:

1. Play the way you face if the defender is tight.
2. If the defender is loose, receive in a sideways-on position.

Session 36: A 4 Cone Rotation



Accuracy and weight of one-touch passing

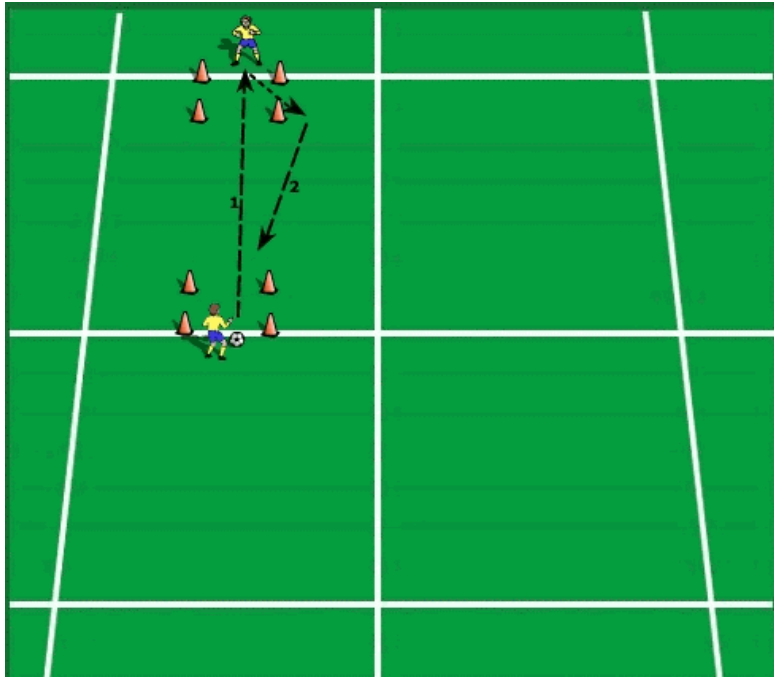
20 x 20 yard grid. Players work in groups of 6 with two balls. Two players (C, D) are positioned in the middle of the grid and act as the targets. All other players are located at each side of the grid.

Target players (C, D) must move around the grid receiving passes from the outside players. (C) And (D) must quickly return the ball to either of the two outside players they are facing with a one-touch pass. Both target players continue moving around the grid receiving and playing one-touch passes for 30-40 seconds before switching with two new target players.

Coaching Points:

1. Players should accelerate towards the ball.
2. Accuracy and weight of the pass is vital.
3. Strike through the middle of the ball with the inside of the foot.

Session 37: Prepare And Pass



Accuracy and weight of passing. Also, the quality of the player's preparation touch.

10 x 10 yard grid with 8 cones positioned as shown. The cones are placed to create a 2 yard square at each end of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

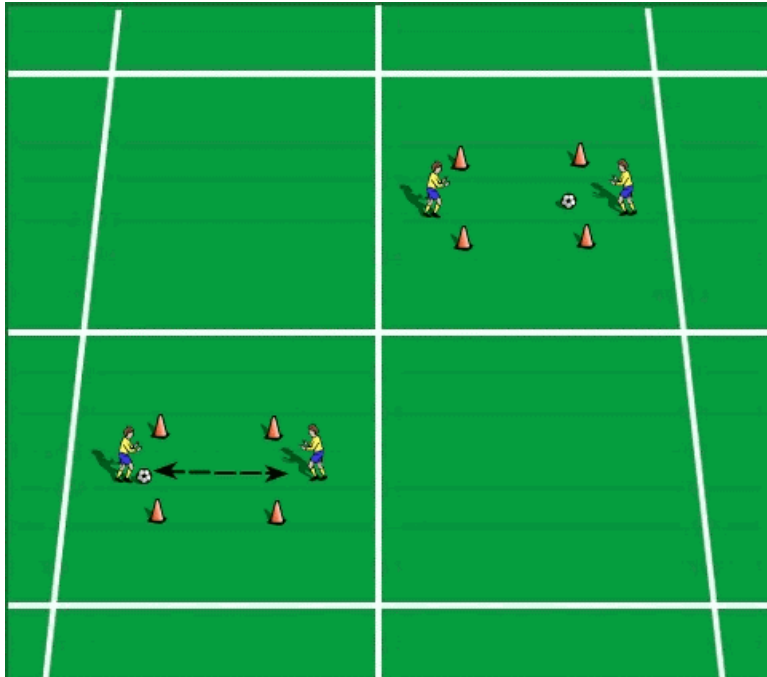
Both players must stand behind their square as shown. Player (A) must try to pass (1) the ball through the middle of his partner's square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball diagonally through the side of the square before attempting to return the ball (2) to his partner in the same fashion. Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass. Points are awarded for each successful pass through the square.

Progression: Reduce the size of the target squares as the ability level increases.

Coaching Points:

1. Accuracy and weight of the pass are equally important.
2. Strike through the middle of the ball with the inside of the foot.
3. The preparation touch on a diagonal will enable players to have more success in their passing accuracy.

Session 38: Rapid One Touch



Accuracy and weight of passing

10 x 10 yard grid with 4 cones positioned as shown. The cones are placed to create a square in the middle of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

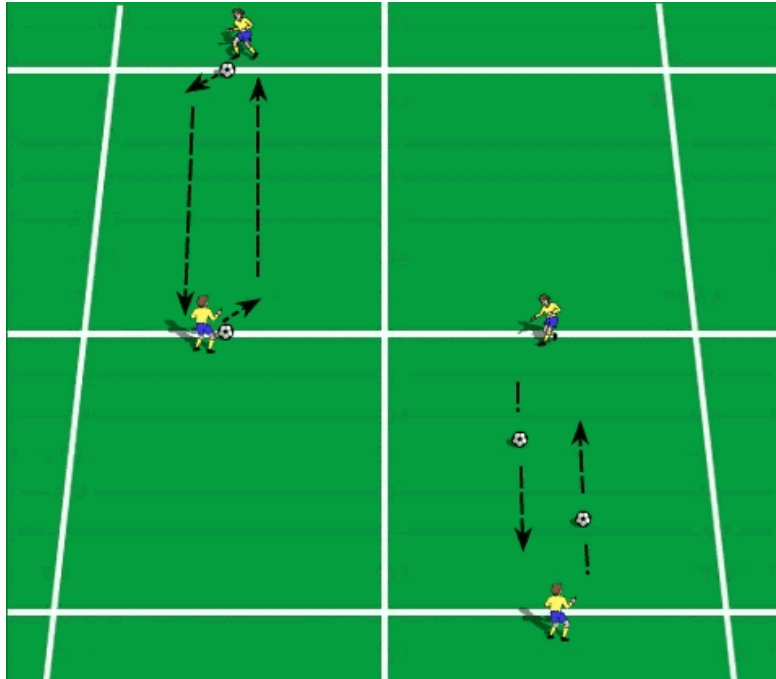
Players must try to play the ball back and forth through the middle of the square using one-touch passing. Each pass must be along the ground. Points are awarded for each successful pass that travels through the middle of the grid. Players attempt to get as many passes as possible in the designated time.

Progression: Reduce the size of the square (narrower) as the ability level increases.

Coaching Points:

1. Players should try to develop a rhythm with their passing.
2. Accuracy and weight of the pass are equally important.
3. Strike through the middle of the ball with the inside of the foot.
4. Players must stay light on their feet in anticipation of receiving the next pass.

Session 39: Rapid 2 Ball Passing



Accuracy and weight of passing. Also concentrates on the quality of the preparation touch.

10 x 10 yard grid. Players work in pairs with two balls. Each player stands at opposite sides of the grid. Repeat setup to accommodate the entire team.

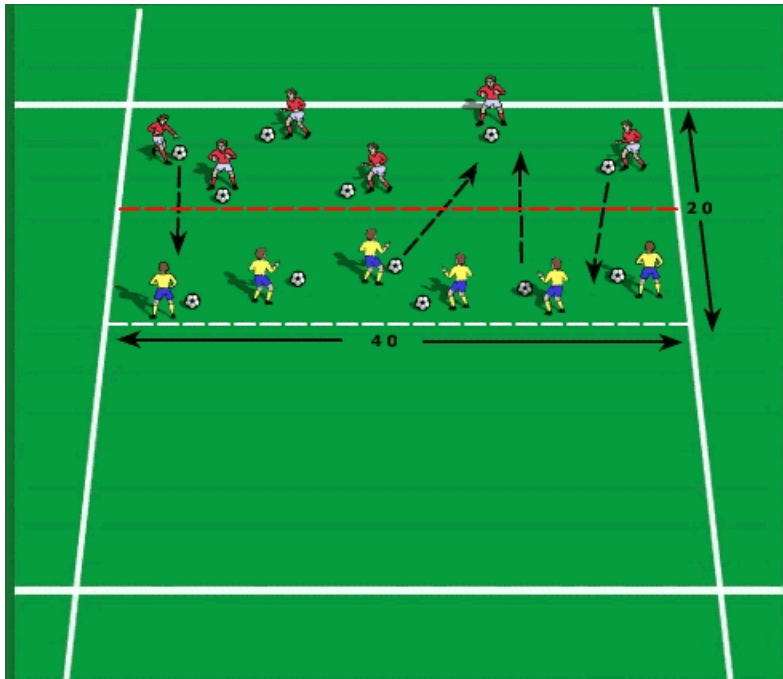
Players must attempt to pass both balls back and forth at the same time. Each player must use 2 touches (1 to receive, 1 to pass) to maintain the rhythm of the exercise. Players should prepare the ball at a slight diagonal before passing the ball to their partner. Preparing the ball at a slight diagonal will reduce the likelihood that the balls will collide while being passed.

Progression: Introduce a race format – “first pair to complete Wins”.

Coaching Points:

1. Players should try to develop a rhythm with their passing.
2. Accuracy and weight of the pass are equally important.
3. Strike through the middle of the ball with the inside of the foot.
4. Players must stay light on their feet in anticipation of receiving the next pass.

Session 40: Clean Sheet



Passing and receiving

Divide your players into two teams and each player has a ball. Place the players in a 20x40 yard grid with a cone line separating the grid into two equal halves.

Each team must stay in their own half of the grid. The objective is to keep your grid clean by constantly kicking the balls across the cone line and into the opponent's half. The coach must keep the balls in play to keep the game going. The game lasts for two minutes and the team with the least amount of balls in their half, wins the game.

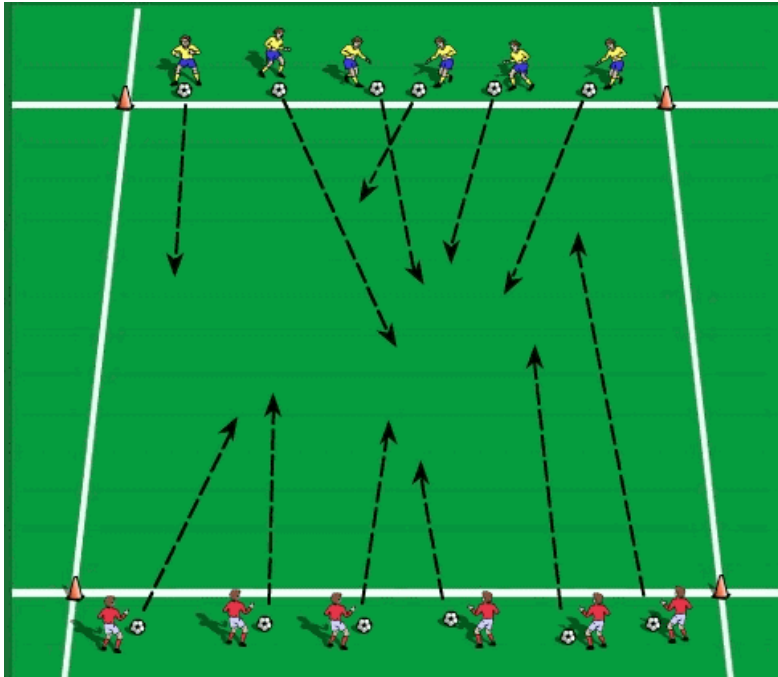
Progression:

1. Award an extra point for balls that pass over the opponent's end line.
2. Increase the size of the grid.

Coaching Points:

1. Spread the players out.
2. Concentrate on accuracy, not power

Session 41: Passing Wars



Passing and receiving

Make a 20x20 yard grid. Divide your players into two teams facing each other on opposite sides of the grid. Every player has a ball.

The players can only move along the end line but not forwards or backwards. All players strike the balls at once. The objective is to kick the balls across the field and past the opponent's line. The team with the least number of balls behind it after 1 minute is the winner.

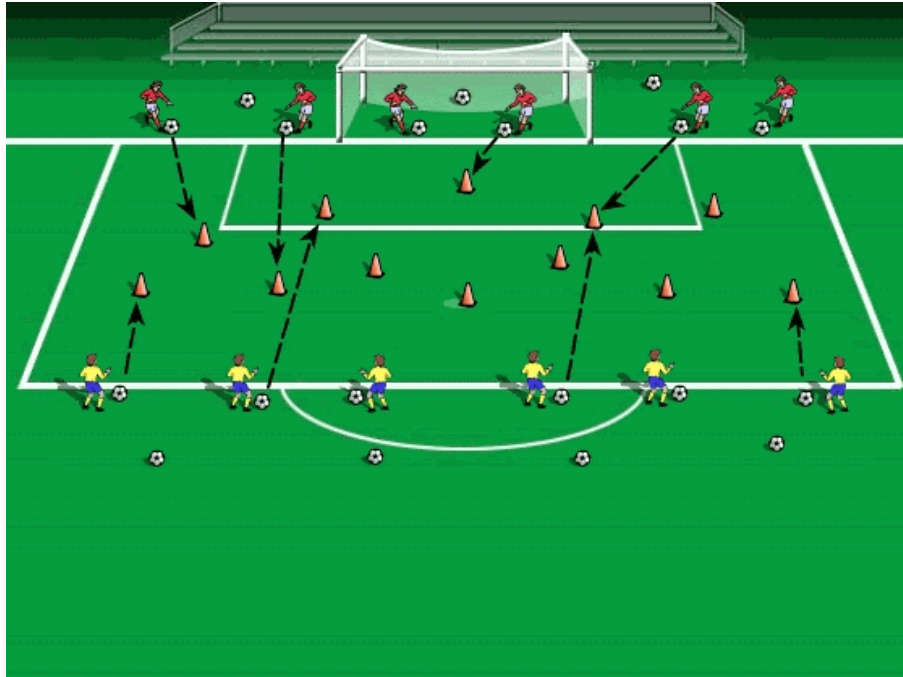
Progression:

1. Balls must be driven below waist height.
2. Players must alternate striking with the left and right foot.

Coaching Points:

1. Use the inside of your foot to pass.
2. Use your laces to drive the ball.
3. Players on the end lines must communicate.

Session 42: Penalty Box Bowling



Passing

Use the center circle. Place teams of two players facing each other, on the outside of the center circle. Randomly place cones all over the inside of the center circle. Place plenty of extra balls around the outside of the box.

The players strike the balls back and forth trying to knock down the cones. The weight of the pass should be strong enough so it reaches the other side of the circle. All passes must be made behind the circle. When all the cones have been knocked over, the team with the most strikes wins the game.

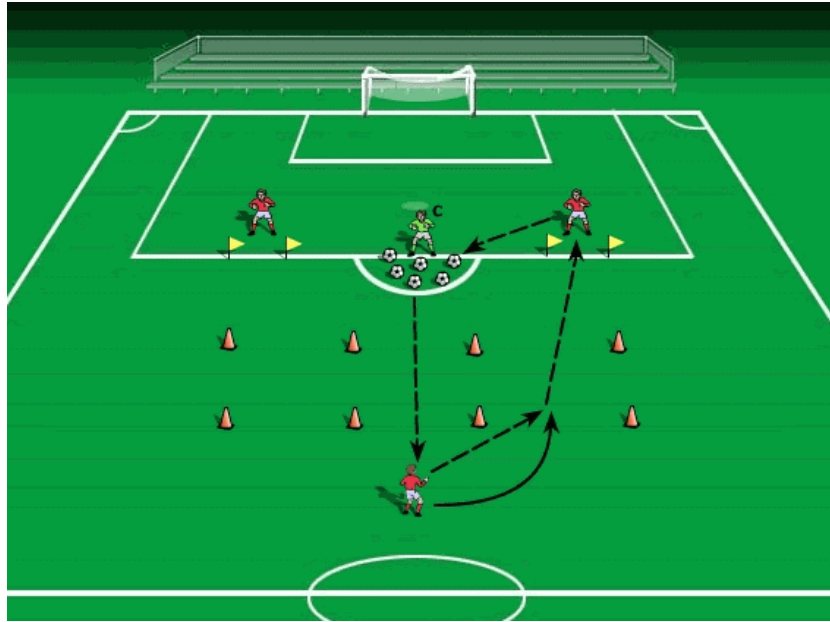
Progression:

1. Pass with your in step (laces) low and on the ground.
2. Balls can be chipped across for their partner to head the ball at the target.
3. Must use your weaker foot to pass.

Coaching Points:

1. Accuracy first, then power.
2. Keep your toe up and the ankle locked.

Session 43: Control And Strike



Receiving and passing

1. Place two 10x10 yard grids five yards apart from each other. Place two 6 foot goals, five yards behind each of the two grids.
2. The passer (player 1) stands in the middle of the two grids and slightly behind the two goals. The receiver (player 2) stands roughly 20 yards from the passer (player 1), in the middle of the two grids.
3. Two retrievers (players 3 and 4) are placed behind each of the goals. Place a group of balls with the server (1).

The server (1) strikes the ball to the receiver (2) who takes a preparation touch into the grid and then passes the ball through the goal and to the retriever (3 or 4). The retriever then passes the ball to the server. Alternate sides, and after completing ten successful repetitions, change the roles of the players. Always try and use a maximum of two touches.

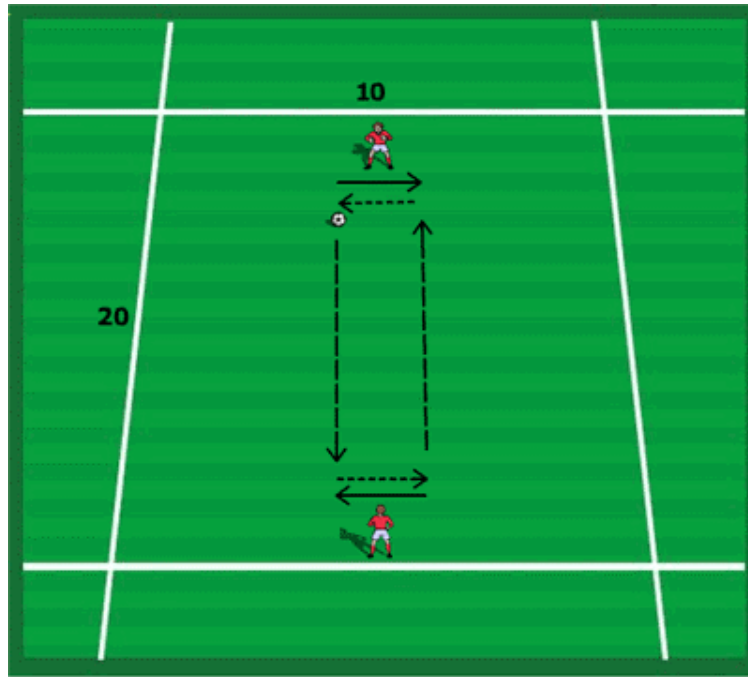
Progression:

1. Receive with the outside of the foot and pass with the inside of the same foot. Receive with the inside of the foot, cut the ball across the body and pass with the opposite foot.
2. Must use the in step (laces) to pass the ball through the goals and to the retrievers.

Coaching Points:

1. The preparation touch must be out and at a 45 degree angle.
2. Ask for the ball every time.
3. Accuracy and then power.

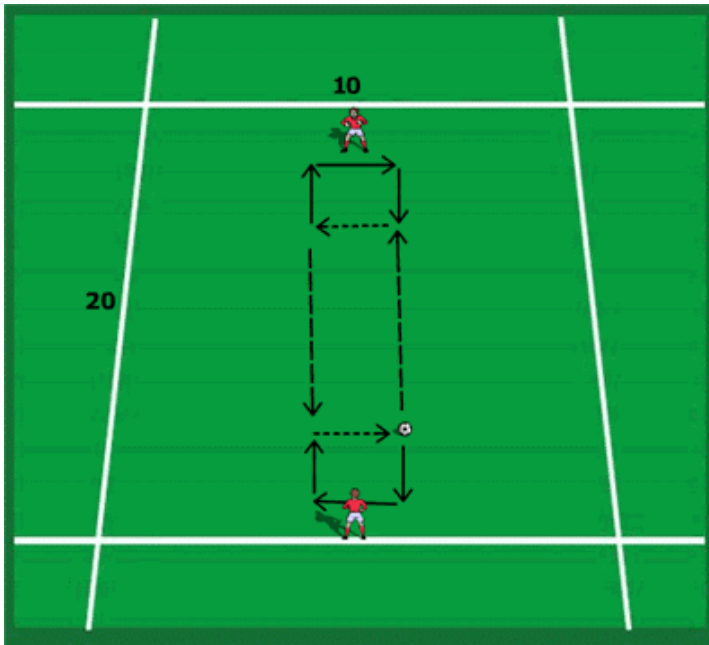
Session 44: Improving Awareness In First And Second Touch Development



Passing In Two's

1. Simple passing in two's back and forth, first two touch, then one touch where possible. Coach can dictate the distance between them.
2. Ask the players to look into "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.
3. This will be difficult at first but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players..
4. They should be able to see their ball in the "peripheral vision".
5. Using both feet to pass the ball.
6. Competitive: Count how many passes they can get in between them during a given time.

Session 44: Improving Awareness In First And Second Touch Development

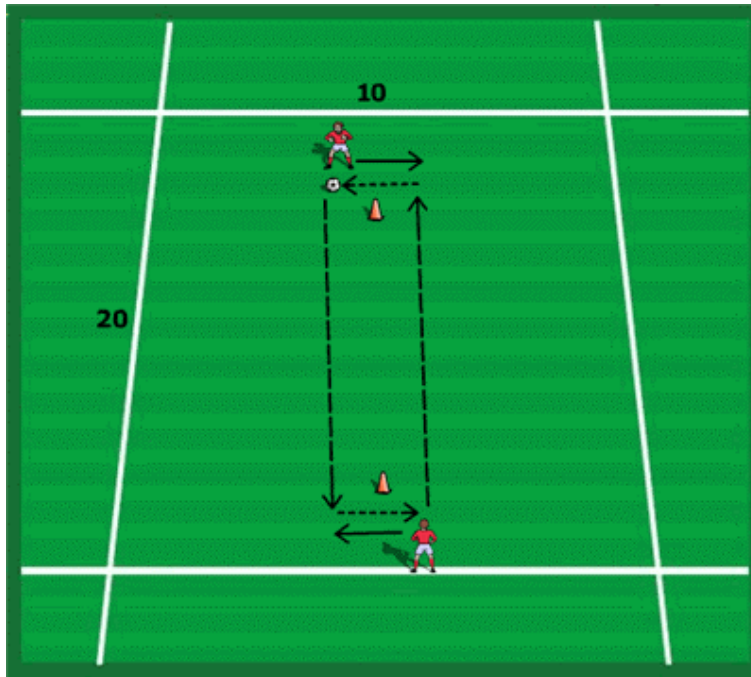


1st And 2nd Touches On The Ball In Teams Of Two

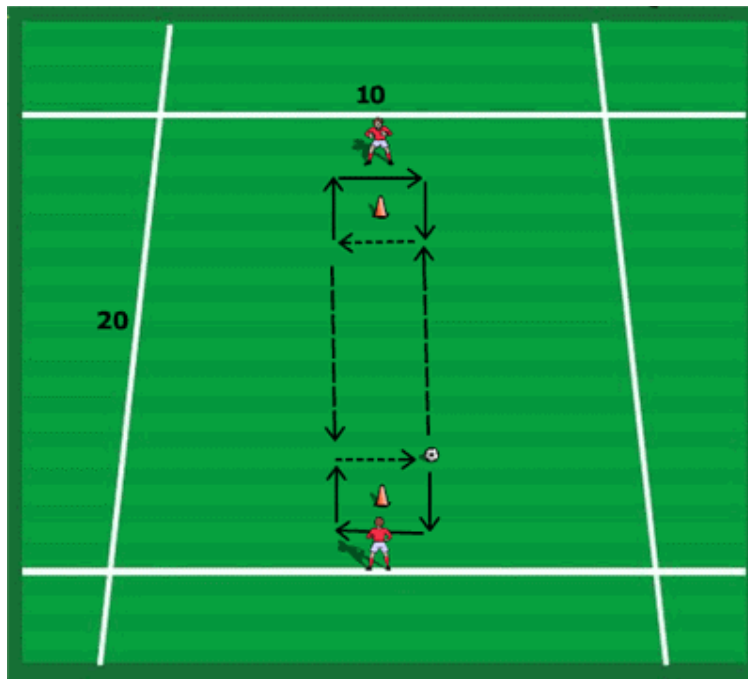
Ensure there is timing between the players in terms of the pass and the run to receive.

- a) Two touch passing. Practice using both feet.
- b) Side of foot passing getting a rhythm going one touch to control then a second touch to pass back. Then the passer is moving in to meet the ball and pass, and then out after passing the ball. Get a rhythm moving in and out, don't stand still.

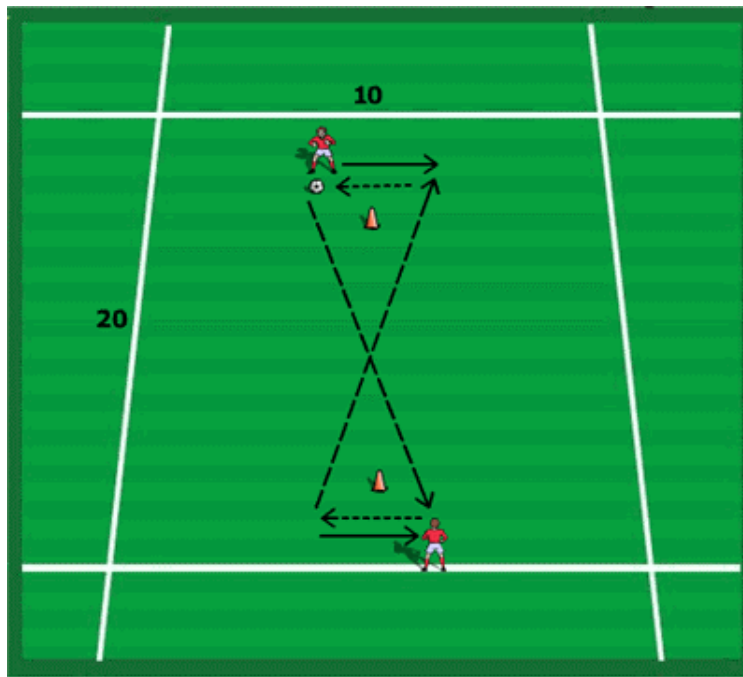
- c) One touch side of foot passing, moving in to meet the ball, one touch pass and then back again. Weight and Accuracy MUST be good now to allow the team mate to pass back with one touch.
- d) Decision Making: Player passing points their arm to one side the player receiving has to pass to the other side.
- e) Two footed Control and Pass: Inside and Inside receive the ball with the inside of the right foot, move the ball first touch and inside and off line to yourself, then a second pass with the inside of the left foot. Do left foot first touch also.
- f) One footed Control and Pass: Inside and outside of the foot passing using the same foot. Move the ball inside and off line with the inside of the right foot and pass with the outside of the right foot. Repeat with the left foot.
- g) One footed Control and Pass: Outside and inside of the foot passing using the same foot. Move the ball outside and off line with the outside of the right foot and pass with the inside of the right foot. Repeat with the left foot.
- h) Feinting and Receiving: Fake to kick the ball one way and go the other. Perform this action with the various moves discussed previously.
- i) Receiving and controlling the ball: Three touches on the ball. First movement is forward to receive the pass, first touch on the ball is forward again, second touch is to the side, and then third touch is the forward pass back to the team mate.
- j) Pointing: Introduce pointing again, passer points one way, receiver fakes that way and passes to themselves the other way then passes to their teammate.
- k) Competition and Pressure. Count the number of passes in a given time and see which pair does the best. Look for a balance between control and speed of passing. Do this for all the different progressions as a finishing point for each one so they need to do it under pressure.



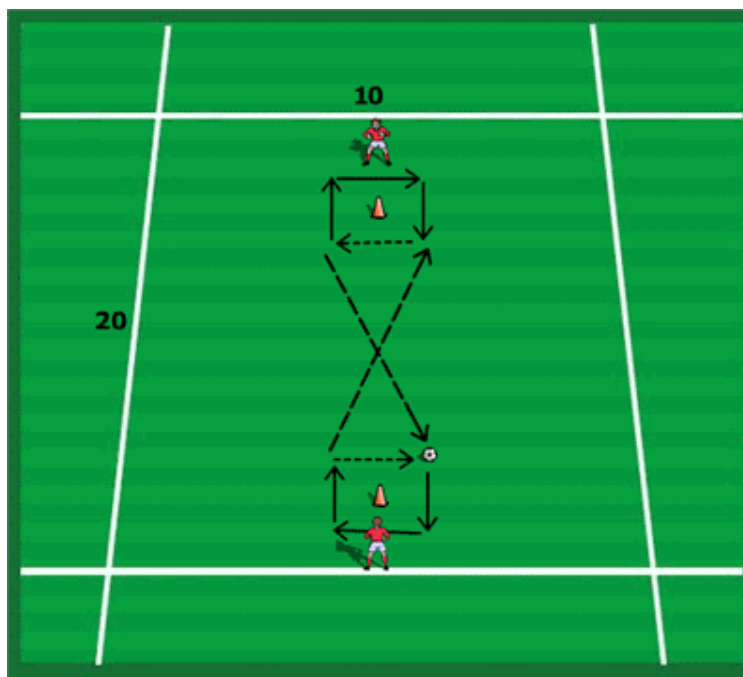
1. Place a cone in front of each player as a target object to play around. This also helps the player receiving the ball to judge their first touch and how far it needs to go across the field before they pass the ball forward again, with their second touch, to their team mate.
2. Player (1) pass the ball down the side of the cone to player (2) who must move the ball on their first touch to themselves and to the other side of it, then pass the ball back on their second touch. Player (1) then repeats the process.
3. Try to make the first touch to themselves a short, tight distance with the ball under control for the second touch which is the pass back down the other side of the cone. Keep this continuous rhythm going but you can dictate which part of the foot you can do this with as previously highlighted, inside to outside, outside to inside, inside to inside and transferring feet and so on.
4. Work the ball also from left to right so players practice moving the ball both ways not just one way.
5. Competitive: How many successful passes can the pairs of players make in a given time using the required techniques?



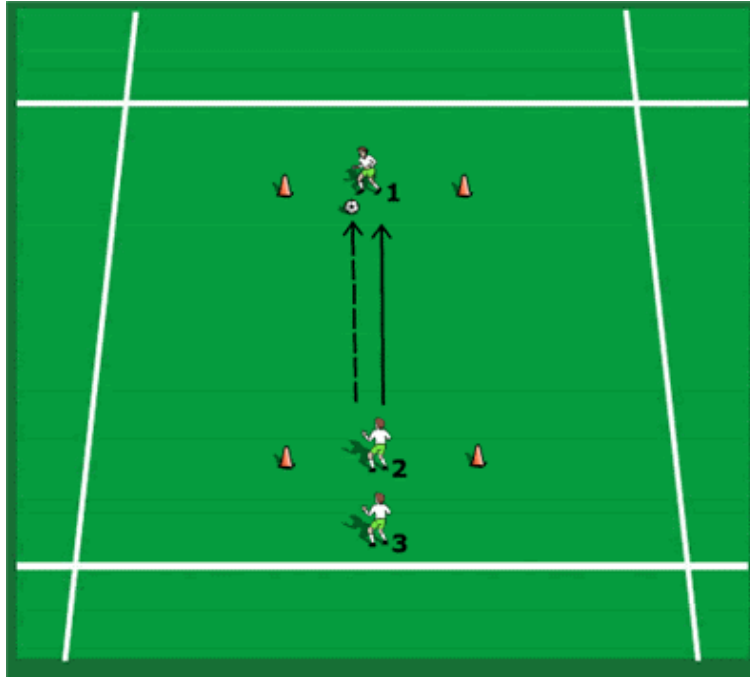
1. Now use the cone as a target to get in front of. As the ball is passed the player receiving must get in front of the cone to receive the pass, perform the movement required and pass back then move back behind the cone again.
2. This forces the player to move towards the ball as they receive it. This is an important movement because players often wait for the ball to come to them in a game and an opponent steps in front of them to steal it before it gets to them.
3. The movements are continuously back and forward, in front of the cone, receive the pass, move across with one touch, pass again with a second touch then behind the cone moving backwards and back across to receive again. Have the players develop a rhythm to this to get the best out of this practice.
4. Increase the distance between the players so they do not get too close to each other when both have moved in front of the cones to both pass the ball and receive the ball.
5. Competitive: How many successful passes can the pairs of players make in a given time using the required techniques?



1. Develop: As above have the players now make a first touch pass to themselves to the side then a diagonal second touch pass back across the field to their teammate.
2. Now have the players come in front of the cone to receive the pass as before forcing them to come and meet the pass. (1) Passes the ball from in front of the cone, then drops back, moves across to receive the diagonal pass back and move forward again to receive and so on.



Session 45: Improving Passing Using Drills In Three's And Fours / Passing Sequences In Three's



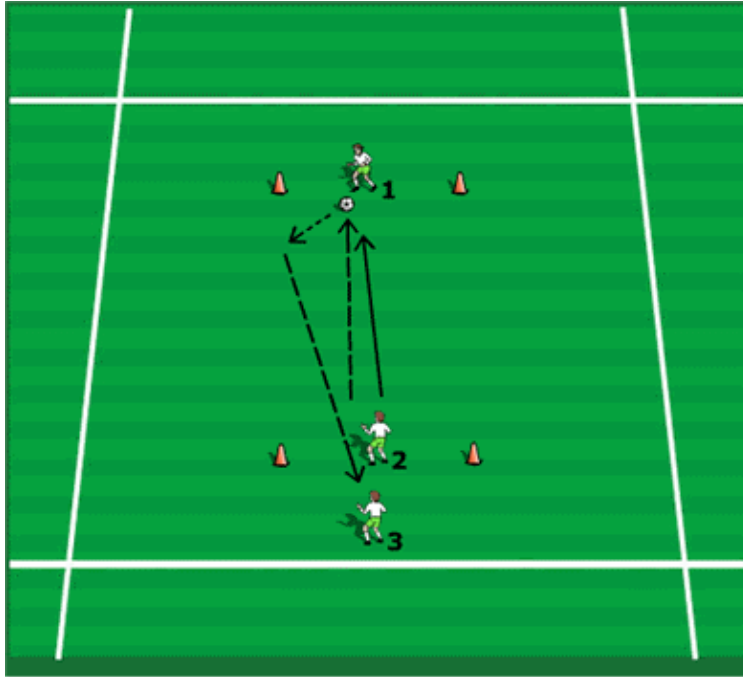
Distance is up to about 10 yards to pass over. Player (2) with the ball passes to opposite player (1) and sprints to take (1)'s place. (1) Passes back to the third player (3) and sprints to take their place. This sequence continues as quickly as possible without losing control of the ball. Practice this in a noncompetitive way until the players master the idea then go into a competitive timed situation with several groups.

Progressions:

1. Two touch passing to begin to get the feel of it and get success, first touch taking the ball to the side away from pressure then second touch pass
2. One touch passing where possible (depending on the quality of the receiving pass).

How many passes can they get in during a certain time period without losing control of the ball?

Offering Passive Pressure



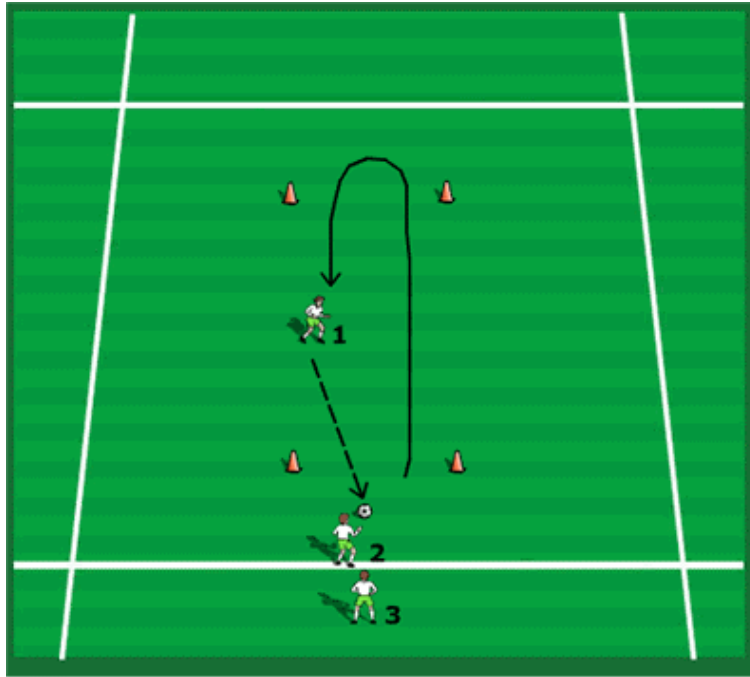
Here (2) passes to (1), offers passive pressure, (1) takes a first touch away from the pressure to the side of (2) and passes to (3) and the cycle continues.

Ask the players to increase the pressure over time to really force the receiving player to focus on a good first touch away from pressure.

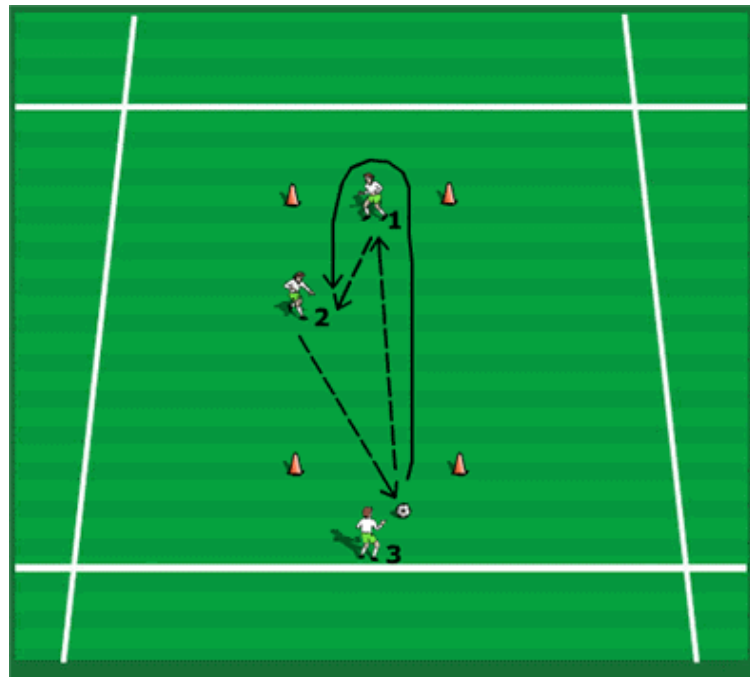
Coaching Points:

1. Observation / Awareness: Play with their heads up
2. Communication between players (call each other name as they pass)
3. Quality of pass (weight, accuracy, timing)
4. Movement, towards the ball to receive
5. Fast feet sprinting

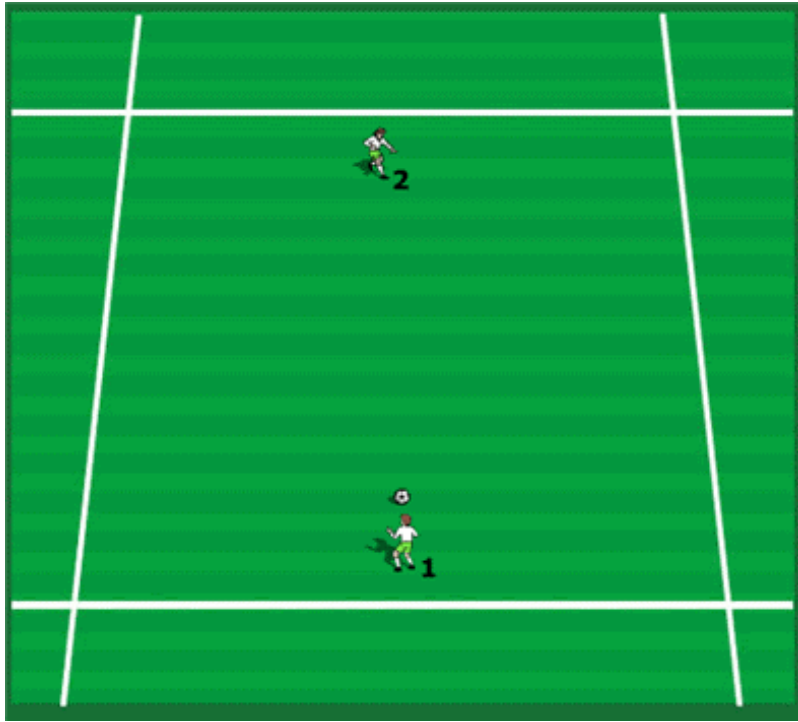
You can do this in fours if it proves too difficult to get the rhythm going.



Players are practicing turning skills in three's. (1) Dribbles forward and does a turn back and passes to (2) and the cycle continues. Practice various turns. Next; pass and overlap.



Session 45: Developing and Improving Passing Play Using Two Players



Passing the ball in 2's. To begin, receive with one foot, good first touch in front of the body and pass with the other foot. Trying to do it ALL within three touches then two touches.

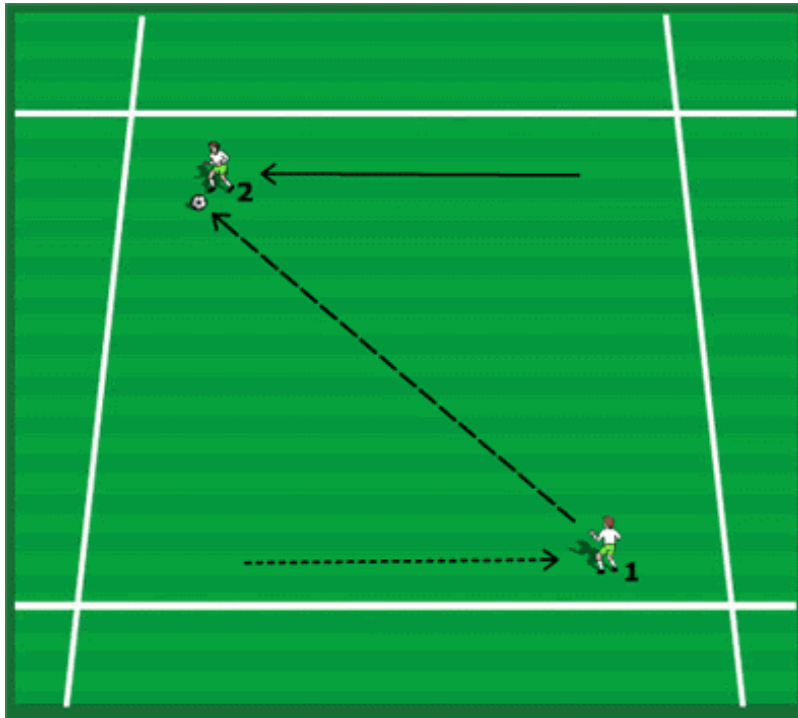
Discuss the approach from the side of the ball, the head position, the non-kicking foot position, the kicking foot follow through striking through the mid line of the ball, etc.

Skills in passing to be addressed:

1. Disguise
2. Pass Selection (inside / outside / laces)
3. Timing of the pass
4. Weight
5. Accuracy.

Eventually try one touch passing when it is on to do so. Introduce two cones in the middle to act as a gate or goal to pass through to test accuracy. Decrease the size of the goal as the players improve. Develop: Have the players look into each other's eyes not at the ball and at the same time try to keep the passing accurate.

Passing and Moving



Introduce the concept of passing and moving. Moving across the grid area making diagonal passes.

The receiving player must move across the grid to meet the pass.

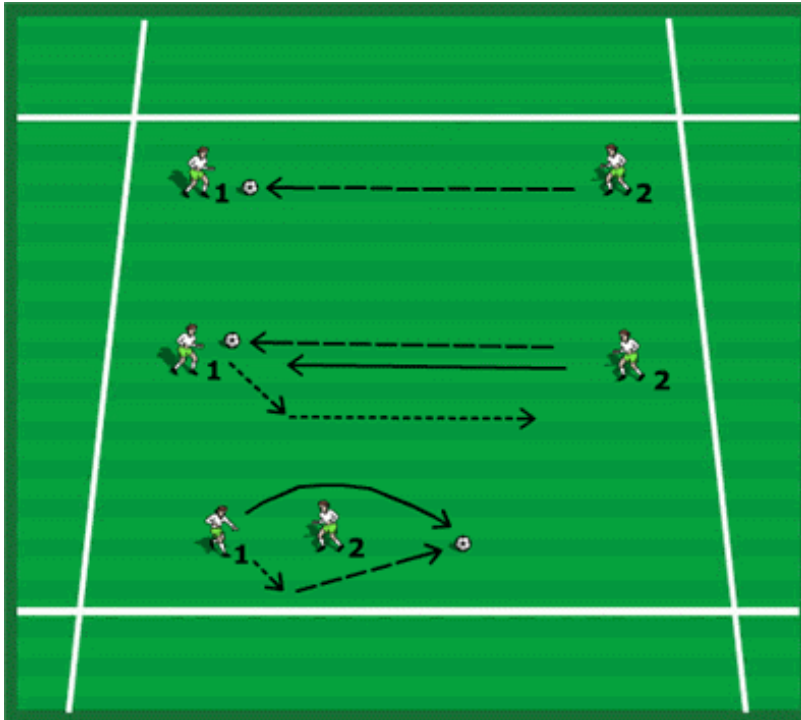
(1) moves with the ball across the grid and plays a pass diagonally to (2). (2) Receives the pass and runs back across the grid with the ball and makes a diagonal pass back across to (1) and so on.

Players are practicing and learning to move with the ball and without the ball.

The key coaching points of passing in this practice are the weight, accuracy and timing of the pass to arrive in the space at the same time as the support player arrives.

The key coaching point in the movement of the player to receive is the timing of the run; arriving at the same time as the pass. The support player must judge the pace / weight of the pass.

Passing and Control in Two's



Ground passing working on the importance of the first touch. Control with one foot and pass with the same one then control and pass with the other one; (A) above.

Get in the line of the ball to receive and control it then pass it to the other player. Then pass the ball a yard to the side of the other player to make them move to get into the line of the pass.

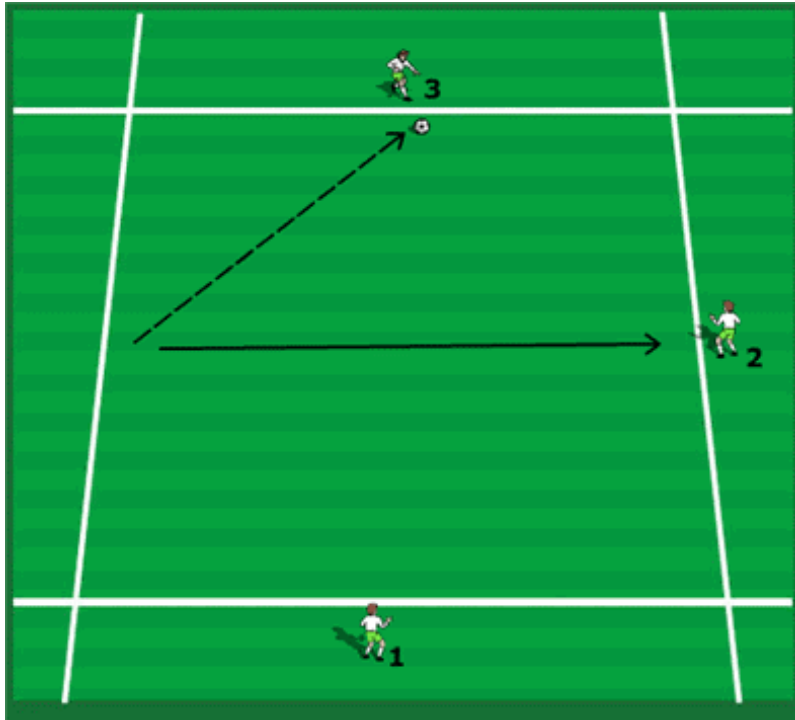
Control and pass with the same foot in three touches then two touches. Control with the inside of the foot and pass with the outside of the same foot then control with the outside of the foot and pass with the inside of the same foot.

Control with the inside of the left and pass with the inside of the right foot and visa-versa. Control with the inside of the left foot and pass with the outside of the right foot and visa-versa.

Develop: (1) passes to (2) and closes down in a straight line; (B) above. There is no tacking and the pressure is passive. (2) Must move the ball with a good first touch to the side to escape the pressure and run to the other side of the grid with the ball. Better still (2) can try to get past (1) with one touch and away.

(2) now must pass to (1) and the cycle continues. Develop by passing past the opponent with one touch and run around the other side of them and collect the ball; (C) above.

Passing and Control in Three's



Passing then moving to the free line. This ensures that when a player passes the ball they move at the first moment.

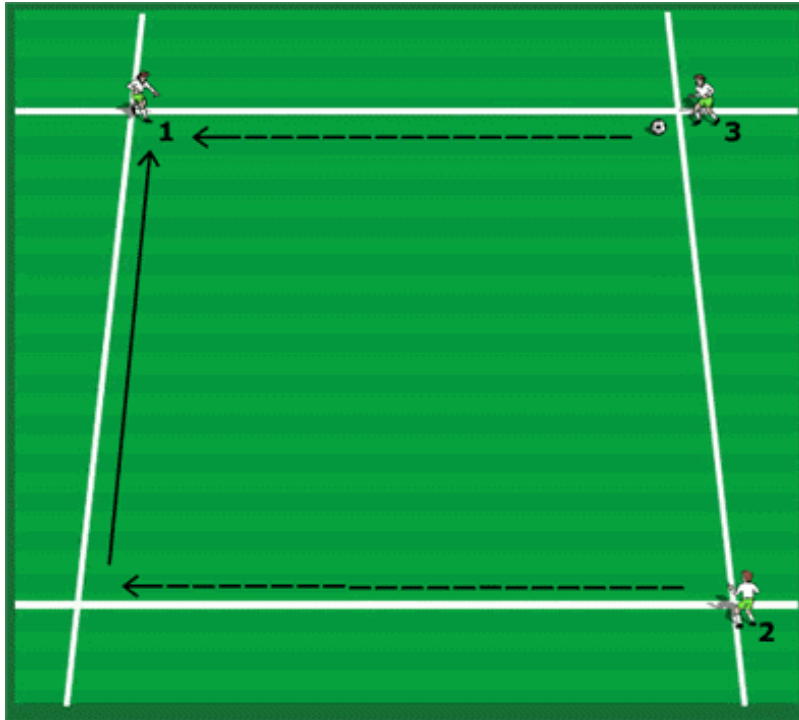
Above, (2) passes the ball to (3) and must immediately move to the free line opposite. It is structured and more drill-like but it is a good first introduction to the concept of passing and moving.

The coach can control the session easily using this set up and it is simple for the players to understand. Also they are constantly working keeping a routine going.

Develop: Three touches then two touches only then one touch if the weight, accuracy and timing of the pass allows for this. When the players can work regularly on a one touch basis you know they are getting the idea of weight, accuracy, timing of the pass and timing of the run.

Develop: Have the player who doesn't receive the pass as the one who has to run to the free line, liken this to a third man run off the ball.

Passing and Control in Three's - Grid-Line Game



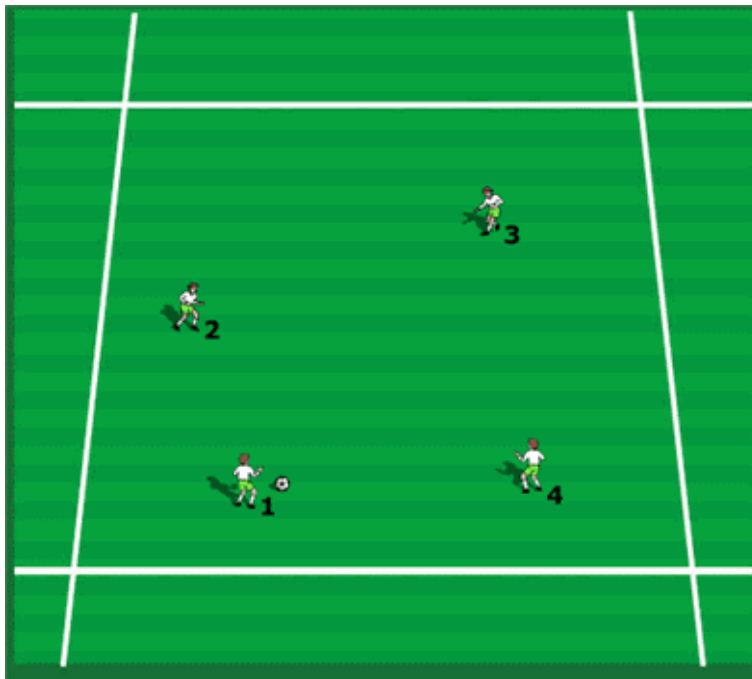
Drill orientated set up. The players can now only pass along the grid line and only move along the grid line.

One corner is always free and this encourages the players to run to the free corner should the player on the ball need that option of a pass. Above, (3) is on the ball ready to pass. To ensure (3) has two options of a pass (1) must run to the free corner to provide an option whilst (2) is already at a corner as an option.

(3) passes to (2) and now (1) has to move across the grid line to the free corner closest to the ball to provide an option for (1). Again this promotes continuous passing and movement from the players.

Develop: The player on the ball can pass it back to the player they received the ball from thus making the third player move up and back to support each player as they receive the pass. This keeps the players on their toes and concentrating because they do not now always receive the pass even though they have moved to provide the option. Introduce a defender into the middle of the grid.

Session 47: Passing and Support Play Using Four Players and an Introduction to Combination Plays

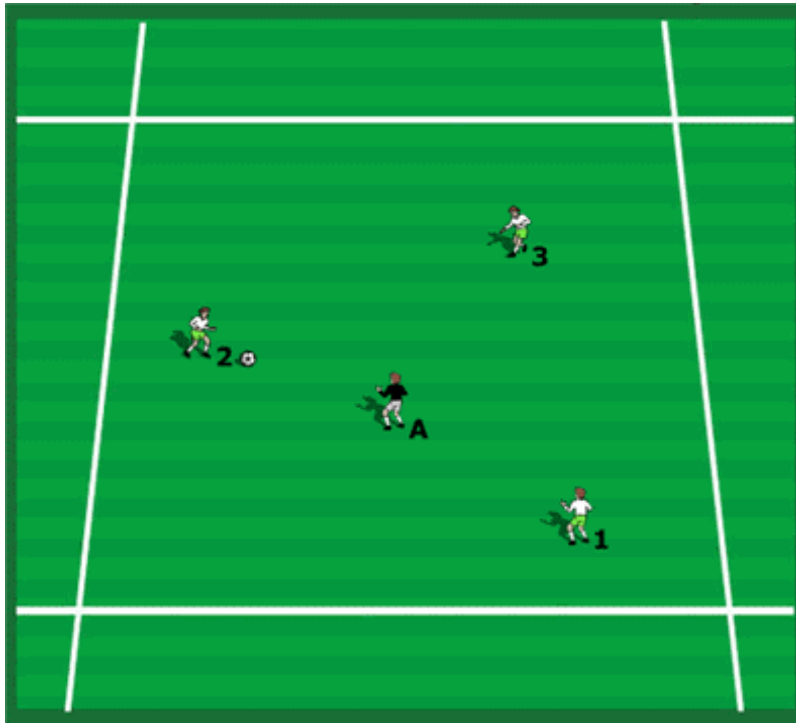


No opponent's just four players passing and moving with the ball.

Emphasize once the player has passed the ball they must move to space to support the next pass or beyond the next pass.

This is a simple non – competitive warm up for the players to help them develop composure in the session.

Progression: Use two balls passing and moving so their decision making has to speed up because as one ball is passed another is on its way to be controlled and passed.



Bring all the players into the middle and have them working inside the grid. After working passing and moving with no opposition introduce again the defender into a 3 v 1 situation. This is now a keep ball session but the players are free to move inside the grid to any position and are not limited by movement along the grid lines. Now we are working more on the angles and distances of support of the attacking players. Players now pass to feet or pass to space depending which type of pass is needed which can be determined by the position of the defender (A). Make it competitive where the attacker whose pass was intercepted becomes the defender.

Here all the key coaching points in passing and support can be practiced with there being a good chance of success for the players to help their confidence due to the size of the overload.

Now we are establishing aspects of coaching such as passing; accuracy, timing, pacing / weight, disguise, selection (inside / outside / laces), passing to feet, passing to space, timing of the run into space to receive, control with the first touch and so on.

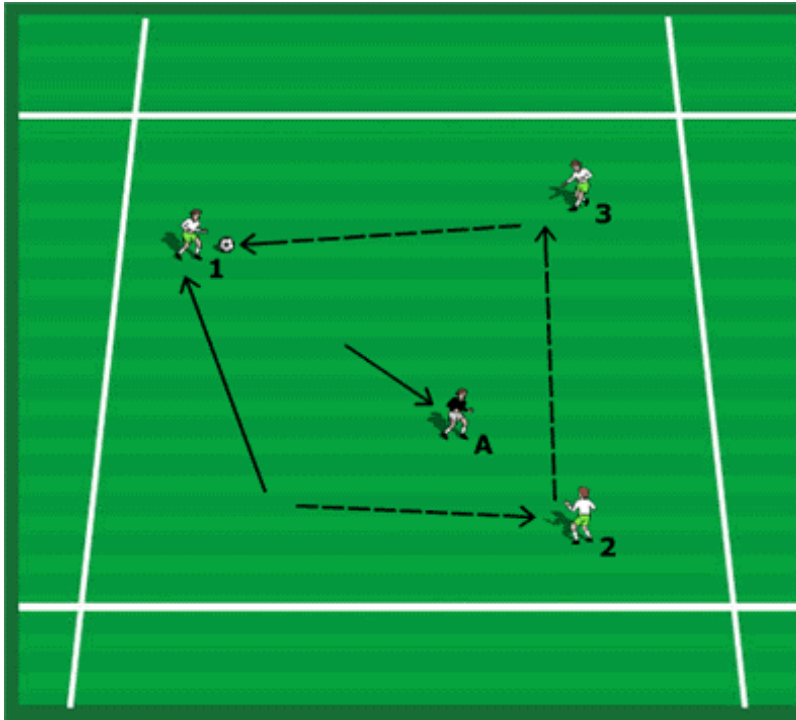
Passing and Support Using Four Players

Using 4 players to a grid you can organize different levels of challenge for the players. Rotating all the players as you go through each progression.

Progressions:

1. 4 v 0 – no opponent's just four players passing and moving
2. 3 v 1 using the grid lines to move and pass along. Passive defending, then making it competitive with the defender trying to win the ball.
3. 3 v 1 situation – keep ball opening up the area to play in. No goals used. If the 3 players make 5 passes it is a goal, if the defender wins the ball it is a goal.
4. 2 v 1 situation – more difficult with a player less. No goals used. Have the odd player out on the outside to help the defender should this player win the ball. This extra player must stay outside the grid but can move around to be a support player. Same idea as a) but the defenders can pass and count the passes.
5. 1 v 1 plus side players. Attacking goals at each end of the grid. Players can use the support player or dribble and beat the player in a 1 v 1. This encourages dribbling and also passing and support.
6. 2 v 2 situation – Attacking the goals at each end to score. Directional combination plays are to be worked upon here, takeovers, and overlaps, 1-2's, diagonal runs and so on.

Support Play in a 3 V 1 Situation



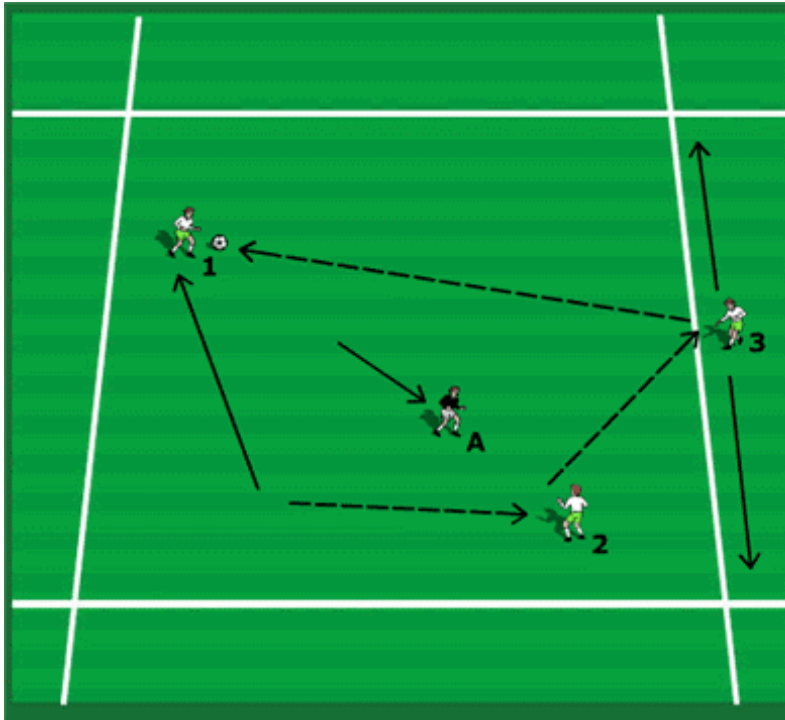
Now letting the session go free and competitive with a 3 v 1 situation. Players (1) (2) and (3) must keep the ball away from (A). Have a goal (target) to reach; it could be 5 consecutive passes without the defender (A) touching the ball. Rotate the defender.

Coaching Points:

1. Creating Space – Off the ball to receive or move the defender to create space for a team mate.
2. Decision – when and where to pass.
3. Technique – Quality of the pass (timing, accuracy, weight / pace).
4. Support – Angles and distances, timing of the run to space to receive. This is important, if the player goes too early then he / she is easily marked.

Passing to feet, and passing to space (to force the receiving player to change their position). (2) Passes to (3) and (1) moves into space to offer an option for (3).

Support Play in a 2 V 1 Situation



A 2 v 1 is more difficult to be successful with and is a greater test of the player's ability than a 3 v 1.

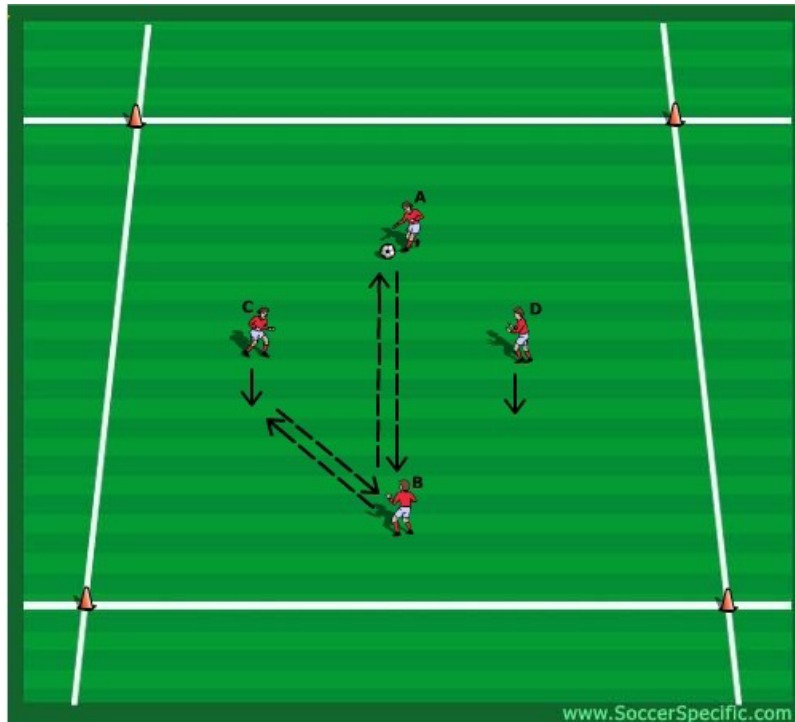
Initially have the third player as a support player on the outside of the grid so it is 2 v 1 plus 1 in favor of the attackers. Less freedom for the third player means a slightly more difficult set up for the attackers.

As this gets easier include the following progressions:

1. Reduce the number of touches on the ball , go three touch maximum then two touch with one touch where it is on to do so.
2. Increase the number of passes required to score a goal setting a more difficult target to achieve.

Make it a pure 2 v 1 with the outside player supporting the defender should that player win the ball. The set up still favors the attacking players as the support player is restricted to moving up and down one side but it serves as an incentive for the defender to work hard to win the ball and means the two attackers have to work harder to maintain possession.

Session 48: Technical Training – Passing

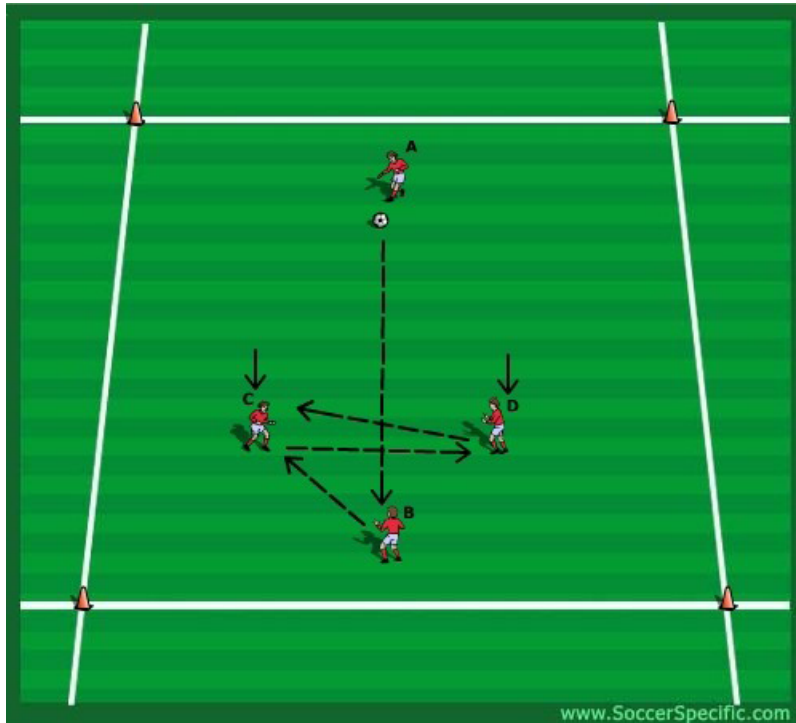


Activity #1: Four players are arranged in a diamond shape as shown in the diagram above. Players (A) and (B) are approximately 15 yards apart.

Player (A) passes to player (B). Players (C) and (D) must check to receive a first time pass from player (B). Player (B) passes to either (C) or (D) who in turn lays the ball back to player (B) with one touch. In the diagram above player (B) has decided to pass to checking player (C). Player (C) must lay the ball back to allow player (B) to immediately pass the ball to player (A) at the opposite end of the grid. The sequence is repeated at the opposite end of the grid. Play is continuous for a designated period of time. Both middle players (C and D) must continue to work up and down checking to the ball

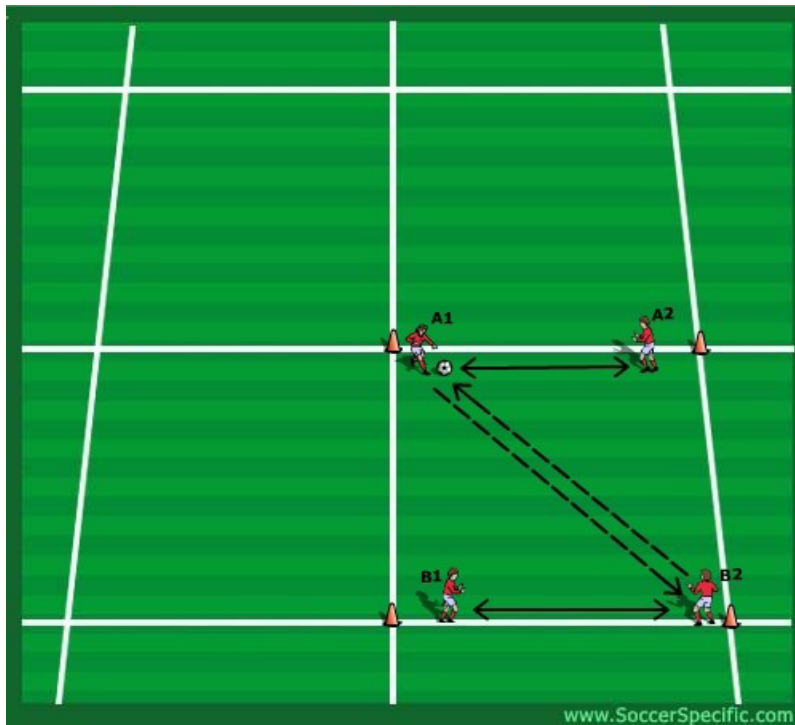
Coaching Points:

1. Try to develop a rhythm with the exercise.
2. Sharp, crisp one-touch passing.
3. Angles of support.
4. Pace of pass.
5. Communication at all times.



Progression:

1. Players are arranged in the same formation as previous page. Middle players (C, D) continue to check to the ball, receiving the pass from the end players (A or B).
2. After receiving the pass, players (C) and (D) must perform a quick give-and-go with each other before passing to the opposite end of the grid. See diagram above. Play is continuous for a designated period of time.



Activity #2:

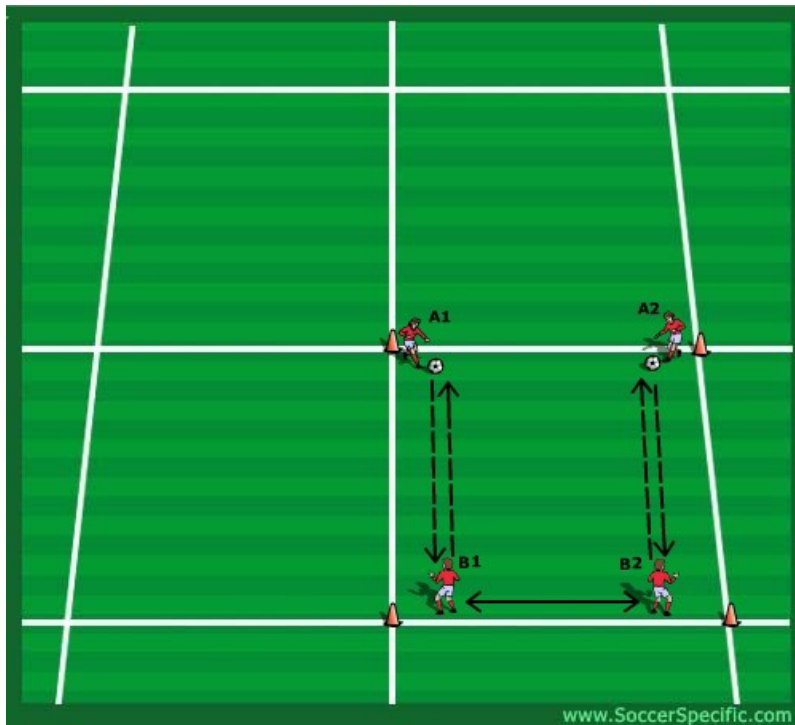
Four players are positioned in a 10x10 yard grid as shown above. Players (A1) and (A2) are positioned opposite (B1) and (B2) as shown.

1. Player (A1) passes to player (B2) diagonally across the grid. Immediately after the pass (A1) and (A2) switch positions.
2. Player (B2) passes the ball with one touch diagonally back to the corner where the pass originated from. Players (B1) and (B2) immediately switch positions after each pass.
3. Player (A2) should arrive to meet the pass from (B2). NOTE: The ball continues to travel across the same diagonal for the designated period of time. Repeat the exercise across the opposite diagonal to ensure the use of both feet.

Coaching Points:

1. Accurate, sharp one-touch passing.
2. Accuracy and weight of pass.
3. Communication at all times.

Progression: Upon receiving the pass across the diagonal, players perform a give-and-go with each other prior to passing across the diagonal. Example: (A1) to (B2) who plays a one-touch pass to checking (B1). (B1) lays the ball back to (B2) who passes across the diagonal for the arriving (A2).



Activity #3:

Four players are positioned in a 10x10 yard grid as shown above. Players (A1) and (A2) are positioned opposite (B1) and (B2) as shown.

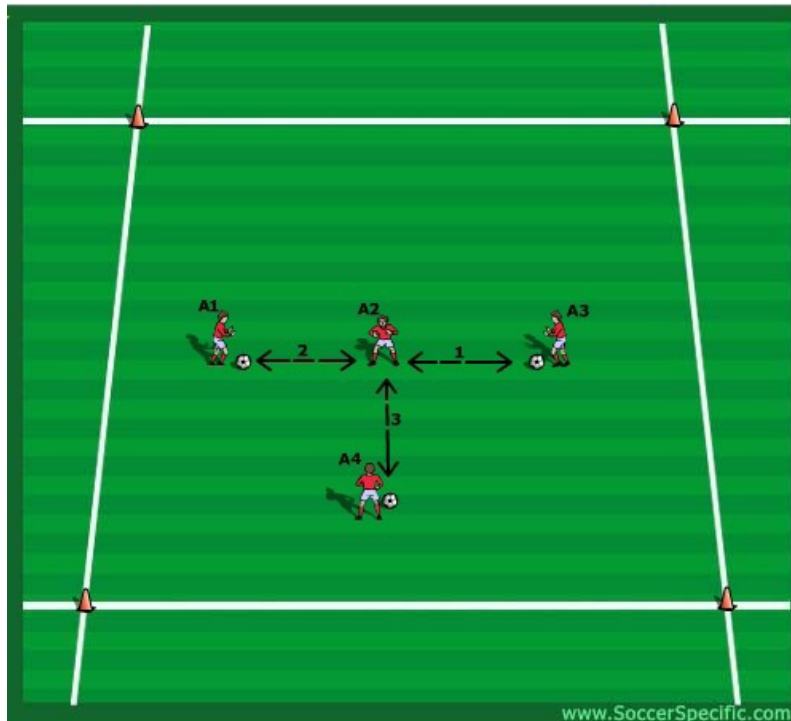
Players (A1) and (A2) act as stationary servers. Player (A1) passes to (B1) who plays the ball with one touch using the left foot back to (A1). At the same time, (A2) passes the ball to (B2) who returns the pass with one touch using the right foot. After each pass (B1) and (B2) switch positions and repeat the sequence. Players will alternate using their right and left foot depending on what side they are receiving the pass from. Play is continuous for a designated period of time.

Coaching Points:

1. Alternate the use of the right and left foot.
2. Accurate, sharp one-touch passing.
3. Use the correct surface of the foot.
4. Maintain proper technique when fatiguing.
5. Communication at all times.

Progressions:

1. Use the outside of the foot only.
2. Inside of the foot volley only.
3. Outside of the foot volley only.



Activity #4:

Four players are positioned as shown in diagram above. Three players (A1), (A2), (A3) are arranged in a straight line approximately 5 yards apart, with (A4) approximately 5 yards away. Player (A2) will work, all other players act as servers with one ball each.

Player (A2) must continue to face forward at all times during the work period. Player (A3) passes to (A2) who returns the ball with one-touch using the inside of the right foot back to (A3). (A1) passes to (A2) who returns the ball using the inside of the left foot. Player (A4) immediately passes to (A2) who returns the ball using the instep. Player (A2) continues the sequence for the designated period of time. NOTE: Timing of service is vital - working player should receive the next pass immediately after returning the previous pass. Rotate the players after each round of play.

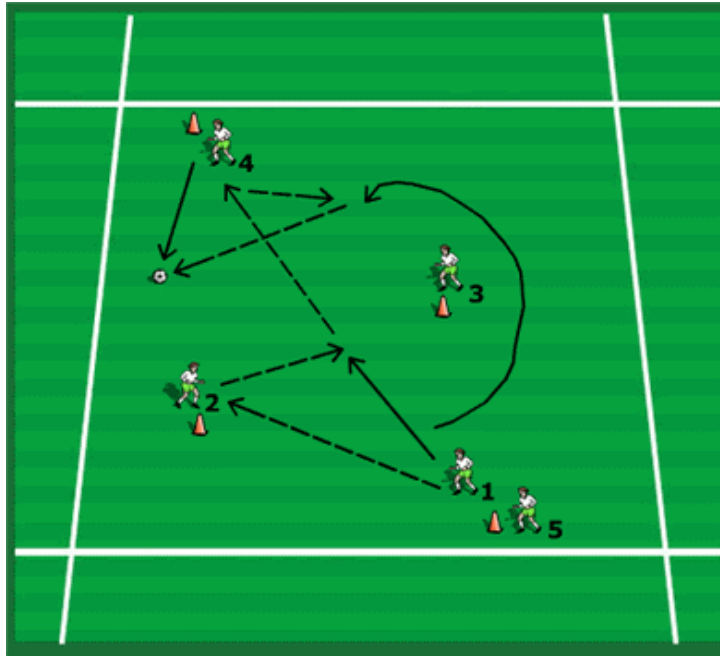
Coaching Points:

1. Accurate, sharp one-touch passing.
2. Use the correct surface of the foot.
3. Try to develop a rhythm with the exercise – timing of the service is crucial.
4. Communication at all times.

Progressions:

1. Use the outside of the foot only.
2. Inside of the foot volley only.
3. Outside of the foot volley only

Session 49: Passing and Movement Practices

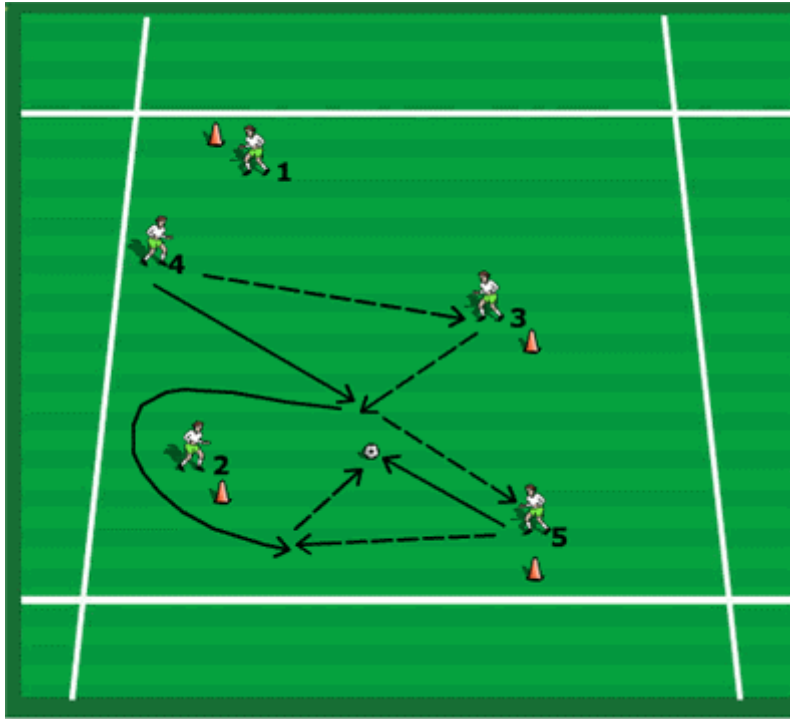


Activity #1: Four players are arranged in a diamond shape as shown in the diagram above. Players (A) and (B) are approximately 15 yards apart.

Player (A) passes to player (B). Players (C) and (D) must check to receive a first time pass from player (B). Player (B) passes to either (C) or (D) who in turn lays the ball back to player (B) with one touch. In the diagram above player (B) has decided to pass to checking player (C). Player (C) must lay the ball back to allow player (B) to immediately pass the ball to player (A) at the opposite end of the grid. The sequence is repeated at the opposite end of the grid. Play is continuous for a designated period of time. Both middle players (C and D) must continue to work up and down checking to the ball

Coaching Points:

1. Try to develop a rhythm with the exercise.
2. Sharp, crisp one-touch passing.
3. Angles of support.
4. Pace of pass.
5. Communication at all times.

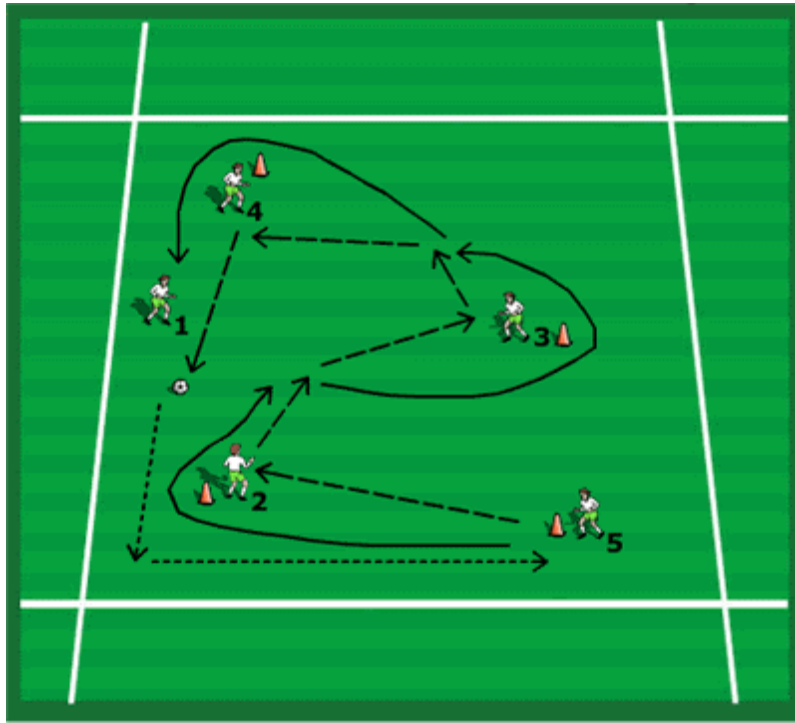


(4) passes short to (3) who lays off a one touch pass back to (4), a wall pass, then (4) passes long to (5) and makes an overlap run around (2). (5) Plays a one or two touch pass back to (4), (4) plays a wall pass back to (5) and the sequence continues.

This gets a lot of good passing movements with and without the ball with the players.

The Sequence:

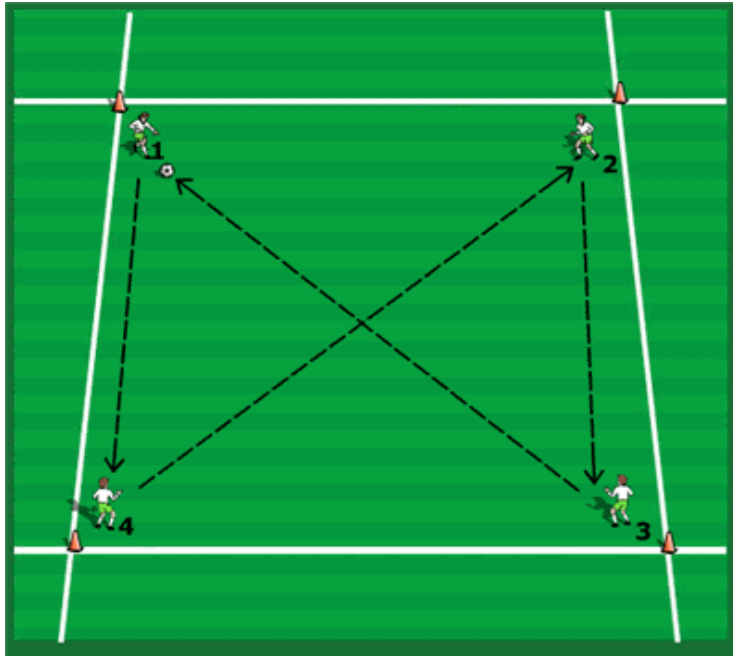
1. Quality Short pass
2. Quality one touch lay off and wall pass
3. Quality long pass
4. Overlap run without the ball with timing of the run to meet the next pass
5. One or two touch layoff and wall pass



Continuous wall passes and overlaps. 5 players involved. (1) Starts the movement.

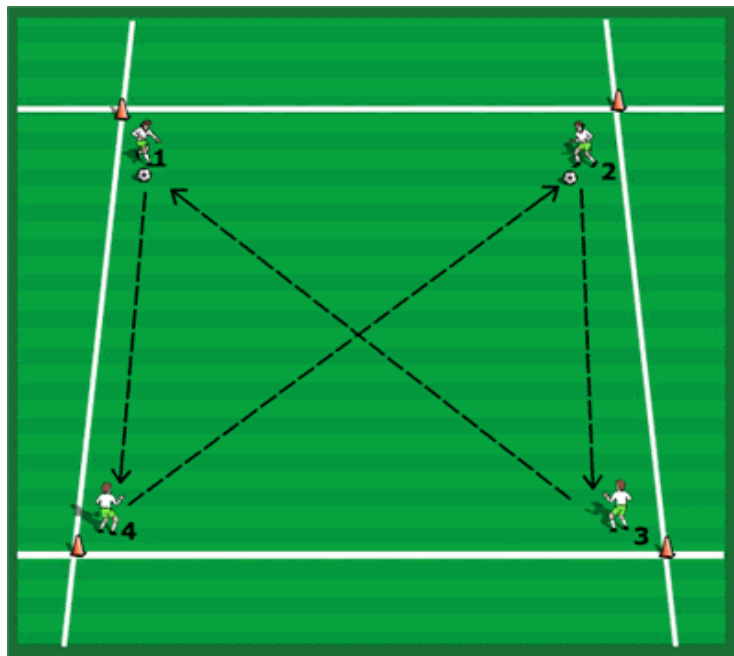
After each set of overlaps by a player, all the players move to the next cone to ensure everyone gets the chance to practice both overlapping runs and wall passes.

Session 50: Simple Passing Drills In Fours



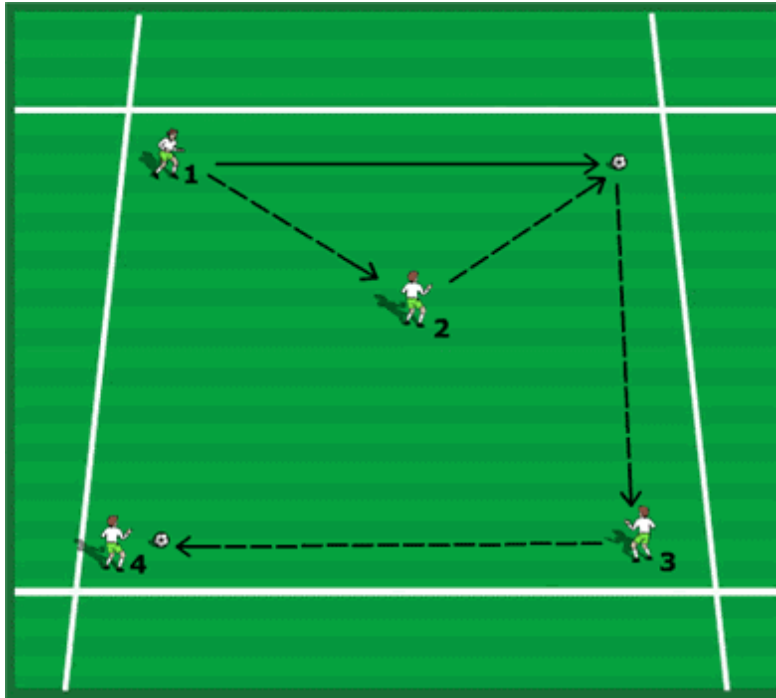
Very simple passing drills between four players. First have only one ball being passed around the area.

As they get competent at this bring in another ball and have two balls going at the same time. Start with a ball each at player 1 and player 2.



1. Coordination of the two balls is important now, as one ball arrives and is passed on the next one is almost there so players need to be on their toes and alert.
2. Change it to (1) and (2) now pass diagonally and (3) and (4) pass up and down.
3. Change it to (4) passes to (3) and (2) passes to (1) across the area.
4. Initially have it three touches (one to control, one to set up and one to pass), then two touches if possible (one to control "and" set up, and two to pass) and ultimately one touch if the weight, accuracy and timing of the pass is so good as to allow a one touch pass on.

Wall Passes And Long Passing In Fours

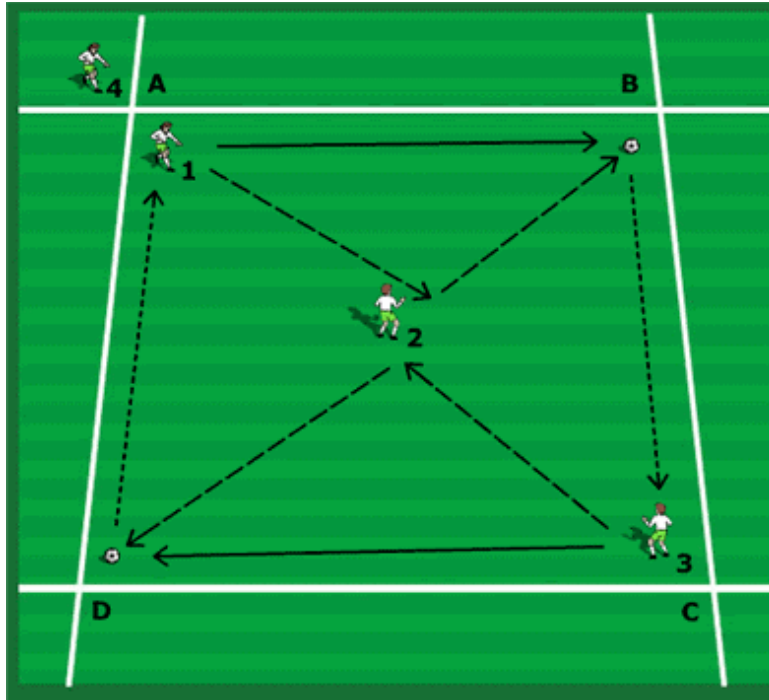


Start with one ball with players practicing wall passes with (2) in the middle all around the grid area.

Introduce another ball so there are two balls working, practicing wall passes with a player in the middle. Player passes and receives a wall pass back then passes the ball to the next player.

(1) has played a wall pass (1-2) with (2) and sprints to the next cone to receive the pass. At the same time (3) passes to (4) and waits for the next pass from (1). Now we have simultaneous passes going with both balls, one going to the middle player for a wall pass and the other along the outside of the grid area. Players just follow around the area as the balls are passed.

Now also working on the timing, pace, angle and accuracy of the pass by the center player. Rotate the center players.



Competitive: Groups of four can compete against each other.

(1) plays a wall pass with (2) from corner (A) to corner (B) and then runs across the grid with the ball to the next corner (C).

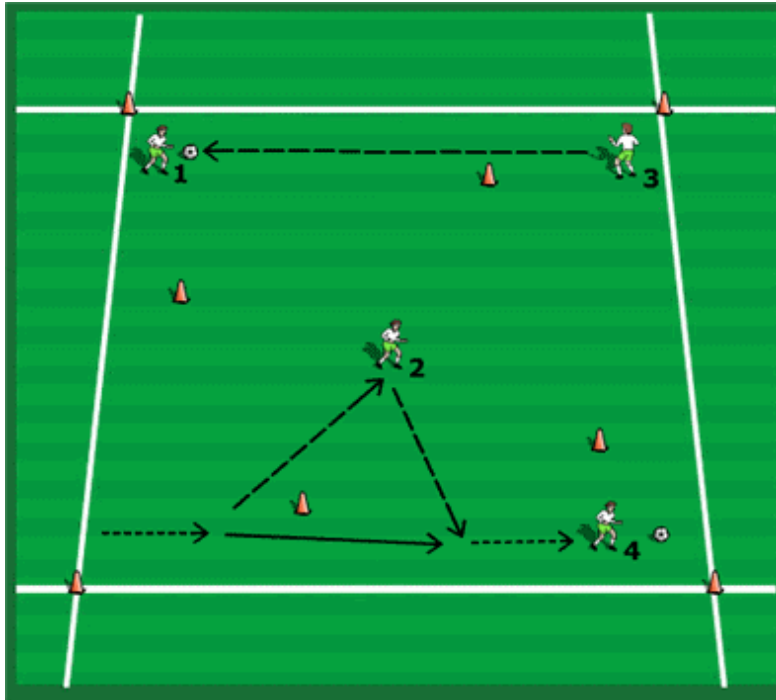
(2) turns and receives a pass from (3) at corner (C) and plays a wall pass to corner (D) for (3). (3) Then runs across the grid with the ball to the start again at (A).

Wall passes going from both sides one after the other with continuous traffic movement.

Coaching Points:

1. Quality of Pass (Timing, weight, accuracy)
2. Timing of the run

Wall Passes, Dribbling With The Ball And Long Passing In Fours

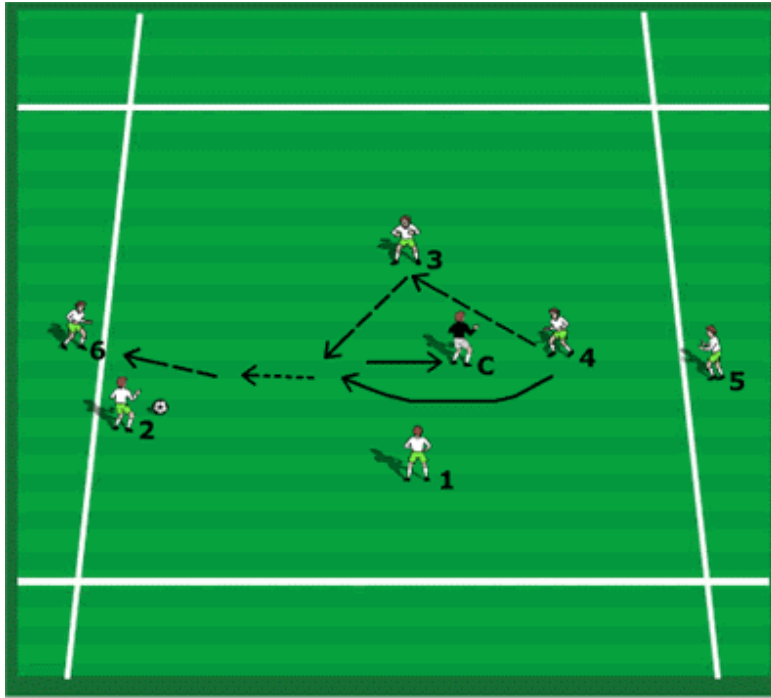


(4) has completed the wall pass with (2), at the same time (3) passes to (1) and the cycle continues. (1) Now makes the wall pass with (2) and as this is completed (4) passes to (3). Try to get the co-ordination of this between the players otherwise it is difficult to make it work.

Develop: Place a cone to act as a defender to pass around, the player on the ball runs at the cone, passes the ball to (2) and runs around the other side of the cone to receive the return pass. (4) Runs at the cone and performs a wall pass around the cone with (2) as the layoff player. (4) Then collects the ball and runs forward with it and passes to ball to (3).

Coaching Points of a Wall Pass:

1. Run straight at the cone representing a defender
2. Use outside of the front foot to pass for deception
3. Quality of the pass (especially the timing, not too far away so a defender could drop off and cover the run or too close so a defender can intercept)
4. Quality of One touch layoff by supporting player (outside opposite foot is best to open up the angle of the pass)
5. Quality of First touch reception and ensuing pass.



Wall passing with the coach as the passive defender to time the movement off. Rotate the players so everyone has the chance to be the passer and the wall passer. (4) works the wall pass with (3) and passes to (6) then (2) goes, works the wall pass with (10) and passes to (5) and so on. Outside players move inside to receive the pass so they are in forward motion.

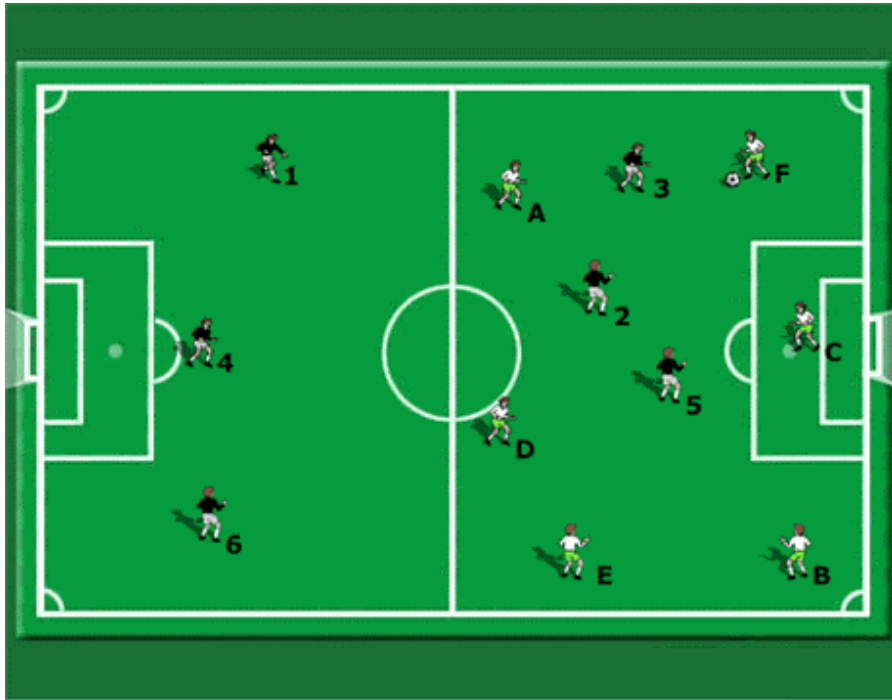
Coaching Points of a Wall Pass:

1. Run with the ball in a straight line at the coach (representing a defender)
2. Use outside of the front foot to pass for deception
3. Quality of the pass (especially the timing, not too far away so a defender could drop off and cover the run or too close so a defender can intercept)
4. Quality of One touch layoff by supporting player (outside opposite foot is best to open up the angle of the pass)
5. Quality of First touch reception and pass.

Progression: The coach can try to intercept the wall pass to help the player on the ball get a better “feel” for the distance they have to be away to make it a successful wall pass. Distance should be where a defender steps forward as far as he or she can without being able to touch the ball that is the position to pass so they are leaning forward and out of the movement.

Competitive: Have two groups and over a given time period have them count the number of successful wall passes they can do.

Session 51: Two Zone Overload Possession Game Improving The Maintenance Of Possession Through Passing And Support



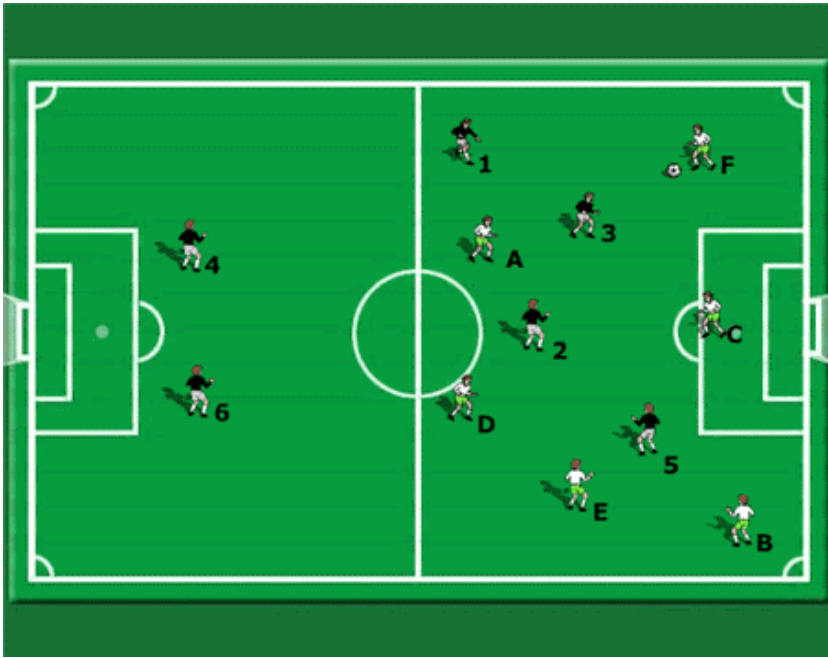
Here we have 3 target players to pass to and a 6 v 3 over-load which makes it easier for the attacking team to maintain possession of the ball. If this is too difficult then start with a 6 v 1 for example so a very big overload and develop from there.

Coaching Points:

1. Awareness of all players positions before receiving the ball (own players and opponents) plus where the spaces are to pass to.
2. Correct foot preparation to receive the ball,
3. Correct body position, open stance in the way you are going to make the pass, unless you are using a fake then pass to fool the defender. But a body position as such that it helps you make a successful next pass.
4. Correct pace / weight of the pass to help the next player when receiving it,
5. Movement off the ball by all the other players to help the player on the ball, but do it before the player receives the pass not after.
6. Asking players to position between defenders and into spaces to help the player about to receive the ball
7. Finally when you think the players are ready have them play a 6 v 6 game in a scrimmage.

THIS CAN ALSO BE A GOOD DEFENDING SESSION DEPENDING ON WHICH TOPIC YOU WANT TO COVER.

Increasing The Difficulty To Maintain Possession

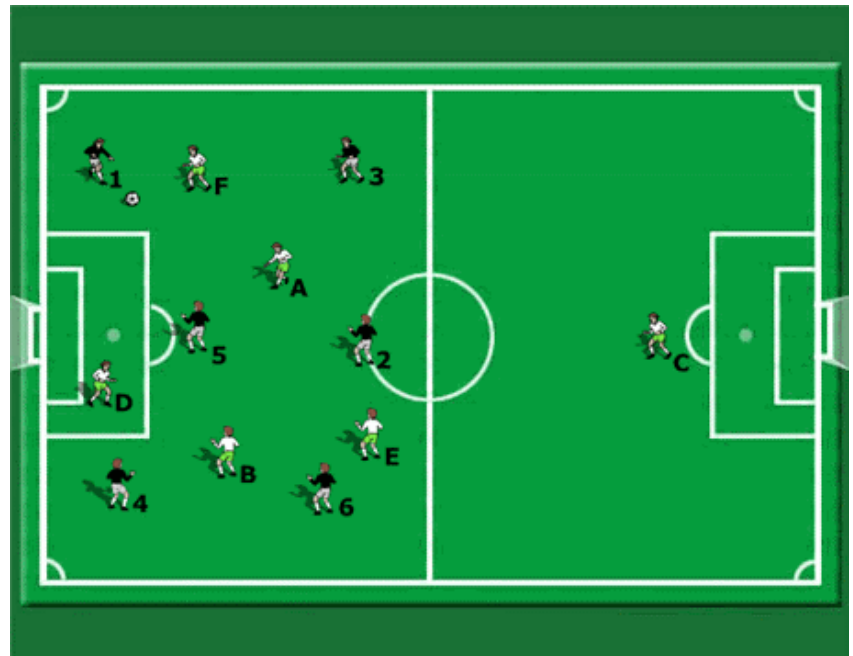


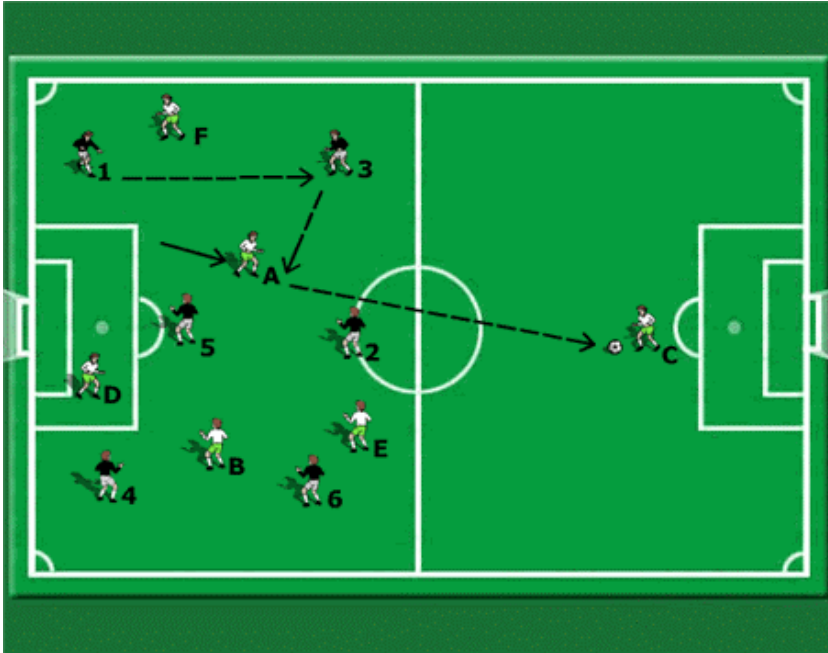
Have two target players so now we play with a 6 v 4 overload.

With fewer attacking players they then need to work even harder off the ball to help the player on the ball as decisions are needed to be quicker because of it.

A major part of maintaining possession and being successful at it is the ability of the players to move off the ball and support the player on the ball by doing so and for them to find space between and around defenders.

Now a 6 v 5 in one half and a target player in the other half to get the ball to for when the five defenders win the ball back.

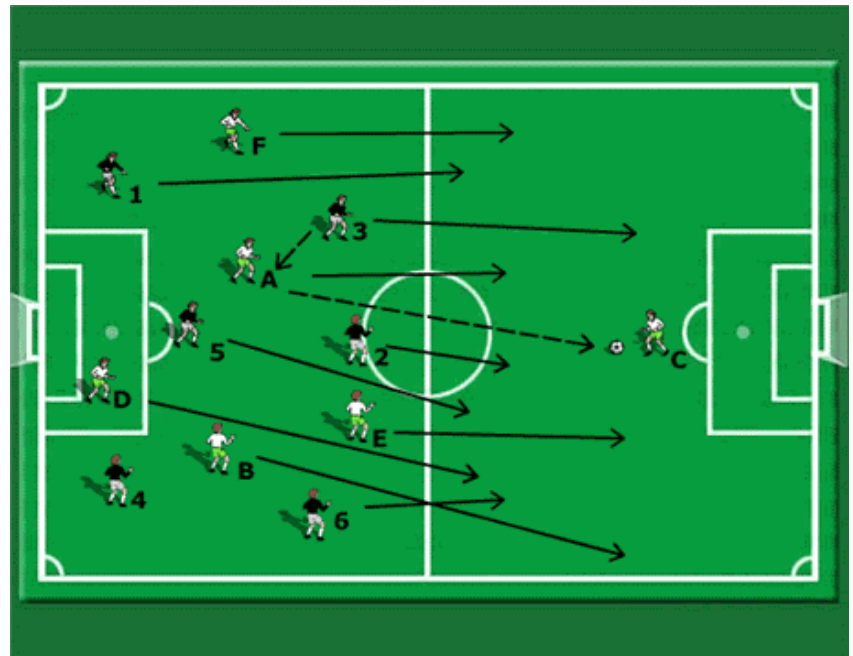


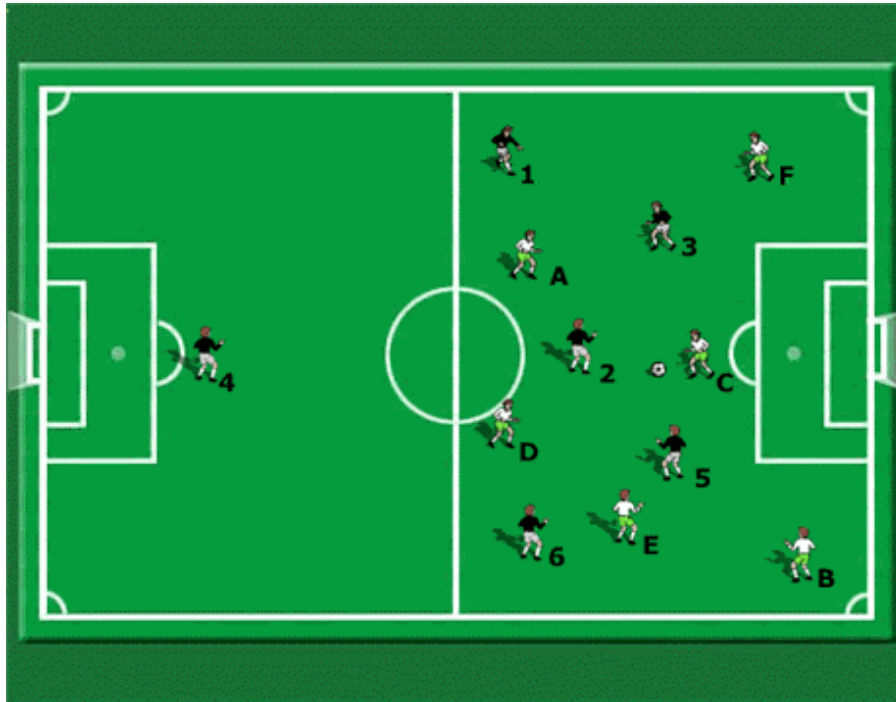


Here defender (A) intercepts the pass and passes to target player (C).

All players must follow into the other half except one defending player, in this case player (4).

The numbers team is now the defending team and must try to win possession and get the ball back into their half of the field to their own target player (4).





Here we have a 6 v 5 in the other half now. This is a great conditioning game too, the players have to work very hard to make it work and the movement between halves ensures lots of quick transition and running off the ball and emphasizes the importance of movement off the ball.

Coaching Points for the Attacking team:

1. Maintaining possession
2. Passing and Support play
3. Quick plays where possible to make it difficult for the defenders using the various numbers of player overload advantages

Coaching Points for the Defending team:

1. Defensive pressing
2. Quick transition of the ball on winning possession into the other half of the field