

Topic 1: PASSING

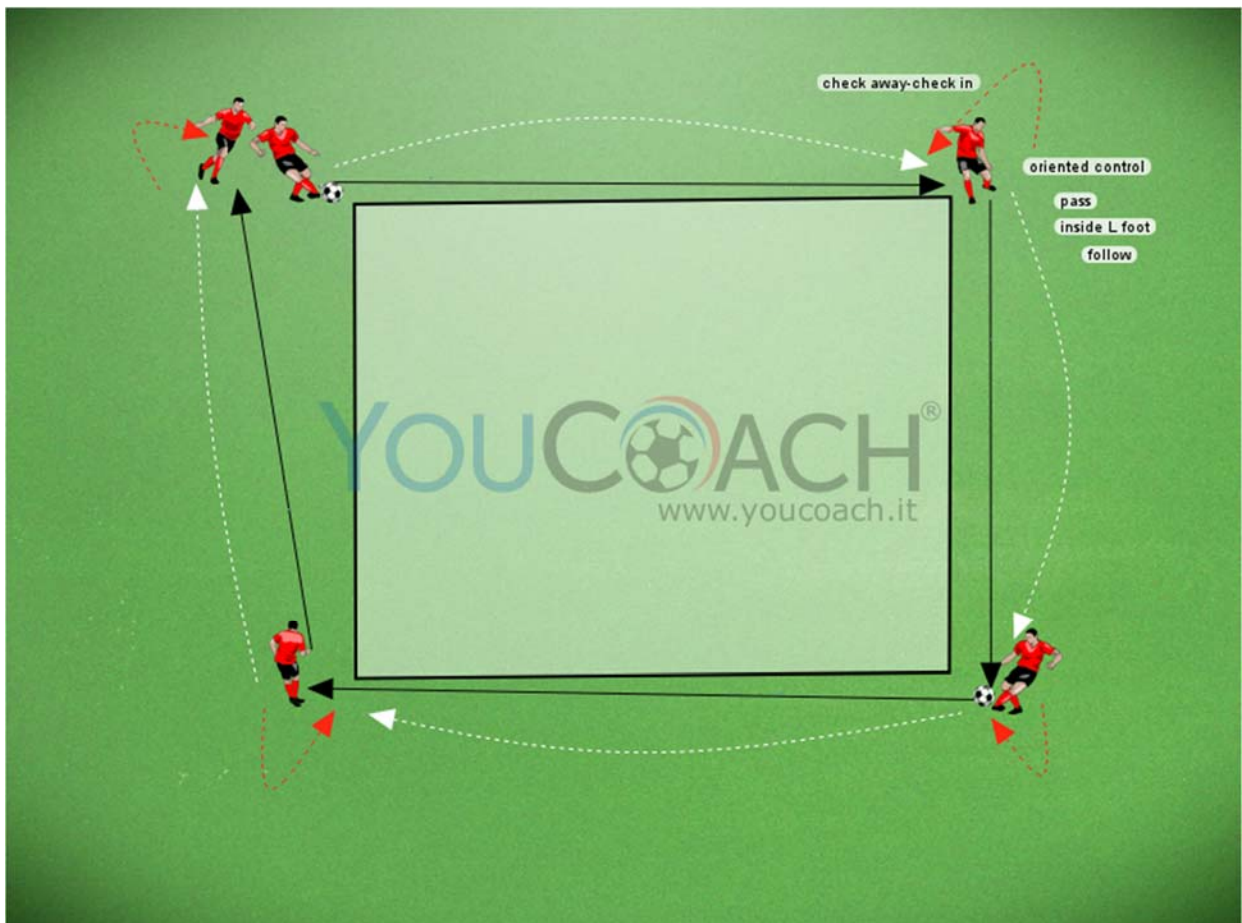
Objectives:

Learning to pass, using different surfaces of the foot. Learning short, long passes with weight and accuracy using left and right. Learning use of communication. Learning when to pass vs dribble. Body mechanics.

Square station.

Description: 15x15 square. One ball. Players on corners. Start with ball travelling clockwise using left foot. Receiving player move away and check for the ball, control into space, pass and follows pass. Play anti-clockwise using right foot after 3 minutes.

Progressions Use more than 1 soccer balls (2-3-4)



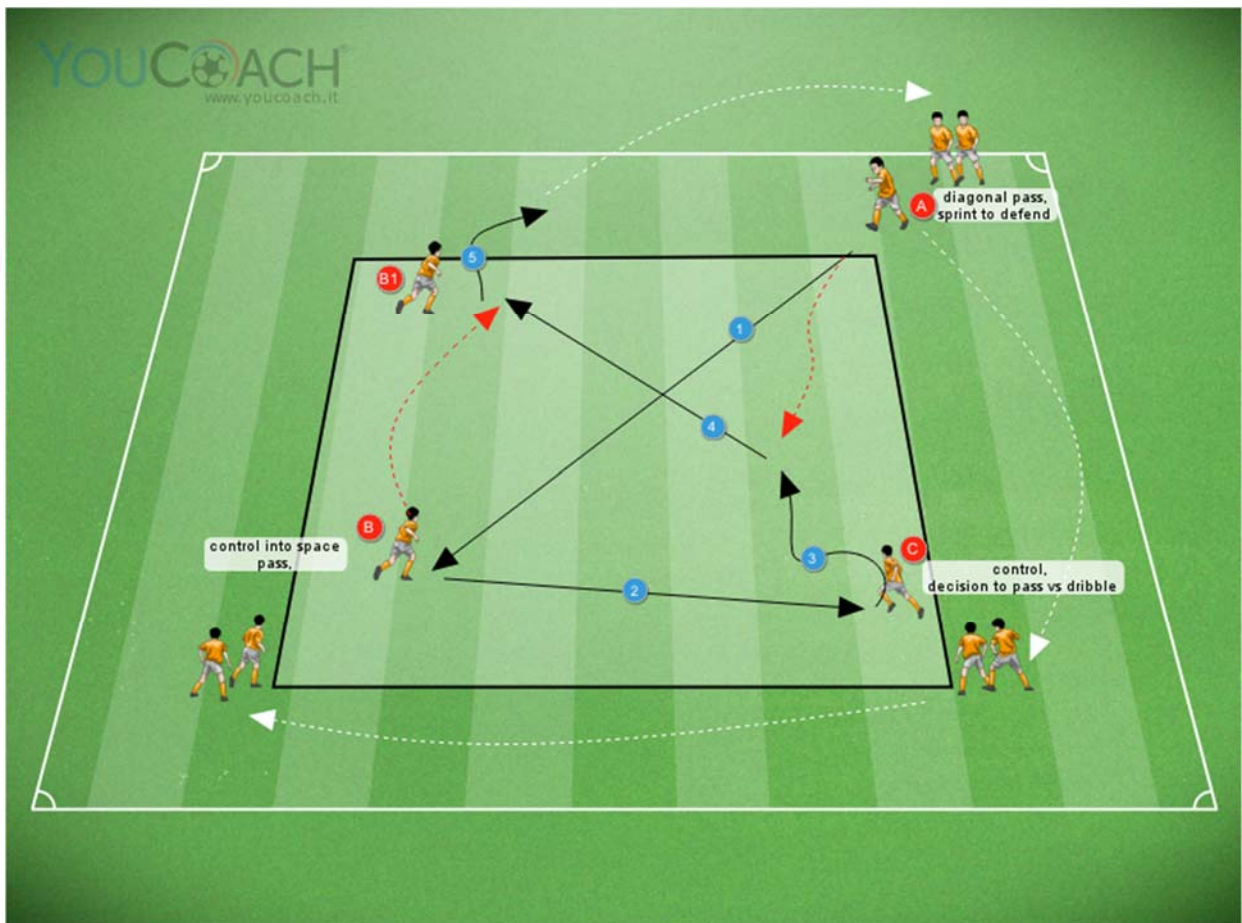
Coach and Encourage: Use proper foot and surface. Control into space. Accuracy and weight. Sharp crisp ball "Eyes up! Eyes on the ball!!". Call for the ball! On your toes when waiting for the ball. Move away-check prior receiving. No walking! Sprint after your pass! Proper body mechanics (low center of gravity etc.)

Continuous 2vs1

Description:

15x15 square grid. Player "A" serve a sharp ball to "B" and become defender. Player "B" controls and pass to "C" starting a 2vs1 situation. Goal is scored when a player reach the end line with a dribble or a penetrating pass across the line. If defender wins the ball can score on opposite end line. 10 seconds to score.

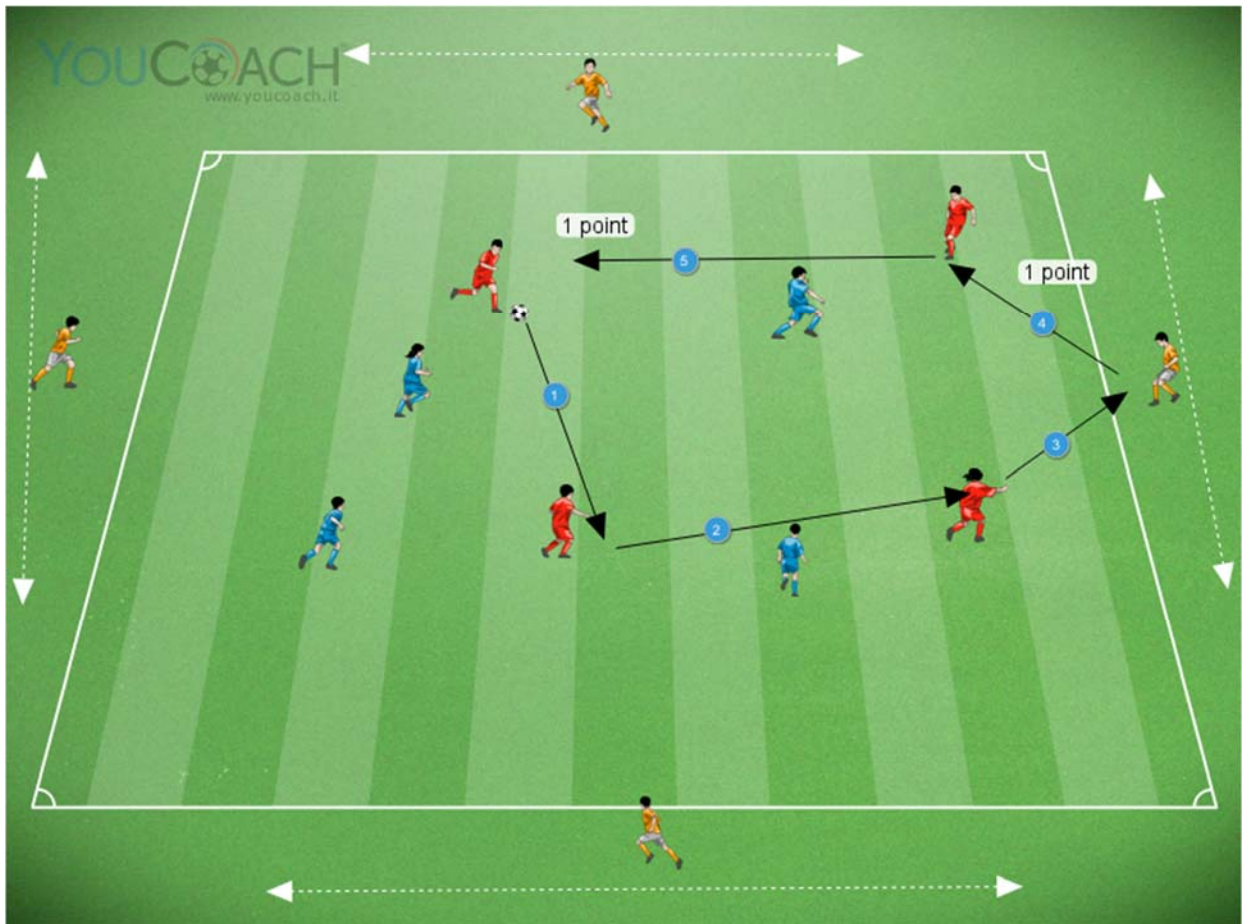
Progressions: The 2 offensive players can engage a third player with a pass starting a 3vs1



Coach and encourage: Oriented control to engage teammate. Decision on the ball. (Which side defender is showing me? How can we get the ball behind the defender? Dribble vs passing) Timing (when and how should I pass the ball to my partner?) Use of the available space to penetrate. Defender take proper stance.

"21"game 4vs4 + Bumpers

Description: 25x25 grid. 2 bumper players on each sideline 1 bumper player on each end line. 4vs4 in the grid. Team in possession can score a point in two ways: play a combination with the bumper player or accomplish 5 consecutive passes. Side line bumpers can not enter the grid neither defended. Switch bumpers when a Team scores 21 points or after 5 min.



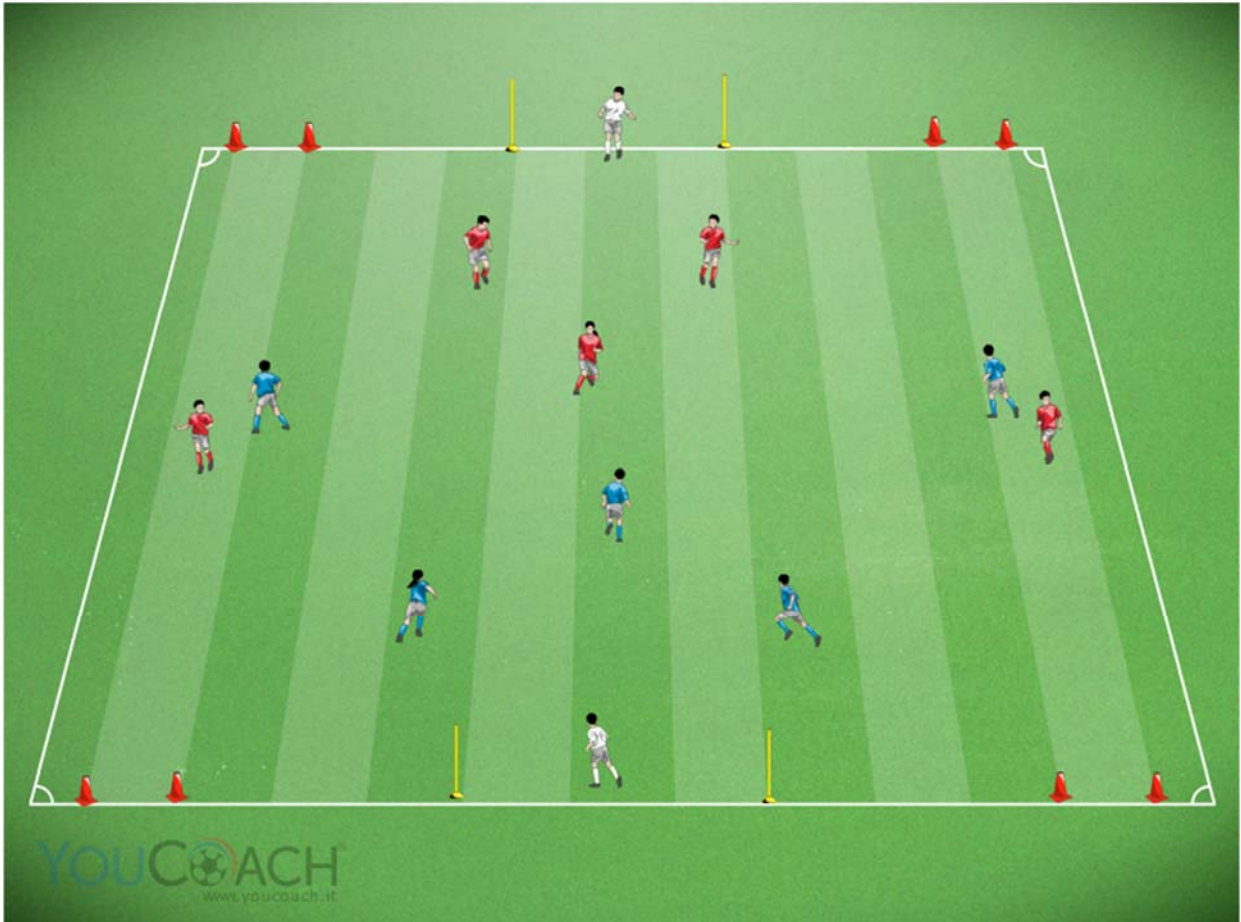
Progression: 1 the player passing the ball to bumper player has to switch with him.

Coach and Encourage: proper passing technique. Decision on the ball (when do I pass? When do I dribble? What side defender is showing me?) Decision off the ball (where can I move to support? How do I create numerical advantage?) Transition moments.

5 vs 5 + GK + small goals

Description: 30x25 grid. 4 small goals. 2 regular goals. 5vs 5. 2 points when a goal is scored in the regular goal 1 point when scored on small goals

Progression remove the small goals and play a regular game.



Coach and encourage : Move away from pressure. Use width and depth. Get behind defenders. Make decisions quickly. Switch point of attack.

Field preparation and grids

