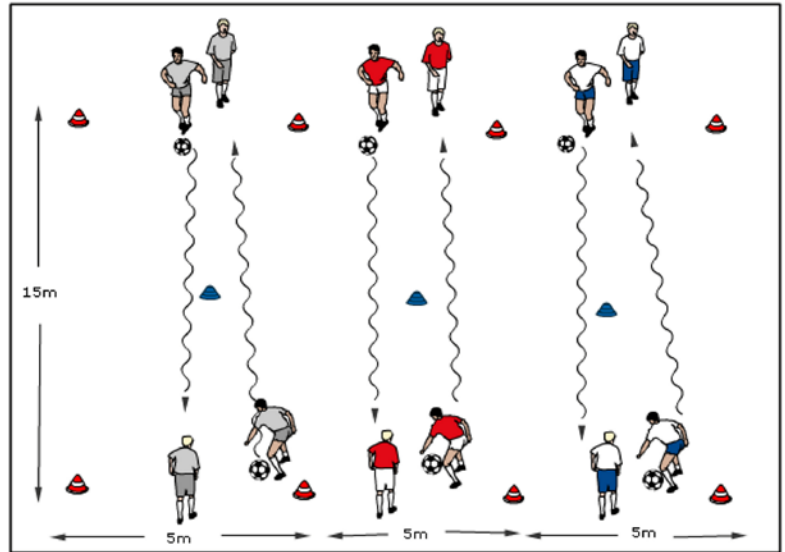


PLAN 2- SESSION #3 PASSING & SUPPORT

A. Warmup : 4 man line drill

SETUP :

- 5 x 15 grids
- Cone in centre – signifies defender
- 2 players on one side, 2 players opposite facing them.
- 2 balls



ORGANISATION :

2 balls per group.

1. Players at either end dribble ball across and give to next player. To R of centre cone, then L. Move ball further out from feet.
2. Dribble directly at cone (freeze defender), perform move and go to other end.
 - Fake/Take
 - Scissors
 - Drag across body with sole and straighten with other foot
 - Same but use inside of foot to cut across body and straighten with other foot.

KP's - Emphasize fake and change of speed.

3. Dribble to centre cone, make move and come back.
 - Outside hook
 - Cruyff
 - Stepover

1 ball per group – remove centre cone

1. Dribble with one foot and use front foot (laces/outside) to pass
2. Dribble to centre, pass and check out to starting position – pass with R, checkout to R, don't turn back on ball
3. 2 Touch, control and pass, follow pass
4. Set up pass (short, short, long)
5. Modify distance between ends : players have to vary weight of pass and whether to use 2 touch or 1 touch.

KP's :

- Passing : quality of pass

B. Sequential Passing

SETUP :

- 6 players in 15 x 15 grids
- Number players 1 to 6.

ORGANISATION :

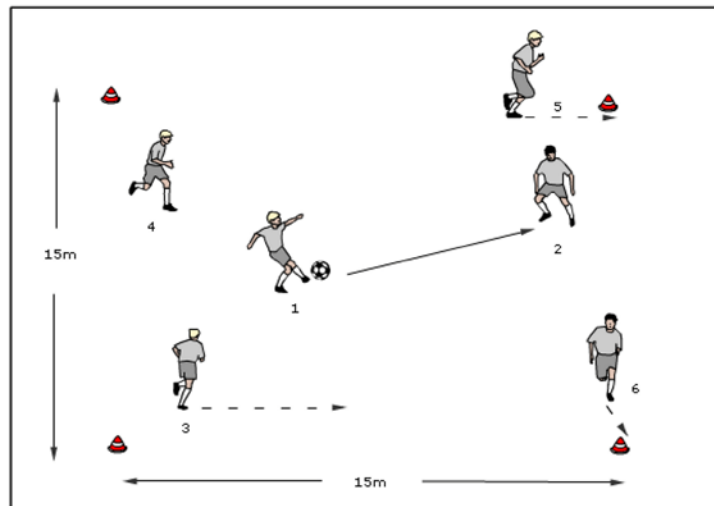
- Players run inside the square
- #1 starts with ball
- #2 calls “#2” and shows for ball in front of #1
- #1 passes to #2
- #3 calls “#3” and shows for ball in front of #2
- #2 passes to #3 and so on.

KP's :

- Call for ball.
- Show directly in front to receive pass.

Progressions :

- Touch cone after passing – different cone each time
- Intro 2nd ball - #1 and #4 has a ball



C : 4 v 2 Inside Square

SET UP :

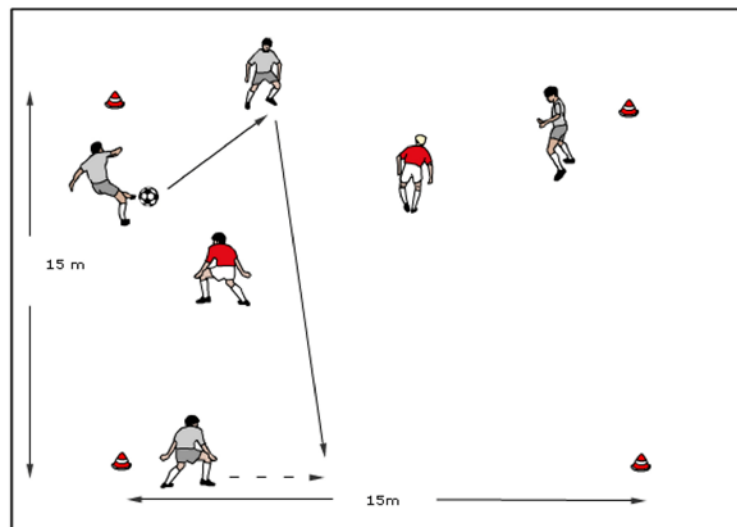
- 6 players in 15 x 15 grid
- 1 ball.
- 4 attackers and 2 defender

ORGANISATION :

- 4 attackers move inside square and down their line and keep possession against 2 defenders.
- 10 passes = 1 push up for defender, then use 1 touch
- Attacker who loses ball, becomes defender.

KP's

- Move to provide support.
- Move quickly to support when ball is in flight
- Split defenders
- Call for ball
- Quality of pass.
- First touch away from pressure.
- Use 'set up' pass to get out of pressure and split defenders



D. 3 v 2 +1

SETUP :

- 6 players in 15 x 30 grid.
- A 5m 'goal' zone at either end.

ORGANISATION :

- Defending team has 1 player in goal zone to create a 3 v 2
- Attacking team scores by moving ball into attacking goal zone under control, either thru pass or dribble.
- If attacking team scores or loses ball, one of their players goes off to defending zone to create 3 v 2 to other team.

KP's :

- Show for support, as in sequential passing and 3 v 1.
- Near and far support
- 1st touch away from pressure
- Decide to pass or dribble.
- Decide to pass to feet or space.

Safety/risk of pass or dribble.



D. Game – 4 v 4 with targets

SETUP :

- 30 x 20
- Teams of 6
- 2 players from each team beside their attacking goal (target players)
- Play 4 v 4 in middle

ORGANISATION :

- To score, players must pass to either target player who then passes back to an outfield player to shoot.

KP's :

Support from target players

