

PLAN 3- SESSION #3 PASSING & SUPPORT

A. Sequential Passing

SETUP :

- 4 players in 10 x 10 grids
- Number players 1 to 4.

ORGANISATION :

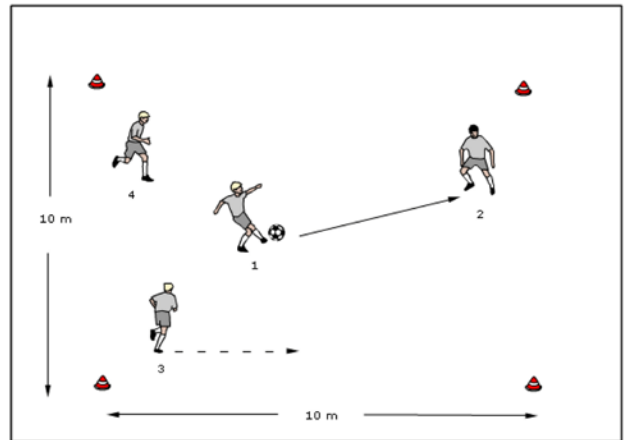
- Players run inside the square
- #1 starts with ball
- #2 calls “#2” and shows for ball in front of #1
- #1 passes to #2
- #3 calls “#3” and shows for ball in front of #2
- #2 passes to #3 and so on.

KP's :

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

Progressions :

- Touch cone after passing – different cone each time
- Change angle on first touch – next player has to adjust to show in front



B. Passing in 2's

SETUP :

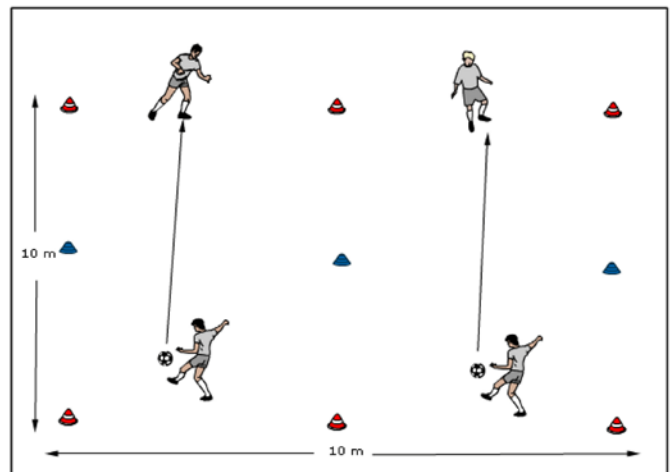
- Players in pairs 6-8 m apart.

ORGANISATION :

1. Control and pass with inside of R, then L
2. Control with R pass with L
3. 1 Touch passing
4. Control with outside & pass with inside of same foot
5. Control with inside & pass with outside of same foot
6. 1 Touch passing moving in and out to vary distance/weight of pass.

KP's.

- Passing technique – quality of the pass
- Receiving technique - On toes to position feet, cushion pass.



C. 3 v 1 inside grid.

SET UP :

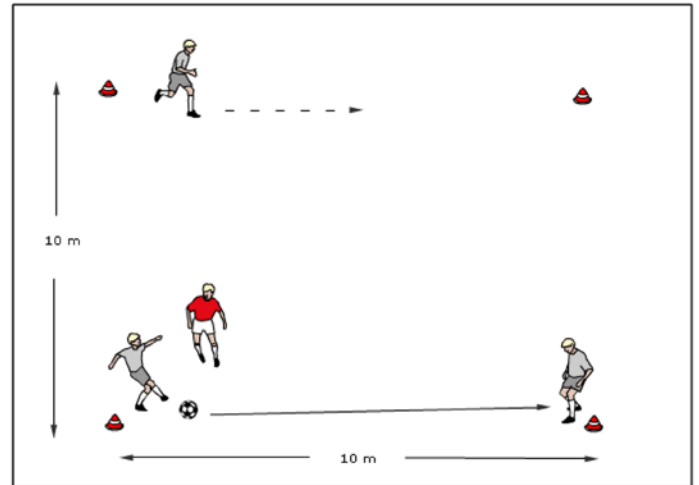
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

ORGANISATION :

- 3 attackers keep possession against 1 defender.
- 7 passes = 1 push up for defender, then use 1 touch

KP's

- Find most space to support.
- Move quickly to support when ball is in flight
- Call for ball
- Timing of pass
- Quality of pass.
- First touch away from pressure.



D. Soccer Tennis

SET UP :

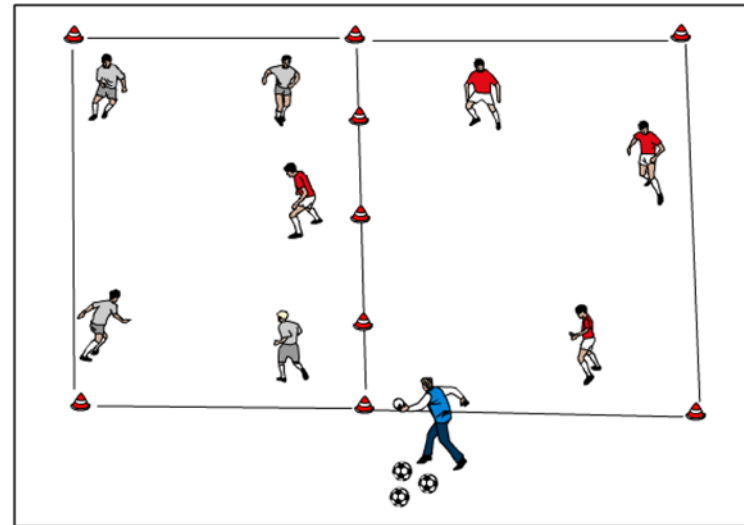
- 15 x 30 grid.
- Two teams of 4 or 5 players are divided in each half of a grid.

ORGANISATION :

- Play begins with the coach passing a ball to one team.
- The objective for the team is to make three passes before playing the ball over to the other side, while one defender from the opposing team tries to intercept the ball.
- If the defender intercepts a pass, or the ball is passed out-of-bounds, a ball is passed in to the other side, to the opposing team.
- The game ends with the first team to score ten points, with points awarded for each successful pass to the other side of the "net".

KP's

As above



E : Related Game 3 v 3 with 1 target

SETUP :

- 30 x 20
- Teams of 5
- 2 players from each team beside their attacking goal (target players)
- Play 3 v 3 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

