

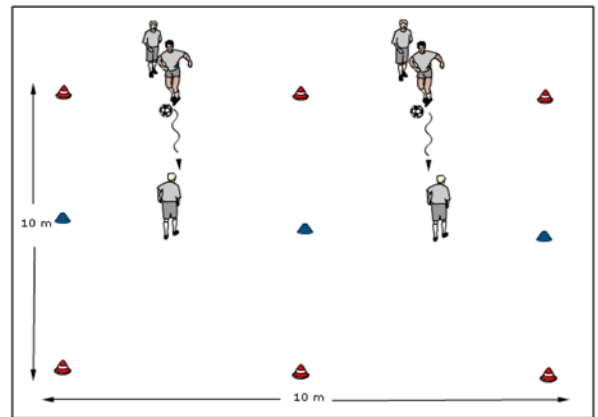
PLAN 3- SESSION #2 PASSING & SUPPORT

A. Warmup : 3 man line drill

SETUP :

- 5 x 10 grids
- 2 players on one side, 1 player in middle facing them.
- Ball with the 2 players.

Can also have players 10 yards apart for dribbling and passing.



ORGANISATION :

1. Dribble ball across and stop for next player. R only, then L
2. Tick Tock dribbling – touch with inside of feet as many times as possible.
3. Move 10 m apart, Touch step dribbling with R and pass at midway, the same with L.
4. 2 touch pass and follow.
5. 1 touch passing
6. Dribble and pass with laces. R then L
7. Player in middle, opens up to receive pass (passer goes to the middle), dribbles to end and does Cruyff turn, dribbles back to middle and passes back to next player.
8. Set up pass (short, short, long) with straight support. 1st player plays a long pass and runs straight to receive and play back a short pass. Next player repeats.

KP's :

- Passing : non kicking foot, part of the foot, go thru the centre of the ball, follow thru, weight of pass
- Receiving : on toes for Body Behind Ball, cushion, first touch.

B. 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.

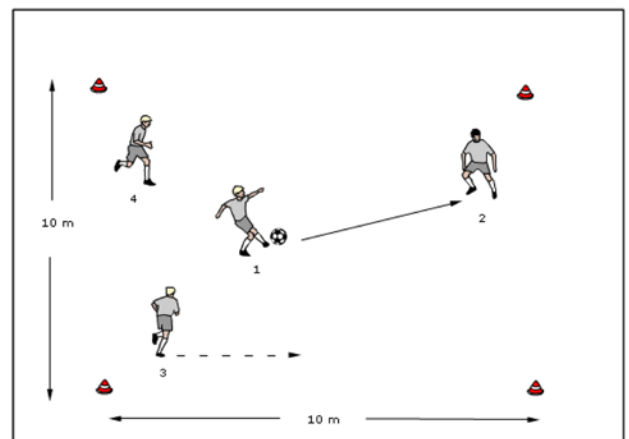
KP's :

- 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



C. 3 v 1 inside grid.

SET UP :

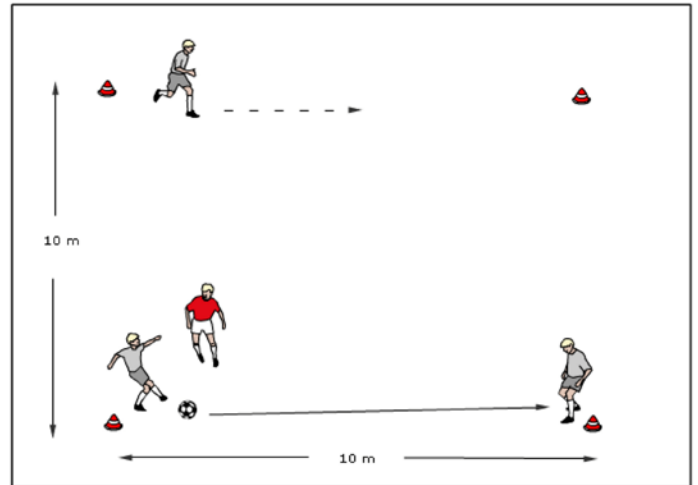
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

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 :

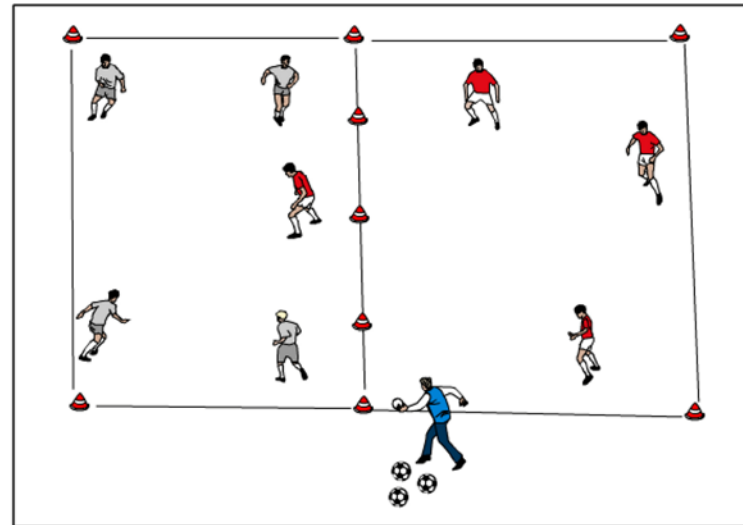
- 15 x 30 grid.
- Two teams of 4 or 5 players are divided in each half of a grid.

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 targets

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

