

## SESSION #2 PASSING & SUPPORT

### A. Warmup : Sequential Passing

#### SETUP :

- 10 x 10 grids
- 4 players per grid.
- Number players 1 to 4.

#### ORGANISATION :

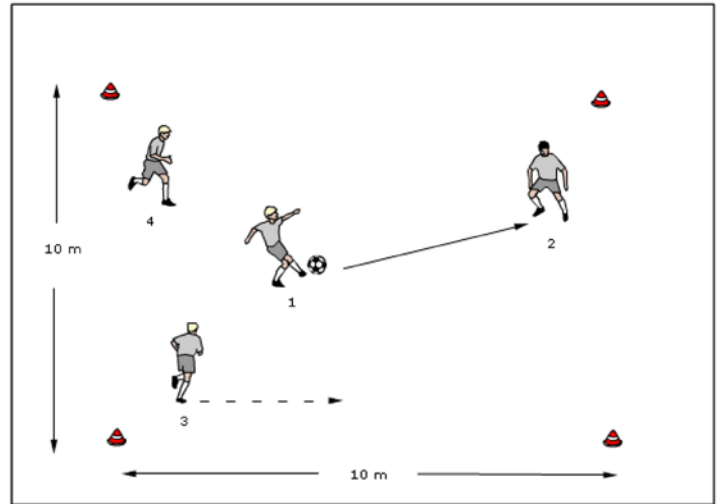
1. Players run inside the square
2. #1 starts with ball
3. #2 calls “#2” and shows for ball in front of #1
4. #1 passes to #2 then sprints to touch cone on outside (different one each time)
5. #3 calls “#3” and shows for ball in front of #2
6. #2 passes to #3 and so on.

#### KP's :

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

#### Progressions :

- 2 touch/1 touch
- Change angle on first touch – next player has to adjust to show in front



### B. Passing in 2's

#### SETUP :

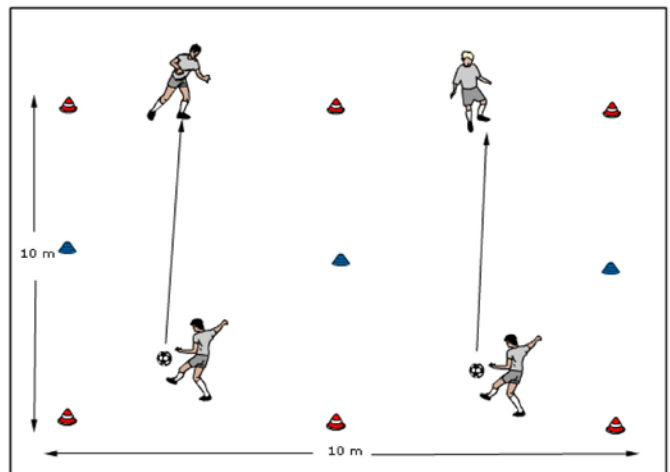
- Players in pairs 6-8 m apart.

#### 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 :

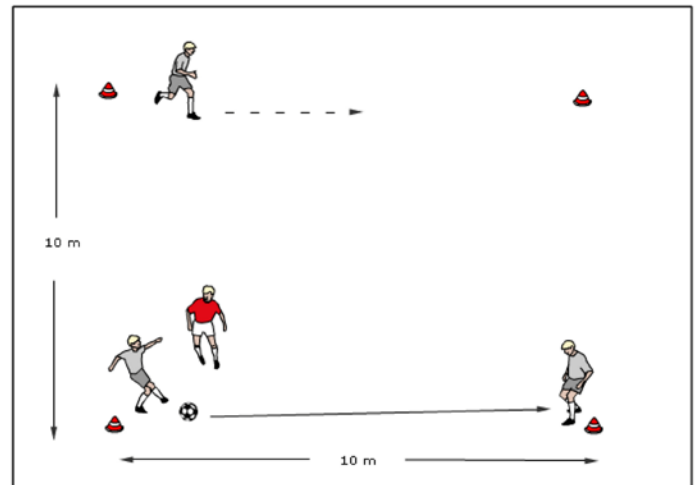
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

#### 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. 3 v 2 +1 Conditioned Game

#### 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
- 1<sup>st</sup> touch away from pressure
- Decide to pass or dribble.
- Decide to pass to feet or space.
- Safety/risk of pass or dribble.

