

PLAN 4- SESSION #3 PASSING & SUPPORT

A. Warmup : Juggling & Dribbling

1. All players have ball :
 - Keep ball up 3 times with feet (R & L), then 3 with thighs, then 3 with head.
 - Combine 3 head, to thighs to feet then back up again.
2. Fast Feet leading to Chinese Coervers – emphasize 5m burst after move – make move, burst 5m, make move, burst 5m.
 - Roll in/push out
 - Scissors
 - Pull back/behind

B. Passing in 2's in 5 x 10 grid

SETUP :

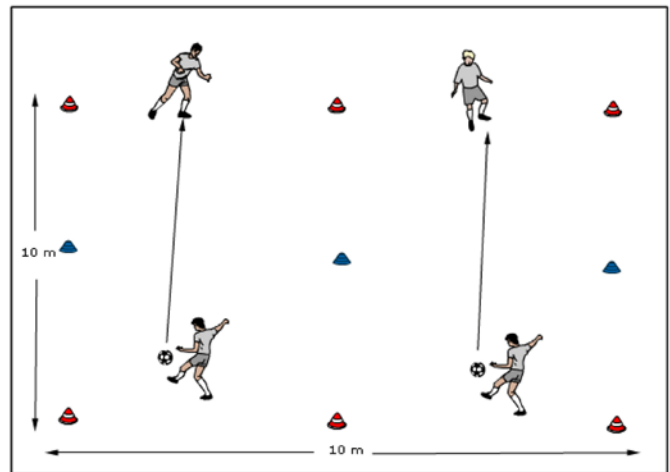
- Players in pairs 10 m apart.

ORGANISATION :

1. Control and pass with same foot - inside of R, then L
2. 1 Touch passing – R to R, then L to L
3. 1 Touch, R to R, L to L, R to R etc.

KP's.

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



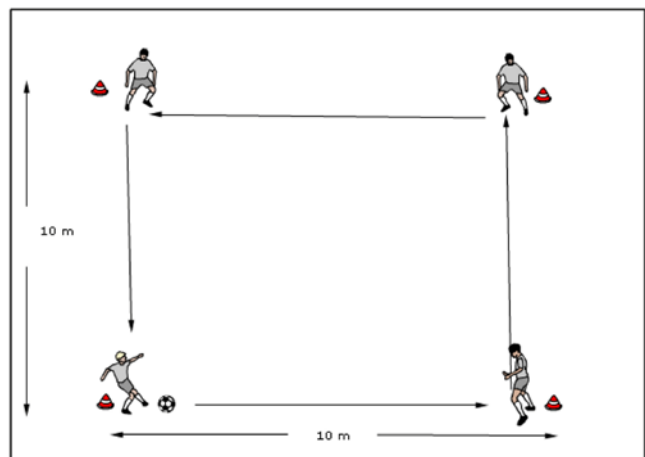
C. Open to Receive inside square

SETUP :

- 4 Players in 10 x 10m grid.
- All players have same color of pinnie

ORGANISATION :

- Players pass ball counter clockwise to player's back foot (R)
- Receiving player opens up to receive, with 1st touch towards next player and passes to next player's back foot.
- Repeat going clockwise using L foot.



C. 3 v 1 inside Grid.

SET UP :

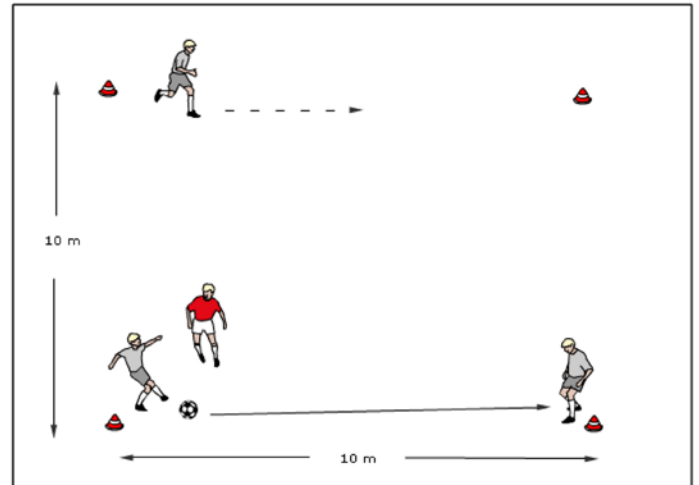
- 4 players in 10 x 10 grid
- Start with all players having same colour of bib.
- 3 attackers and 1 defender

ORGANISATION :

- 3 attackers keep possession against 1 defender.
- 7 passes = 1 push up for defender, then use 1 touch
- Progress to mini tournament where 1 player from each team moves to next grid to become defender
- Count how many times they win the ball or ball goes out grid.

KP's

- Find most space to support.
- Move quickly to support when ball is in flight
- Always provide 2 options
- 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
- 1st touch away from pressure
- Decide to pass or dribble.
- Decide to pass to feet or space.
- Safety/risk of pass or dribble.



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 5 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

