

PLAN 4- SESSION #2

PASSING & SUPPORT

A. Warmup : Juggling & Dribbling

SETUP :

- Setup multiple small gates, 2-3m apart
 - All players have ball
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
 3. Get into pairs – follow the leader thru gates – how many in 30 secs – first thru 20 gates
 4. 1 ball between 2 – passing

B. Passing in 2's thru Gates

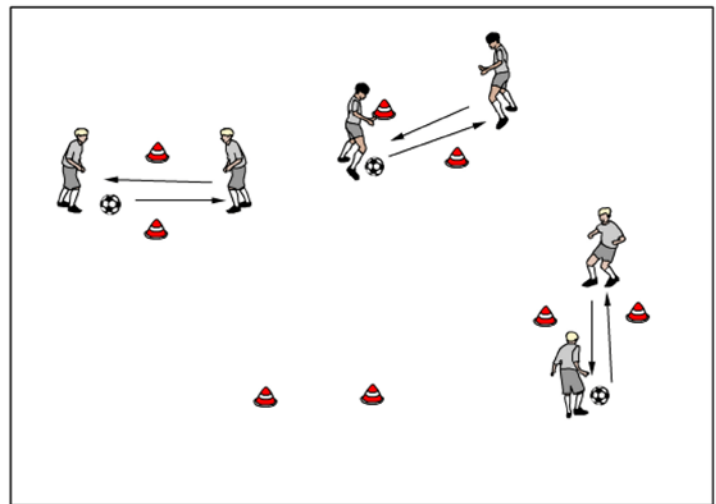
- Players in pairs 10m apart.

ORGANISATION :

1. 2 Touch same foot - Control and pass with same foot - inside of R. Then L only. (move into pass, 1st touch ahead, pass & drop off)
2. 1 Touch same foot. R to R only. Then L to L

KP's.

- Passing technique – quality of the pass
- Receiving technique - On toes to position feet, cushion pass, first touch ahead but close.



C. Passing in 3's - Open to Receive

SETUP :

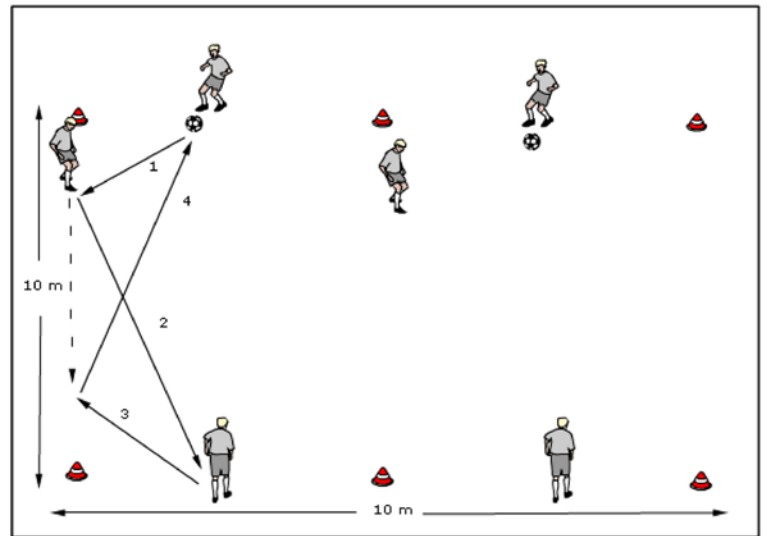
- 3 Players in 5 x 10m grid.
- 1 ball

ORGANISATION :

- One player works up and down line, receiving pass on back foot from end player and then passing to player at other end – 2 touch, open to receive.

KP's.

- Open up to take pass on back foot.
- After receiving and passing, move quickly to support after end players first touch.
- Accuracy and weight of pass



C. Passing in 3's – Set Up Pass

SETUP :

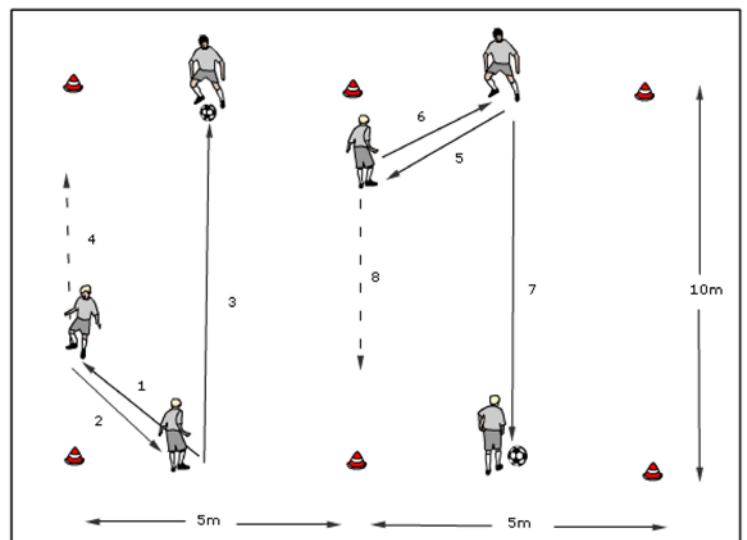
- As above

ORGANISATION :

- One player works up and down line, receives pass on front foot from end player and plays it back on 1 touch.
- End player then passes long (1 touch) to player at other end.
- Player, working line, sprints to support, and repeats.

KP's.

- Player working line, is 'setting up' player for long pass – play it to end players strong foot.
- Quality of each pass.



D. 4 v 2 Outside the Square.

SET UP :

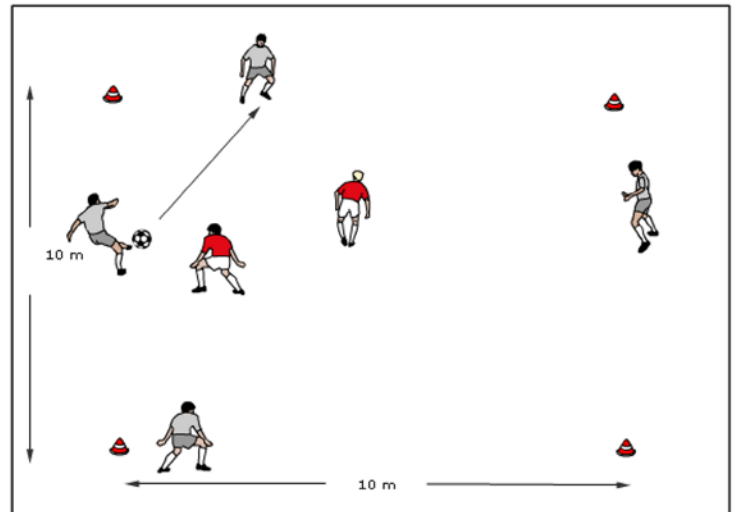
- 6 players in 10 x 10 grid
- 1 ball.
- 4 attackers and 2 defender

ORGANISATION :

- 4 attackers move up and down their line and keep possession against 2 defenders.
- 7 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



E. Soccer Tennis

SET UP :

- 20 x 20 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

