

SESSION #1 PASSING & SUPPORT

A. Warmup : 3 man line drill

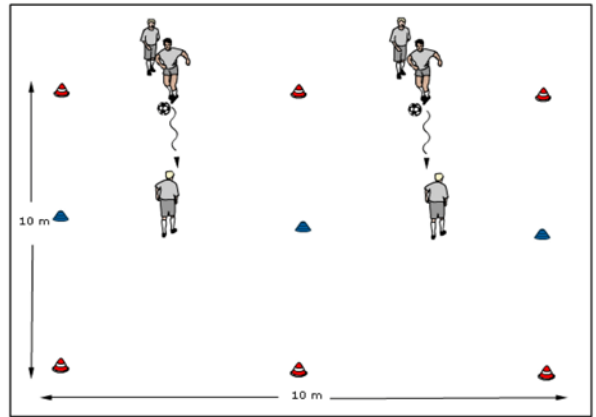
SETUP :

- 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. Drag/roll with R|L
4. Juggle ball across
5. 2 touch pass and follow.
6. 1 touch passing
7. Player lobs ball for middle player to side foot volley to next player. Have players 3m apart.
8. Player lobs ball for middle player to control with thigh then volley to next player.
9. 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.
10. Move 10 m apart, Touch step dribbling with R and pass at midway, the same with L.
11. Dribble and pass with laces. R then L
12. 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 :

- Quality of all techniques
- Quality of service
- 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.

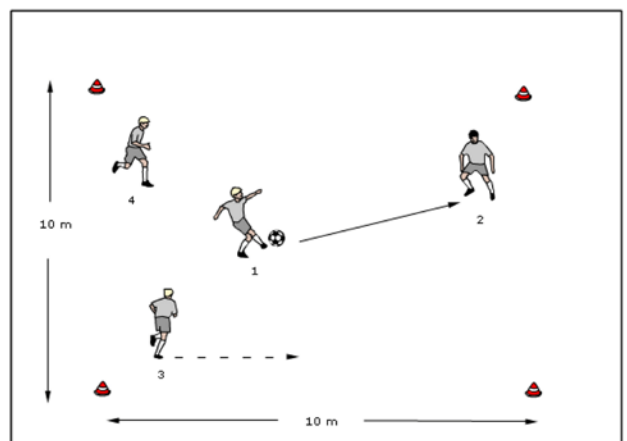
ORGANISATION :

- 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 :

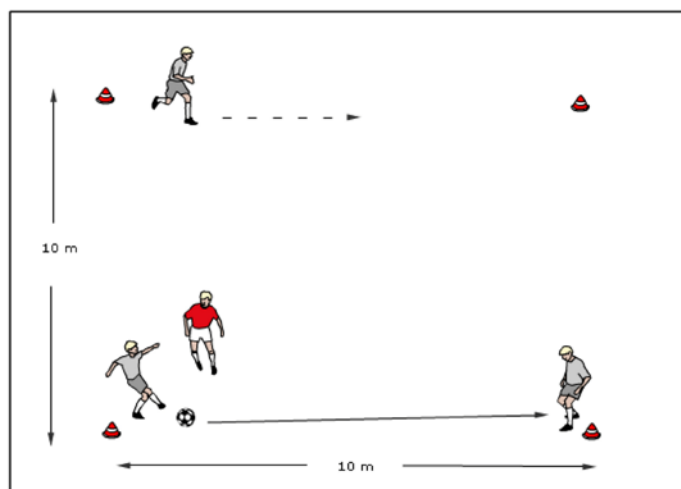
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

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. 3 v 2 + 1

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.



E : Normal Game 3 v 3

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