

SESSION #3 PASSING & SUPPORT

A. Sequential Passing

SETUP :

- 4 players in 10 x 10 grids
- Number players 1 to 4.

ORGANISATION :

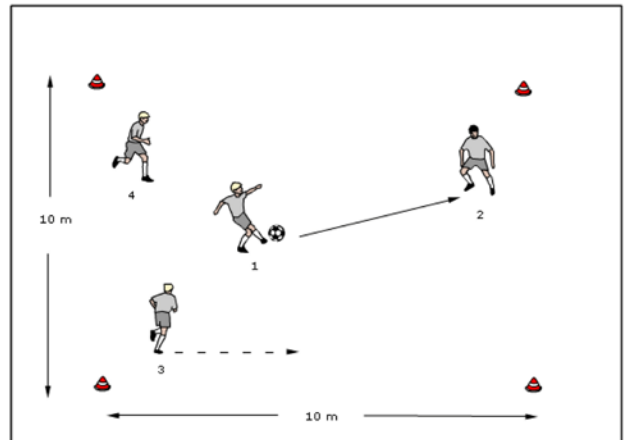
- Players run inside the square
- #1 starts with ball
- #2 calls “#2” and shows for ball in front of #1
- #1 passes to #2
- #3 calls “#3” and shows for ball in front of #2
- #2 passes to #3 and so on.

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



B. Passing in 2's

SETUP :

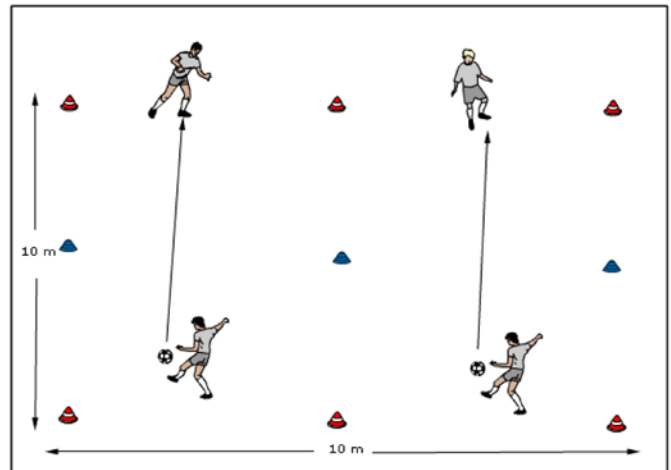
- Players in pairs 6-8 m apart.

ORGANISATION :

1. Control and pass with inside of R, then L
2. Control with R pass with L or reverse
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. Control with outside pass with outside.

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 :

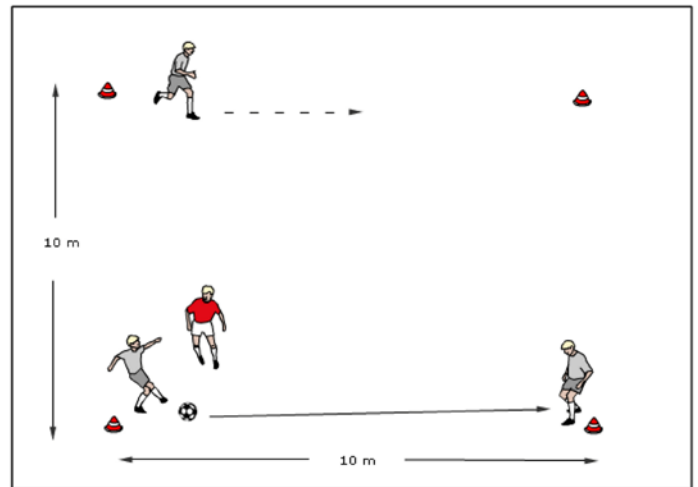
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

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 3 with Targets

SETUP :

- 30 x 20 with 5m end zones
- 1 player from each team in one end zone
- Play 3 v 3 in middle

ORGANISATION :

- Team can score by hitting their target player in the end zone after 3 passes (reduce #passes if needed).

KP's :

- Find space
- Support short/long
- Pass or dribble ?
- Choice of pass – safe/risk



E : Related Game 3 v 3 with 1 target

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



F : Regular Game