

## SESSION #3 PASSING & SUPPORT

### A. Warmup : Control Passing (15m)

#### SETUP :

- 30 x 30 grid
- Half the players have a ball
- Free Flow

#### ORGANISATION :

Players move freely receiving and inter passing.

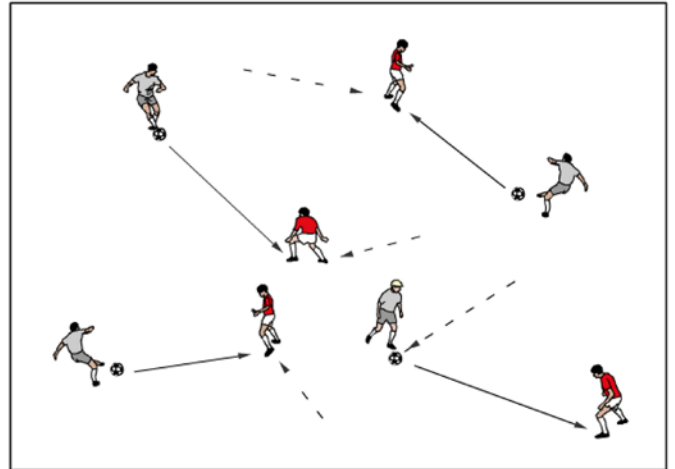
Pass should be 10m+

Player without ball 'shows' for ball then :

1. Communication - heads up, eye contact, call for ball.
2. Quality of pass – choice of pass
3. Players pass & move together
  - lob ball with hands for partner to sidefoot volley back
  - then use thigh and front foot volley back
4. Passing in 2's moving - support 1<sup>st</sup> touch - player with ball passes and then moves to support depending on receiver's first touch.
5. In 2's 4/5m apart
  - lob ball with hands for partner to wedge (trap with inside of foot when turning)
  - control with laces
  - rsidefoot volley back
6. Give get pass
  - Roll turn inside
  - Outside turn
  - Set up play
  - Set up play, spin and pass

#### KP's :

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



## B : 4 v 2 Inside Square

### SET UP :

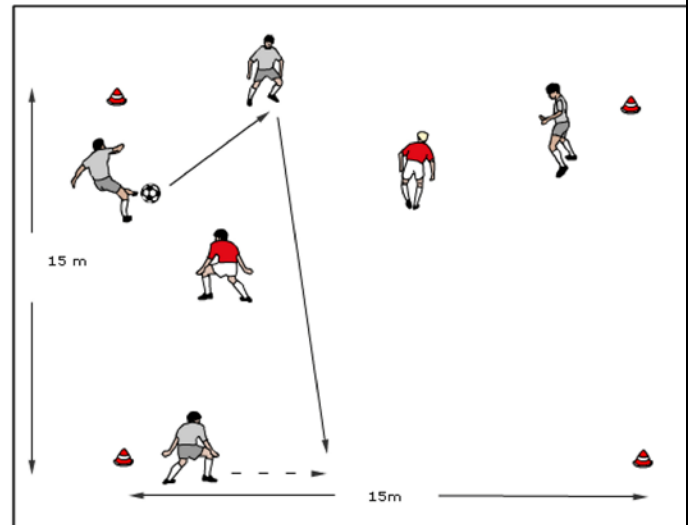
- 6 players in 15 x 15 grid
- 1 ball.
- 4 attackers and 2 defender

### ORGANISATION :

- 4 attackers move inside square and down their line and keep possession against 2 defenders.
- Use unlimited touches
- 10 passes = 1 push up for defender, then use 2 touch for 7 passes
- 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



## C. 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
- 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.



## E. Shadow Drill

- Players begin passing movements from GK to CB to FB etc then after pass player moves to next position GK-CB-FB-MF-W-St1-G-Opposite G

1. GK-CB-FB-MF-W-ST1
2. Passing Options
3. GK-FB-W-FB-ST1-MF-W-cross
4. GK-FB-W-FB-MF-W-cross
5. GK-FB-MF-FB-ST1-MF-W-cross
6. GK-FB-ST1-MF-W-cross
7. GK-FB-MFturn-ST1-MF-W-cross
8. GK-MF-FB-W-FB-ST1-MF-W-cross
9. GK-FB-Wturn-FB overlaps-ST1-MF-FB-cross

