

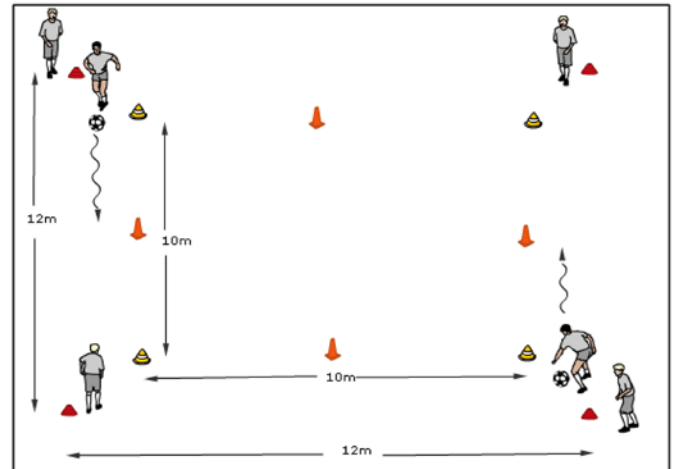
SESSION #5

PASSING & SUPPORT

A. Warmup : Passing Around Square

SETUP :

- 10 x 10 grid inside 12 x 12 grid
- Players work in 2m channel
- 2 Balls and at least 2 players at diagonal corners.



ORGANISATION :

Perform following techniques – emphasize quality and intensity in every move and pass.

1. Players with ball, dribble counter clockwise and stop ball in front of next player. Stop ball in front of player and run past him. **KP - Push ball out from feet.**
2. Move tall cone out, to act as defender, and dribble to cone and make dribbling move (Fake/Take, scissors, Roll and push).. Counter clockwise to the Right, clockwise to the Left of defender/cone. **KP - Quality of move**
3. Move tall cone back in, Dribble to half and pass to next player. Receiving player opens up for 1st touch. Counter clockwise use Right foot only, Clockwise left foot only.
4. Juggle all the way to next player.
5. Receiving player moves towards player with ball, receives pass on half turn, dribbles ball around corner and passes to next player, who moves towards ball, receives pass on half turn etc.
6. Set up play – player passes (and follows) long to next player, who sets him up (short), runs around inside cone and then receives another short diagonal pass from same player.
7. Same as previous set up play, but after the setup pass, first player plays a long diagonal pass to player at other corner.
8. Dribble to centre cone, make move and come back.
 - Outside hook
 - Cruyff
 - Stepover

B : 4 v 2 Inside Square

SET UP :

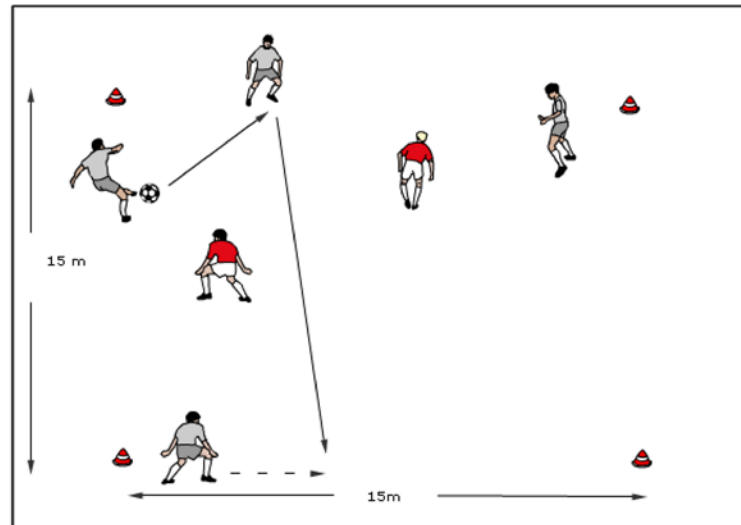
- 6 players in 15 x 15 grid
- 1 ball.
- 4 attackers and 2 defender

ORGANISATION :

- 4 attackers move inside square and down their line and keep possession against 2 defenders.
- Use unlimited touches or 2 touch.
- 10 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



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
- 1st touch away from pressure
- Decide to pass or dribble.
- Decide to pass to feet or space.

Safety/risk of pass or dribble.



D. Game – 4 v 4 with targets

SETUP :

- 30 x 20
- Teams of 6
- 2 players from each team beside their attacking goal (target players)
- Play 4 v 4 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

