

## SESSION #6

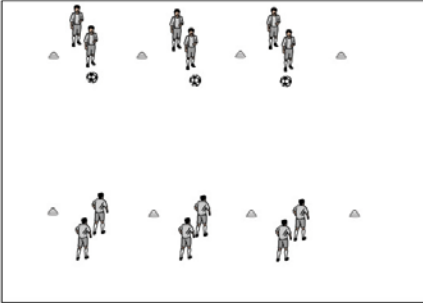
### Passing and Support

#### A. Warm-up: 4 man Line Drill

**SETUP :**

- groups of 4
- ball per group

**ORGANISATION :**



1. Control, dribble, pass

- meet the ball, control it, dribble to half, pass; other player does the same things on the way back
- players follow their pass to the other line

2. Control, pass

- 2 touches: 1<sup>st</sup> to control, 2<sup>nd</sup> to pass

3. Dribble, check

- dribble to middle; pass with right
- check away to right keeping left shoulder toward receiver, eyes on the ball, and watching over shoulder
- if passing with left, check out to left
- don't go across path of ball

4. Juggle

- players simultaneously juggling to other side

5. Turn

- dribble to half and perform turn (Cruyff, pull, hook, stepover)

6. Set-up

- long-short-short
- play long pass then provide short support straight on, not at angle
- one touch if possible

\*drink

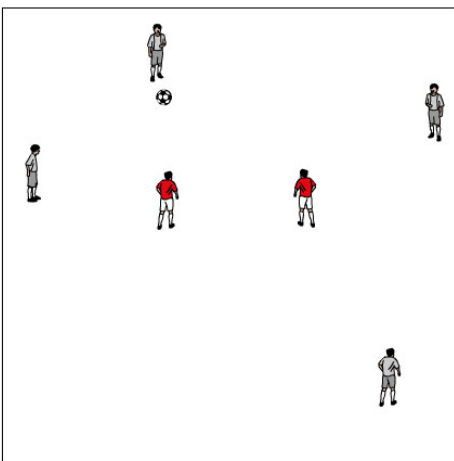
\*stretch

#### B. Pass and Support

**SET UP :**

- 4v2
- 15x15 m. grid

**ORGANISATION :**



- 1 or 2 touch → 7 passes

- 2 touch → 7 passes

Key Coaching Points:

- space
- support near and far
- timing of the pass
- quality of the pass
- heads up

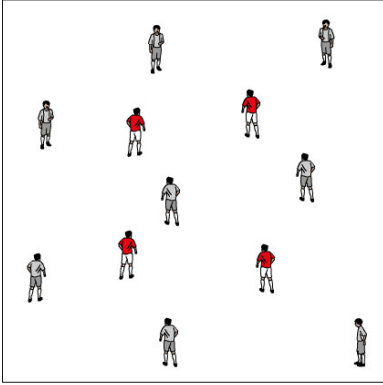
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### C. Possession (15 minute)

#### SETUP :

- 8 v 4
- 30x30 m. grid

#### ORGANISATION :



- 2 touch
- 7-10 passes

#### Key Coaching Points:

- space
- support near and far
- timing of the pass
- quality of the pass
- heads up

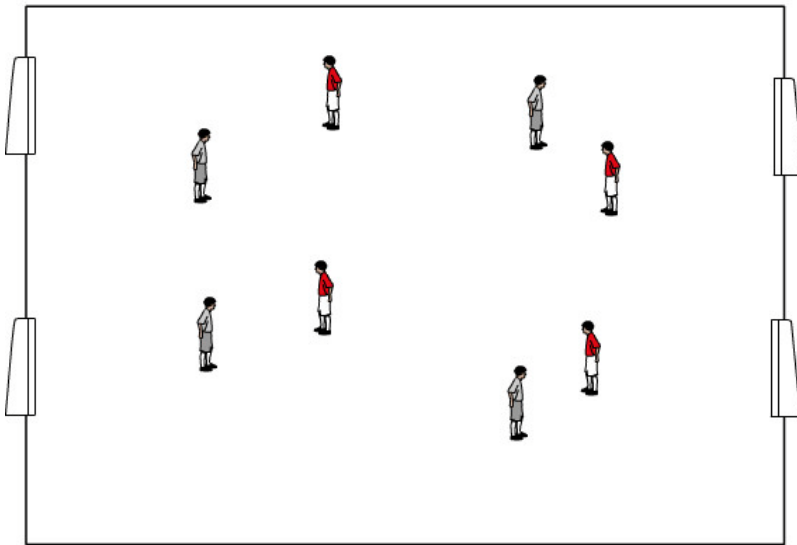
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### D. Conditioned Game (30 minutes)

#### SETUP :

- 20 x 30m
- 4 goals

#### ORGANISATION :



- 4 v 4
- 4 goal game
- Can score in 2 goals
- scoring: 1 goal = 3 passes
- 7 minute x 3 games