

## SESSION #8

### Passing and Support

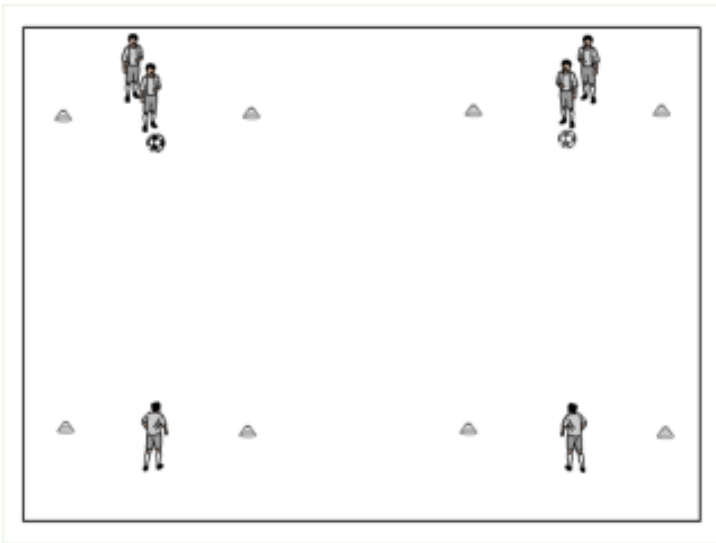
#### A. Warmup : Line Drills in 3s

**SETUP :**

- groups of 3
- 10 x 5 yard grids

1. Control and Pass (two touch)
2. Stretch
3. Inside and Inside (across body)
4. Pass and turn  
-stepover, Cruyff, pull turn
5. Short-short-long
6. One touch

**ORGANISATION :**



#### B. Around the Grid

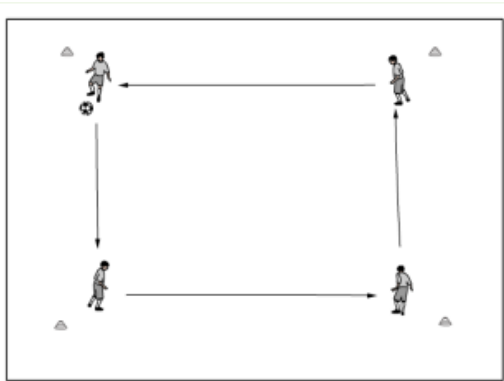
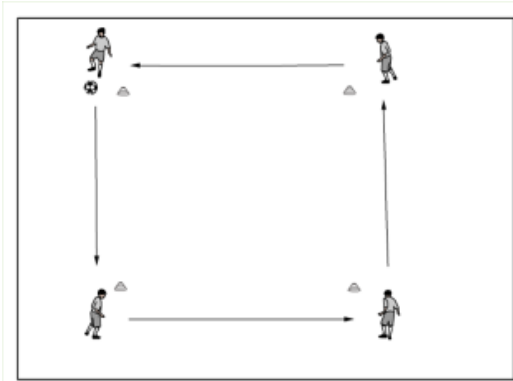
**SETUP :**

- 4 players per grid
- 10 x 10 yard grid

**ORGANISATION :**

U11

U10



- U10s are inside grid, U11s are outside grid
- right foot pass, left foot pass
- U11s moving in and out – 2 balls

**Key Coaching Points:**

- open up
- lock ankle
- toes pointed up
- pace of pass
- first touch

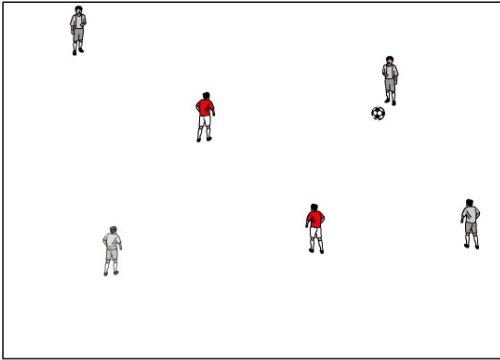
## C. 4 v 1 outside grid for U10s, 4 v 2 inside grid for U11s

### SET UP :

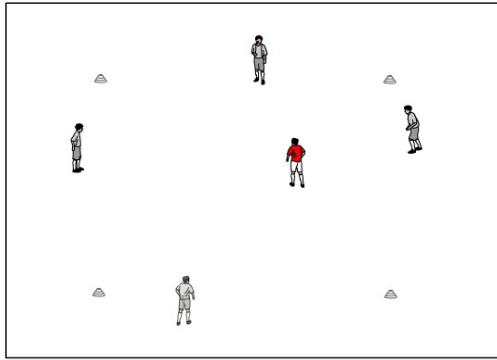
- U10s: 10 x 10 yard grid
- U11s: 15 x 15 yard grid

### ORGANISATION :

U11



U10



- U10s: 4 v 1 outside grid
- U11s: 4 v 2 inside grid

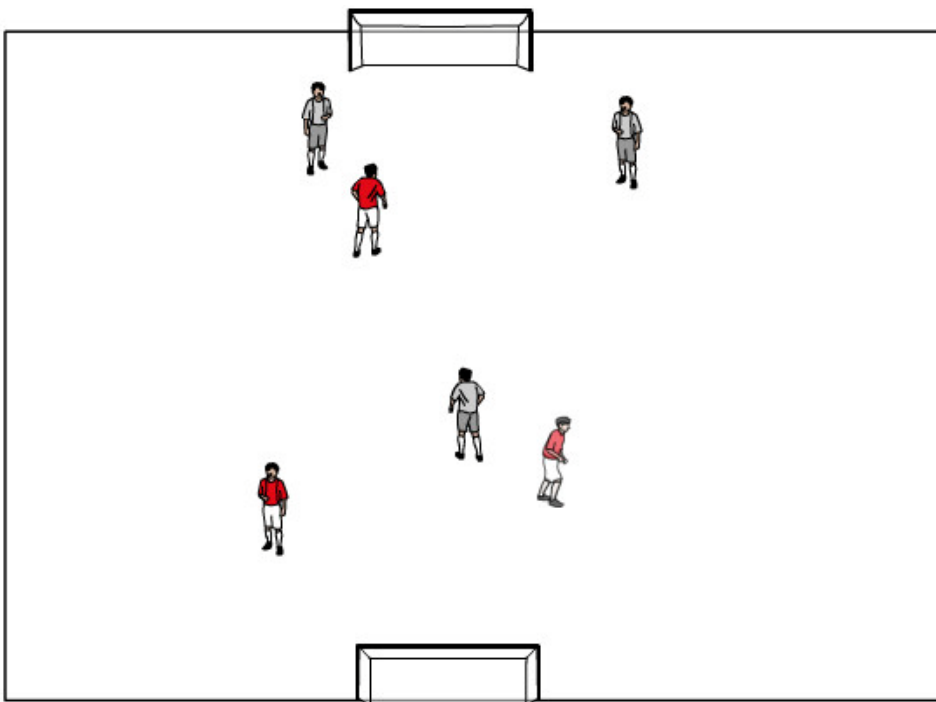
### Key Coaching Points:

- anticipate support
- open up
- communication
- angle of support
- near and far support
- first touch

## D. Free Flowing Game

### SETUP :

### ORGANISATION :



### Key Coaching Points:

- pace of pass
- toes up when passing and receiving
- angle of support
- communicate – first touch
- attack ball
- timing of pass
- near and far support