

Warm up passing

Organization: 10yrds by 10yrds grid five players

A passes to B and follows his pass B passes to C and follows his pass

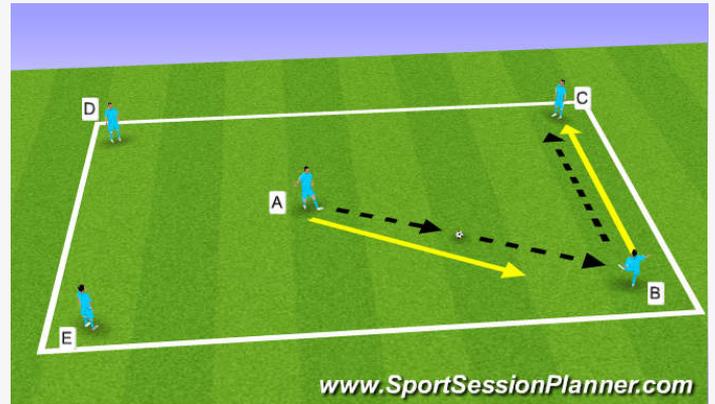
Coaching Points:

Types of Pass inside of the foot, outside of the foot, Chip pass

Collect the ball with Instep, Sole of the foot, outside of the foot

Competition step: one touch passing how many consecutive passes in one Min and compete against othe groups. best of three wins

Goal for onr touch is 100 passes in a Min.



3v1 angle of support

Organization: 5 players, 10yrd by 10yrd grid and one pinnie

Play three vs One in the box

Rules: When A plays the pass to B player C must give player B a second option to pass to some times it helps to play the ball with our hands to show how the angles work. Each player must defend for one min.

Coaching Points: Timing of the pass, Timing of the run, always giving the player in the possession two choices for a pass: To make this exercise to work the defender must pressure the ball 100% for one Miniute

Competition: The 3 players in the exercise must complete 3 passes the get a point. If the defender wins the ball he recieves a point the game last one min.

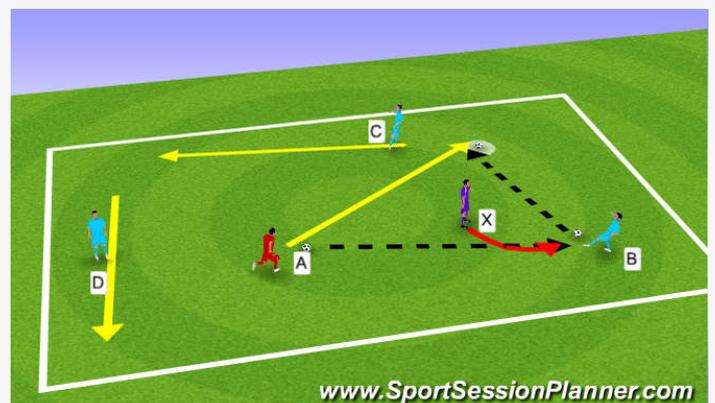


4v1 playmaker

Organization: 12 yrd by 12 yrd grid 4 v 1 game A player is our play maker and player X is the defender.

Player A must pass and receive every ball back she can combine with players C and D but must get the ball back after ever pass. It is critical to the exercise the defender prssure the ball 100% fro the duration of the game which is one min.

Coaching Points: Passing, movement of the ball, working with the playmaker on blind sided runs



Conditioned Possession game

Organization: 5 v 3 + 2 (5v5) Game in a 15yrd by 15 yrd grid with a half way line

the 5 Reds must complete 5 passes to score a goal if they make more than five passes it adds to there total. if blue knocks the ball out it goes back to red if **blue wins the ball** they must play the ball to one of the two blues in the next other half of the field. The blue players must know transition to suport thier team mates in possession and red team must know send three defenders to win the ball back for red. The game lasts 5 mins and the wining team is the team with the most points you could also play 4 v 2 + 2 if your numbers are 16

Coaching Points: Possession, transition for attack to defend, speed of play, Commuication



Game

Organization: 5v5 game with goalkeepers player are restricted to there zone. The only way a player can cross into the attacking zone is by an making an overlapping run, a takeover or wall pass. This would create a even number game the blue team can bring as many blues into the attacking third as the need. The red defending team can never send there two forwards back so when the win possession the should counter quickly any players on the blue team can drop and defend it does not have to be the defenders it could also be the forwards

Coaching Points: Attacking team Looking to create equal numbers game in the attacking zone while working on small group combination's ie wall pass, take overs, overlaping runs

Defending team one vs one defending, small group defending, transition

