



Under 17 Passing Session

Category: Technical: Passing & Receiving
Skill: Mixed age | Start Time: 02-Oct-2014 19:30h

Pro-Club: FAW Coach Ed
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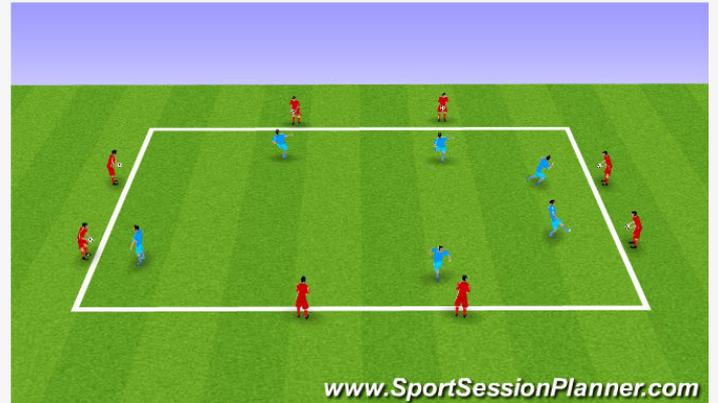
Warm Up (10 mins)

Warm Up

15 players
15x15 square with 8 players on the outside serving balls to the players on the inside. Each completed a skill below then moves on to another server. Change servers every 1 min and practise each skill below.

Skills

Ground pass
On to thigh
Volley Return
Chest Control
Header



Blocked to Variable 1 (10 mins)

Blocked Passing Drill

Create an area 30x14 and divide up in to 5 channels
Split up in to 5 groups of 3 with one ball per group.

Practise

A passes the ball in to B who then lays it back to A.
A then plays a pass over to C with B moving to the side of the channel to create space for the pass.
Complete this 3 to 4 mins then switch the person in the middle.

Key Skills

Quality of Passing
Types of control
Type of Pass
Progression to Variable

Player B moves to another channel once they have returned the ball. This will then see players receiving the ball from player A, laying back the pass to player A. Once completed they then move to look for a free player to pass to them again.



Blocked to Variable 2 (10 mins)

Blocked Passing Drill

Create an area 30x14 and divide up in to 5 channels
Split up in to 5 groups of 3 with one ball per group.

Practise

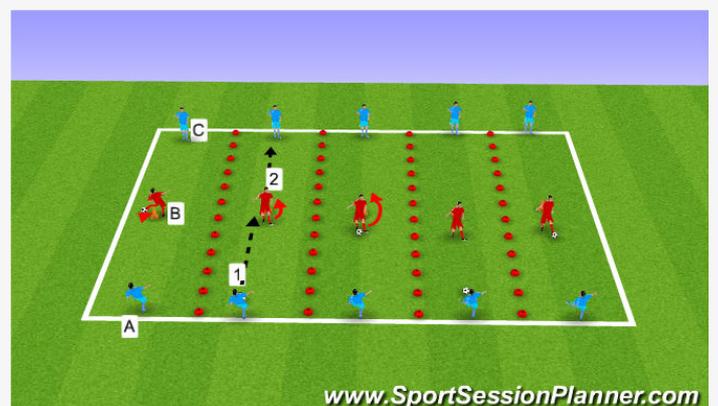
A passes the ball in to B who drops of the cone in the middle to receive.

B then turns with the ball pass the cone and plays it in to C. The sequence is then repeated

Complete this 3 to 4 mins then switch the person in the middle.

Key Skills

Quality of Passing
Types of control
Type of Pass
Type of Turn
Dropping of the Defender



Small Sided Game 1 (15 mins)

Small Sided Game

Set up

15 players - 3 sides of 5

15x30 area

Unopposed to start, Group 1 starts with the ball and has to complete 5 passes then plays the ball over to group 2 for them to complete 5 passes. Once this is completed then they play the ball back to group 1 to complete 5 passes again.

Once they have completed unopposed successfully group 3 are then allowed to go in to win the ball and stop the team from completing 5 passes.

If Group 3 wins the ball then a coach plays a ball back into the opposite group to restart the play.

Play for 3 to 5 mins then switch the defending group with an attacking group.

Key Points

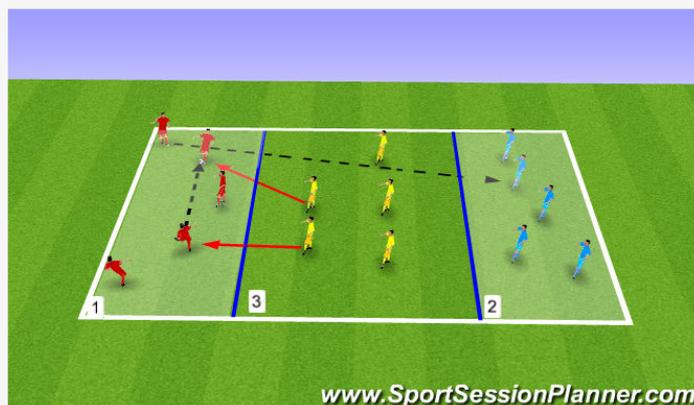
Types of passes

Looking for space

When to play the ball

Types of control

How Group 3 defend in numbers? How many defenders used?



Small Sided Game 2 (15 mins)

Small Sided Game 2

Set up

15 players - 2 sides of 7 - 1 floating player

15x30 area

4 goals

Small sided game with 2 goals for each team to attack.

Each team has to decide how to attack and defend each of the goals. Through guided discovery each team will look to build up play towards a goal which the defending team will need to stop, the key is to see how the attacking team look to retain possession then switch to attack the other goal. This will then show how the defending team stops the switch and moves to defend the other goal.

