



Passing inc. Lofted, wide and combinations

Category: Tactical: Decision making practices
Difficulty: Difficult

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Individual-Adult Member

2 Touch Pass and Go (15 mins)

PART 1

2 Touch Pass and More

Players split into teams of 5 or 6. Each team has a ball and players pass a ball with a max of 2 touch. After they move they must move to an open space.

Next introduce Sequence passing 1-2-3-4-5

CP:

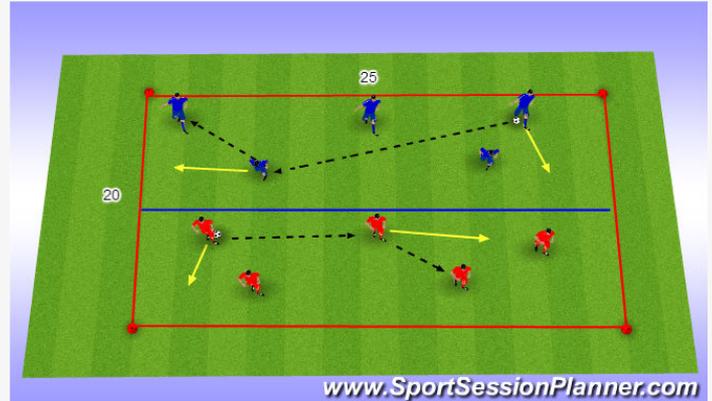
Body Shape to receive the pass

Accuracy of the pass

Off the ball movement to provide long and short pass options

Competition Time:

1. In 1 minute how many passes can a team make to each other. Cannot pass to the same person...winners play winners etc...play a ladder if you can.
2. Same as above but after 8 passes the whole team must move to the other side of the area



5 v 3 Keep Away (20 mins)

PART 2 Small Sided Activity

5v3 KEEP AWAY

Use same grid now 5 Red v 3 Blue

5 Passes = 1 Goal

If Blue wins the ball they pass it to the other 2 Blue. Play then transfers to the other grid. 3 players go over and 2 stay...take it in turns who stays and goes.

Each game lasts 3 minutes and switch teams and groups similar as before.

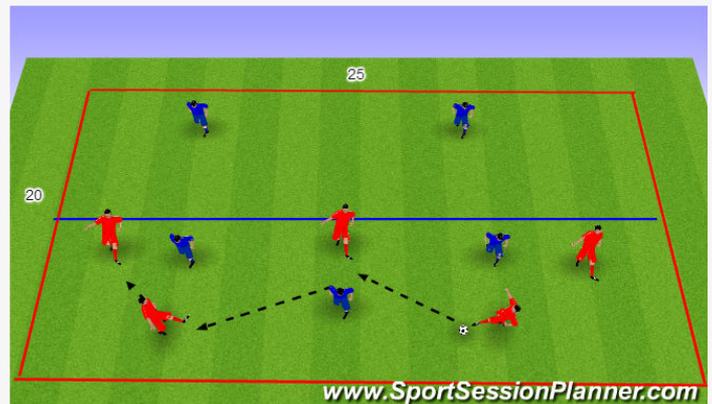
Add a 2 Touch Restriction when they get the hang of it...keep score provide competition

CP:

Provide good support and angles for player with the ball

Body shape when receiving the ball - protect the ball

First touch is under pressure



4v4+1 (15 mins)

PART 3 Expanded Small Sided Activity

4 v 4 +1

Red tries to score on big goal with GK

Blue tries to score on 2 mini goals if they gain possession

Play 3 minute games then reverse roles

The neutral player plays with the team on offense

Progressions:

1. Every player must touch the ball including neutral before shooting
2. Attackers cannot score if they are a goal up...keep the ball
3. Attackers have 3 minutes to score 2 goals now defenders have to work hard to possess



Screen 4 (15 mins)

FINAL MATCH

5v 5 Twice the size of PEN Box

Look for

Natural Stoppage

Flow

Stop Freeze

Individual Reference

