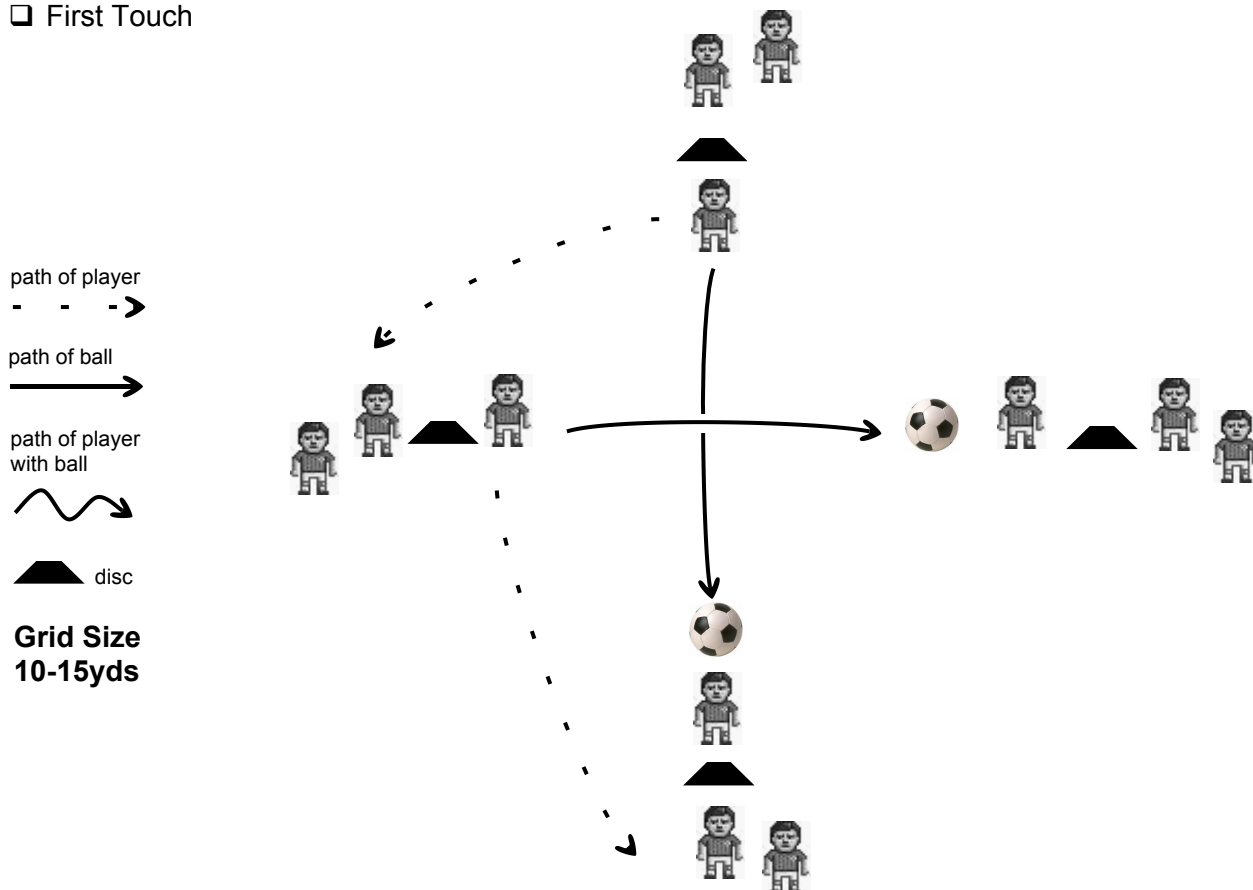


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Short Passing	Specific Objective	We are concerned here with the big picture, helping players to relax and coordinate the movement and balance of their whole body to produce a fluid action. Lots of good demonstrations will help young players obtain a mental image of what they are aiming to achieve.		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction  Unopposed technical practice	No. 1  “Criss-Cross”	Add additional grids to avoid having more than 4 in any line. Don't get sidetracked with coaching first touch, stay focused on the pass. We are trying to achieve a relaxed, balanced and smooth action. Remember to work on both feet.  Look at the overall posture and body shape - playing on toes, bent standing leg, arms relaxed, head steady, good follow-through etc. When players get it right ask them to remember what it felt like.			10 mins
Skills Practice	No. 26  “Vision”	Now players will have to look for their passes and pass the ball to moving targets. Move the practice on through progressions according to the ability of the group. Split larger groups into smaller ability based groups with varied levels of challenge.  Make sure there is plenty of space for the group to work in to keep the pressure low at this stage. Some players may boot the ball one touch in a panic as soon as a defender is involved. Encourage composure and good technique			15 mins
Small-Sided Game	Make sure you have a generous size of pitch for the number of players. If you have an odd number, have one player play as neutral to create more passing opportunities for the team in possession. Praise examples of good passing technique and especially where the player gets their head up to observe the person receiving the pass.				20 mins
Cool Down		Jogging and passing at random with emphasis on good technique. Static stretches. Review today's coaching points with Q&A and encourage lots of practice before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

## No. 1 “Criss-Cross”

- ☐ Short Passing
- ☐ First Touch

U8 ✓  
U10 ✓  
U12 ✓  
U14 ✓  
U16 ✓



A simple unopposed practice to improve the push pass and first touch. It allows the coach to work with a number of players in a fairly small area. Encourage players to aim for a high standard. Older players should be able to recognise and correct their own faults. It is essential all our players learn to pass consistently and receive a ball comfortably over short distances. Use this type of practice regularly for short periods at a time.

## Organisation

Place four marker discs in cross pattern 10-15yds apart as shown  
 One football at each of two adjacent cones  
 Players pass - two touch - to opposite player and then run to disc on their right  
 Don't have long queues, split larger groups into more than one grid  
 Make it competitive - challenge two grids who can play for longest without losing control?

## Coaching Points

- ♦ Is body language relaxed and balanced?
- ♦ *“Play on your toes”*
- ♦ Eye contact and communication
- ♦ Accuracy and pace of pass
- ♦ Strike through mid-line of ball, keep it down
- ♦ Contact with inside of foot - not with toe end
- ♦ Follow through in direction of pass
- ♦ First touch - withdraw foot on contact
- ♦ Get receiving foot off the ground, *“soft ankle”*
- ♦ Move quickly following pass

## Development

- i Players follow their pass to the same disc - time your pass and run to avoid collisions
- ii Players control and/or pass the ball with outside of the foot
- iii Players control and/or pass the ball with weaker foot
- iv Players are required to play one touch
- v Increase the distance between discs

## No. 26 “Vision”

□ Possession

U8 ✕  
U10 ?  
U12 ✓  
U14 ✓  
U16 ✓

path of player



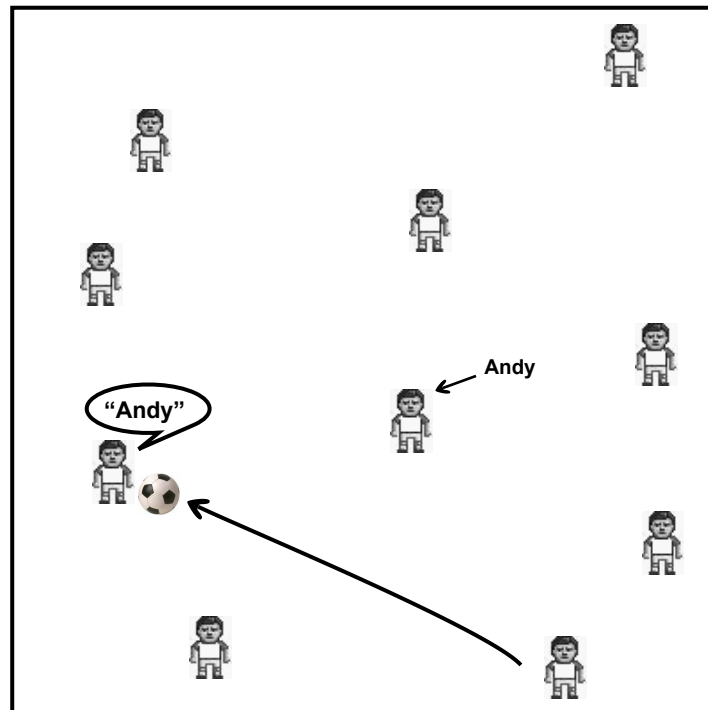
path of ball



path of player with ball



**Grid Size**  
**20-30yds**  
**Square**



To become composed in possession of the ball players need to learn to maintain a mental image of the changing picture. When the ball arrives they already know where the space is and what their options are. This practice will help players develop that awareness. It starts simple and gradually develops to increase the demands on the players. Don't rush the developments too quickly, use it over a number of sessions.

## Organisation

Players spread out around the grid and only move enough to make an angle for a pass  
Players are on two touch, ball must keep moving, pass to any player without any opposition at first  
Players **MUST** call loudly the name of the player they are passing to before making the pass  
No other player is allowed to call, only the player in possession

## Coaching Points

- ♦ Players should spread out and use the space
- ♦ Constantly be looking around viewing the options
- ♦ “*See the picture*”
- ♦ Do players look composed on the ball?
- ♦ Move the ball quickly but without being rushed
- ♦ “*Play with your head up*”

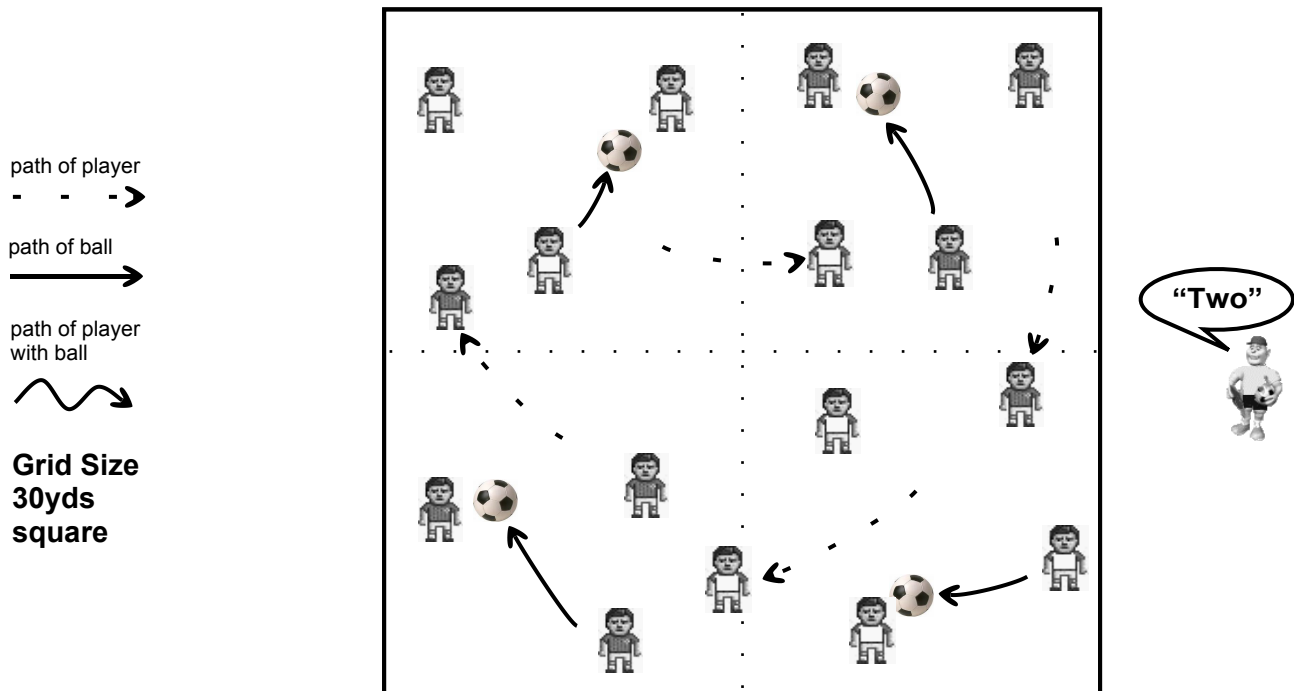
## Development

- i Add an additional ball, more balls may be added depending on size of group
- ii Add a defender, any player who makes an error or fails to nominate early enough takes over defending
- iii Take defender out go back to one ball and now everybody jogs around changing direction all the time
- iv As in (iii) add one or more additional footballs
- v Now put a defender back in as in (ii) with everybody on the move
- vi Go back to the start again, now players **MUST** nominate who they will pass to **before** their first touch
- vii Gradually progress again through point i-v with this new restriction
- viii All of the above can be developed by splitting group in two, players can only pass to opposite colour
- ix All of the above can be played with half or all of the group restricted to one touch

## No. 19 “Invasion”

- ☐ Passing
- ☐ Possession

U8 ✓  
U10 ✓  
U12 ✓  
U14 ✓  
U16 ✓



A very simple introduction to passing under pressure. This practice can be adjusted to suit the numbers in your group and their level of ability. Have as many or as few grids as you need and either place them together as in the diagram or separate them. Start with low pressure passing practice and encourage good movement off the ball before introducing the contest. Encourage players to look up and see their options.

## Organisation

Arrange your squad into groups and assign them a grid each  
The players in each group should choose a number and begin to pass the ball around in sequence  
Get players to move into spaces and use all of their grid  
On the coach's call the players with that number invade the adjacent grid and try to win the ball  
The three players who keep their ball the longest win a point  
Once all four players have defended give each group a new target grid - keep the scores

## Coaching Points

- ♦ Keep moving within grids and finding new spaces
- ♦ Listen for good communication between players
- ♦ Are they passing with heads up - eye contact
- ♦ When it goes to 3 v 1 are they composed on the ball?
- ♦ Make sure the defenders work hard for their team
- ♦ Look at supporting movement off the ball
- ♦ “*Get out of defender's shadow*”
- ♦ Are the passes well timed?

## Development

- i Adjust the size of the grids
- ii Once a defender succeeds they can return to their grid and support their team-mates