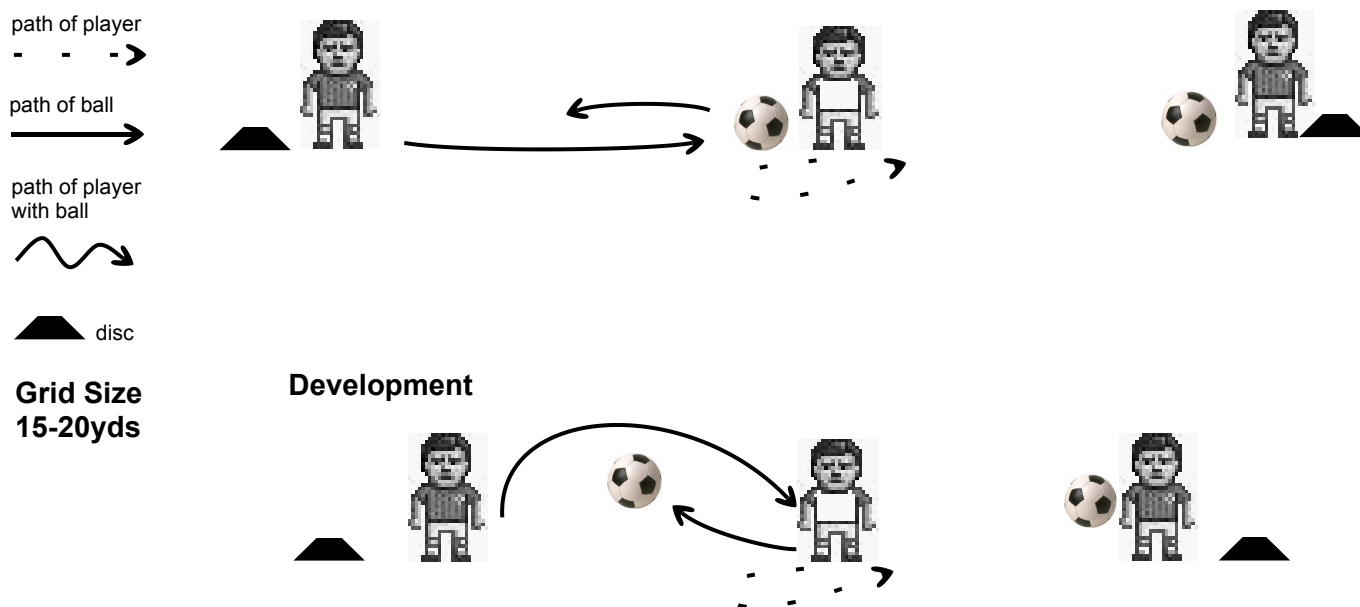


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
<p>Check pitch for hazards and make sure the goals are properly anchored.  Do players have shin pads on and laces tied. All jewellery removed, no chewing gum  Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?</p>					
Topic	Short Passing	Specific Objective	To improve the players' ability to play with one-touch		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 8 "One Touch"	<p>Arrange groups of similar ability, additional players can be rotated in. The service needs to be good, encourage players to apply what they have learned on accuracy and pace of passes. Middle players should look alert and on their toes. The one-touch pass should be on the ground, look at the point of contact on the ball. Can players use the pace of the service effectively and control the return ball?  Rotate players regularly before they get dizzy!</p>			10 mins
Skills Practice	Early Learners No. 15 "Sequence"	<p>Keep groups large and begin with basic practice moving steadily and randomly around space. Develop by adding additional balls. Have odd numbers and even numbers in different coloured bibs</p> <p>Assign certain numbers to be on one-touch. Increase until either all odd or even numbered players are playing one-touch. Look for players to be ready to support one-touch players with good shout for the ball. Observe whether the service to the one-touch player is of suitable pace and accuracy.</p>			15 mins
Small-Sided Game	<p>Keep sides appropriate in terms of size. Make sure there is plenty space to reduce pressure on the player on the ball  Award a point for any good example of a one touch pass, 3 points = 1 goal</p>				20 mins
Cool Down		<p>Low intensity pass and move with as much one-touch as possible. Static stretches. Review today's coaching points with Q&amp;A and encourage lots of practice before next session</p>			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

## No. 8 “One Touch”

- Short Passing
- Volleying (development)

U8 ?  
 U10 ✓  
 U12 ✓  
 U14 ✓  
 U16 ✓



The technical ability to play one touch passing is really important if we are going to keep the ball under pressure and play around opposing defenders. This practice is really easy to set up and gives each player quite intense practice for a couple of minutes at a time. Expect it to break down regularly with younger or less able players so match up players of similar ability to avoid frustrations. Adapt it to practice the side-foot volley.

## Organisation

Arrange group into threes with markers for the starting positions of the 2 outside players  
 One player passes the ball firmly on the ground to the middle player who must return it one touch  
 He then turns quickly and receives a pass from the other player and so on ...  
 The middle player should make an agreed number of passes (perhaps 20) and then swap places  
 Make it competitive - move players up and down grids to create a premiership group

## Coaching Points

- ♦ Are all players playing on their toes?
- ♦ Central player should be calling for the ball
- ♦ Show with hand gesture where you want pass
- ♦ Firm pass into feet - accuracy and pace
- ♦ Stun pass by middle player
- ♦ Inside of foot, play down through top half of ball
- ♦ Accuracy of return pass
- ♦ Be alert to turn and receive next pass

## Development

- i Servers throw ball in to middle player who must volley back first time
- ii Throw serve for aerial control and return volley

## Early Learners No. 15 “Sequence”

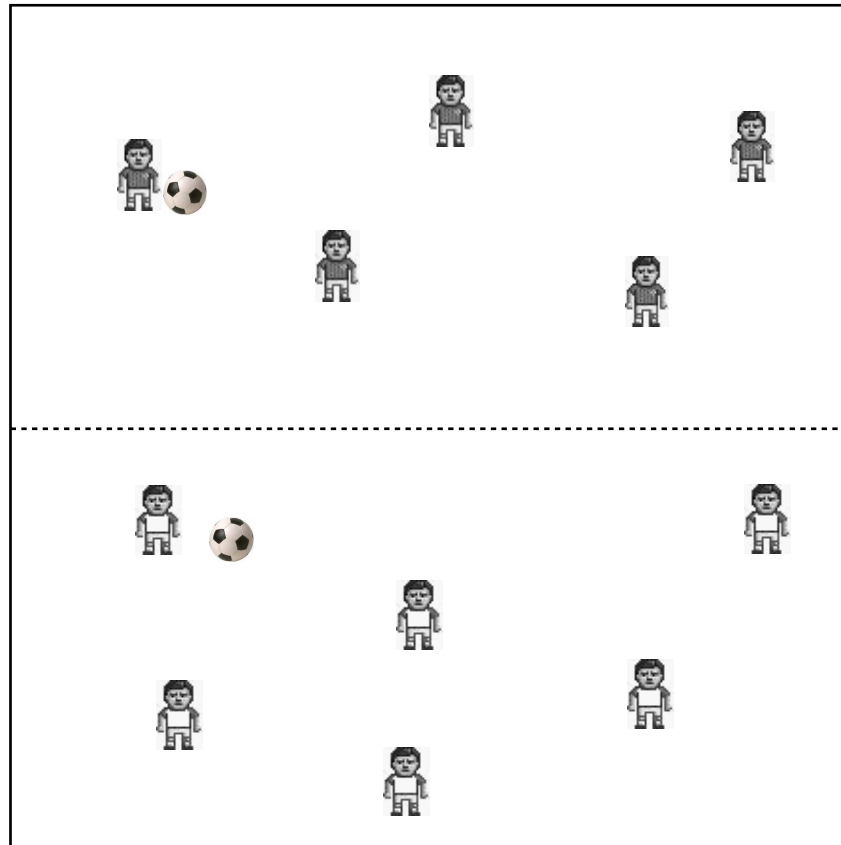
- Passing
- Movement off the Ball

path of player  
- - ->

path of ball  
—————>

path of player  
with ball  
~~~~~>

**Grid Size:  
Adjust for  
size of group**



### Description

Split the group into two squads with one ball per group  
Each player has a number and the ball is passed in sequence, begin by passing the ball with hands  
All players should be constantly jogging around filling space, make a run after passing the ball  
Players should show quickly for the pass when the player before them gets the ball  
As they get success have both squads play through the same area  
Ball should now be played with the feet

### Skills they will be learning

- ♦ Passing
- ♦ Movement off the ball
- ♦ Communication
- ♦ Vision and awareness

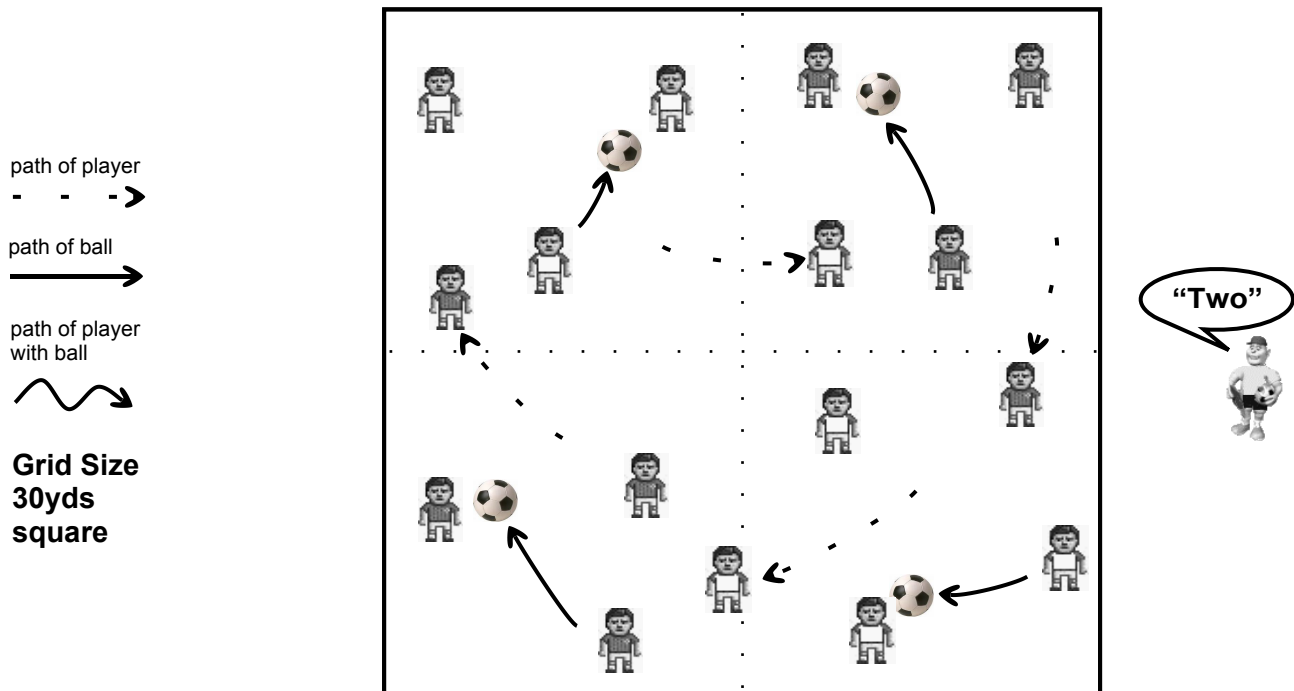
### Adjusting The Game

- Stipulate how the ball should be passed; back-heel etc.
- Add additional ball/s to each squad

## 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