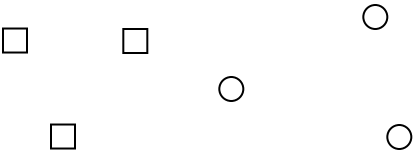
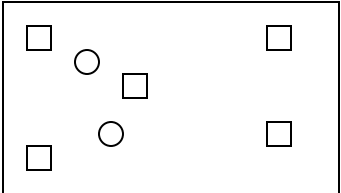
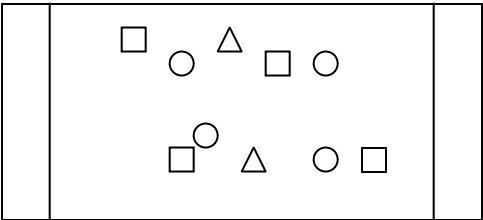
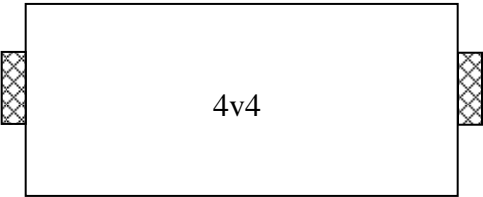




Name:

Topic: Short Passing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Ankle locked</li> <li>▪ Plant foot pointed at target</li> <li>▪ Kick with inside of foot</li> <li>▪ Wide surface=accuracy</li> <li>▪ Follow through in direction of target</li> <li>▪ Push pass=less than 25 yards</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 5v2 in a 20-x-15 yard area</li> <li>▪ Attackers earn points by reaching a predetermined number of passes or by splitting the defenders</li> <li>▪ Defenders earn points by touching the ball or when the ball leaves the area</li> <li>▪ When a defender steals the ball he/she switches spots with the person that lost the ball</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ Good pace</li> <li>▪ Accurate passes</li> <li>▪ Run initiates the pass</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 plus two neutrals in a 50-x-40 yard area</li> <li>▪ Teams score by passing to a player in the end zones</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball. Progress to scoring to a target player in the zone, and then to scoring by passing through cone goals</p>	<ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ Good pace</li> <li>▪ Accurate passes</li> <li>▪ Run initiates the pass</li> <li>▪ Passes should be played on angles so they are not intercepted</li> <li>▪ Use disguise when passing – do not telegraph the pass</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 with no restrictions on players</li> <li>▪ Teams score by shooting into goals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with passing ability</li> </ul>