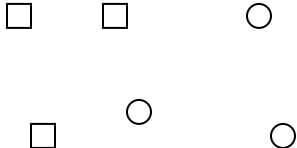
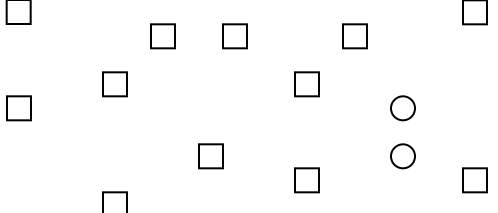
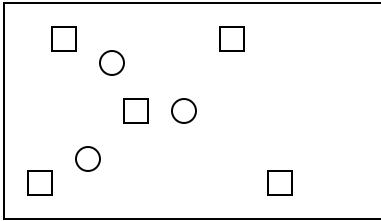
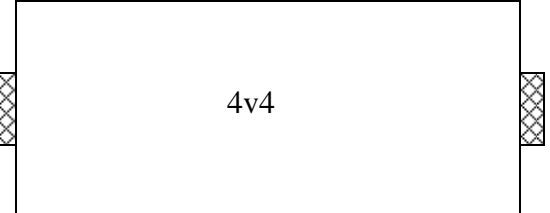




Name:

Topic: Short Passing - Speed of Play Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball. Limit the team to only two touches.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy Follow through in direction of target Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Twelve players with two balls pass to each other in a 40-x-30 yard area Two players are defenders When an attacker has the ball, they can be tagged by one of the defenders Attackers are out when tagged Game is over when no attackers remain Appoint new defenders each game 	<ul style="list-style-type: none"> Good technique First touch away from pressure Second touch is a pass Weight of pass Quick decisions Accurate passes Passes to feet and to space
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 5v3 in a 50-x-40 yard area Restriction: attackers only have one touch Defenders have unlimited touches Play for three minutes then switch defenders Start off playing possession, then add goals <p>Progressions: Have one of the players on the team of 5 switch teams so it's 4v4. Add goals. Points for 7 consecutive passes or a goal.</p>	<ul style="list-style-type: none"> Good technique First touch away from pressure Second touch is a pass Weight of pass Quick decisions Accurate passes Passes to feet and to space
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with passing ability