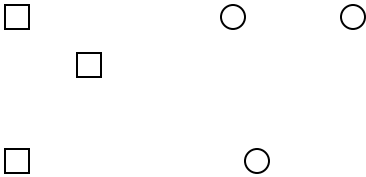
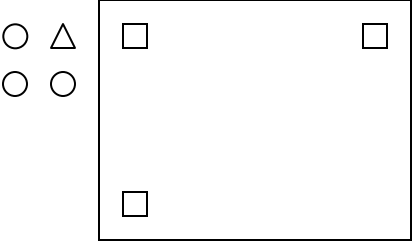
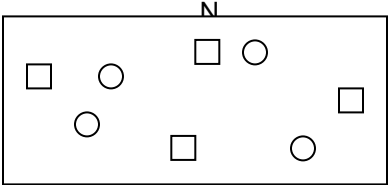





Name:

Topic: Short Passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Ball between three people – moving and passing Encourage players to increase speed of play towards end of exercise <p>Progressions: Specify what surface must be used to pass the ball. Limit touches. Specify type of pass.</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"> Play 3v1 in a 15-x-12 yard area Three attackers start off in area Three defenders stand outside of area Ball is rolled into area, coach starts his watch, 1st defender runs to try to steal ball When defender steals ball he must run back and tag hand of next defender, new ball is served, repeat After all three balls have been stolen, teams switch roles Team that possess' longest wins 	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 plus 2 in a 40-x-20 yard area Neutral players on long sidelines Neutrals only have one or two touches Team that can string together the most consecutive passes in a four-minute time period wins <p>Progressions: Add goals at each end, teams play to goals. The neutral players become goalies. Teams score 2 points for 7 consecutive passes and 1 point for a goal.</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace
<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