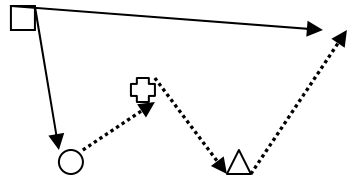
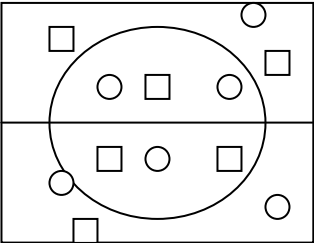
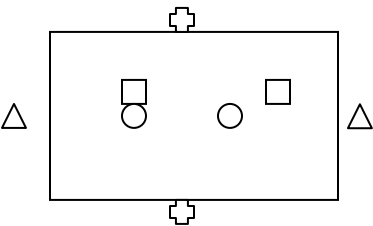
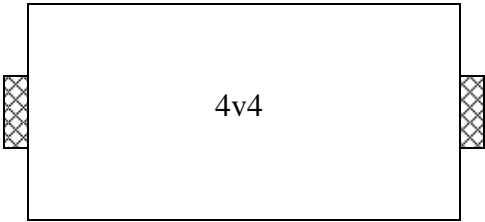




Name:

Topic: Short Passing - Penetration

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Player 1 passes to player 2 and then makes a run</li> <li>Other players pass ball around and then play ball back to player 1</li> <li>Other players move to support player 1, and then the process is repeated</li> </ul>	<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>Set up area as show, teams are restricted to the zone they start in</li> <li>Teams score points by completing a pass through the opponents half of the circle to their teammates</li> <li>First team to score 21 points wins</li> </ul>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 2v2 with neutrals and target players in a 15-x-20 yard area</li> <li>Teams score by receiving a pass from a target player and then playing the ball to the other target player</li> <li>After a score, the target player plays the ball back to the scoring team who attacks in the other direction</li> </ul> <p><b>Progressions:</b> Move neutral players and target players into the grid and play 4v4 to goals. Points for # of passes or goals.</p>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> <li>Disguise of pass – no telegraphing</li> <li>Angled passes – not easily intercepted</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on the players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with passing ability</li> </ul>