

Topic: Short Passing

Date:

FUNDAMENTAL – WARM UP	ORGANIZATION ■ Team breaks into groups of three	KEY COACHING POINTS  Ankle locked
	<ul> <li>Groups should pass between group in</li> </ul>	Plant foot pointed at target
	area	<ul> <li>Kick with inside of foot</li> </ul>
	<ul> <li>Groups should constantly be moving</li> </ul>	<ul> <li>Wide surface=accuracy</li> </ul>
O	Progressions: Specify what surface must be	Follow through in direction of target
	used to pass the ball	<ul> <li>Push pass=less than 25 yards</li> </ul>
MATCH RELATED ACTIVITY	Have team partner up and face each other	Good technique
ОП	across a circle  Cones are placed inside the circle	Proper accuracy
	<ul> <li>Cones are placed inside the circle</li> <li>Players score points by knocking over the</li> </ul>	Proper pace
$\langle \Delta \Delta \rangle \circ$	cones	
	<ul> <li>When all the cones have been knocked</li> </ul>	
	over the team that scored the most points	
	wins	
	<b>Progressions:</b> Specify what surface must be used to pass the ball	
MATCH RELATED ACTIVITY	Play 4v4 in a 40-x-30 yard area	Good technique
MATORINEE ACTIVITY	Teams attempt to knock over cones that	Proper accuracy
	their opponent is defending	<ul><li>Proper pace</li></ul>
	<ul> <li>When a team knocks over a cone, they</li> </ul>	
	pick it up and put it in the line of cones	
	<ul><li>they are defending</li><li>After 5 minutes, the team with the most</li></ul>	
	cones wins	
	Progressions: Have different colored cones	
	worth different point values.	
MATCH CONDITION GAME	Scrimmage 4v4	Observe to see if session has helped with
	No restrictions on players     Tagma appropriate half into good	passing ability
	Teams score by shooting ball into goal	
4v4		