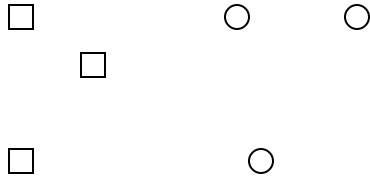
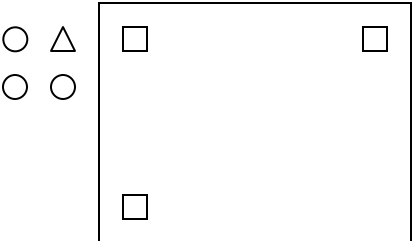
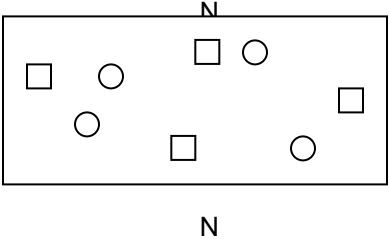





Name:

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 people – moving and passing</li> <li>Encourage players to increase speed of play towards end of exercise</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball. Limit touches. Specify type of pass.</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 3v1 in a 15-x-12 yard area</li> <li>Three attackers start off in area</li> <li>Three defenders stand outside of area</li> <li>Ball is rolled into area, coach starts his watch, 1<sup>st</sup> defender runs to try to steal ball</li> <li>When defender steals ball he must run back and tag hand of next defender, new ball is served, repeat</li> <li>After all three balls have been stolen, teams switch roles</li> <li>Team that possess' longest wins</li> </ul>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 plus 2 in a 40-x-20 yard area</li> <li>Neutral players on long sidelines</li> <li>Neutrals only have one or two touches</li> <li>Team that can string together the most consecutive passes in a four-minute time period wins</li> </ul> <p><b>Progressions:</b> 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"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with passing ability</li> </ul>