



Technical Warm Up-Proactive Passing

Warm Up

Duration 10 minutes

Grid size 10x20

Objective: Technical and Physical Activation

Organization -

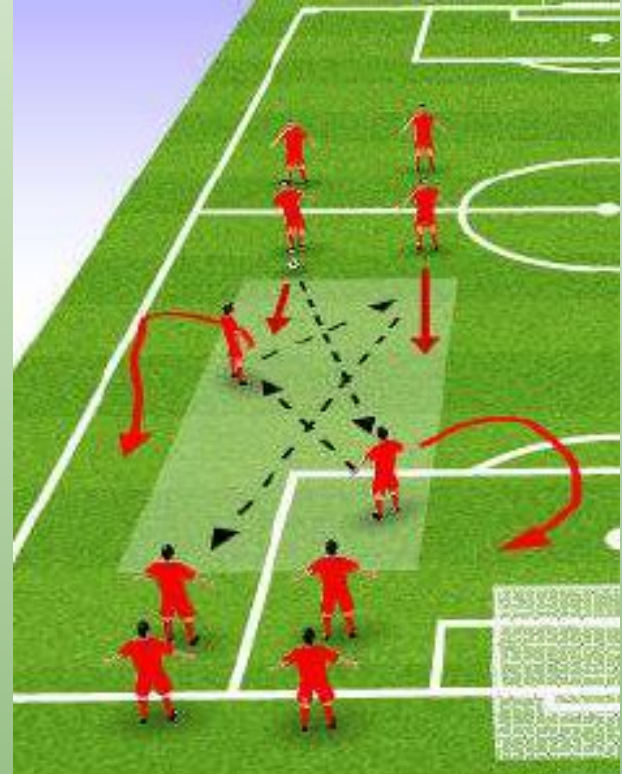
2 lines of pairs facing the centre of the rectangle - 2 players in the middle

Player in possession passes ball into the middle - players in the middle connect a pass then pass back to the opposite player running in and spin out to get into the back of the other line

Passing players run into the middle to become the central passers and the sequence continues from the other end

Coaching Points

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to teammates





Foundation stage - Proactive Passing - Mini Game

Skill Practice

Duration - 20'

Objective - Improve the players ability to pass accurately and with a purpose

Organization:

30 wide x 20 long - 3 goals (3 feet wide) at the end lines
4v4 in the middle plus a target player for each team

Detail:

Team in possession tries to score by passing to the target through any of the 3 goals
Target must receive and dribble to another gate before passing back to opposite team who then try to find their target

Progressions:

To score, team in possession must find the target between one goal, receive it back and dribble or pass to a teammate through any of the other 2 goals



Coaching Points:

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to teammates



Larger Game - Proactive to goal

Objective - Coach players how, when & where to Progress, Switch play or retain possession

Duration - 20' (Rotate Players every 3'-4')

Organization

Play to 4 goals or to single goal
Set offside line

Detail:

Overload for success. 4v3 6v3 ect.

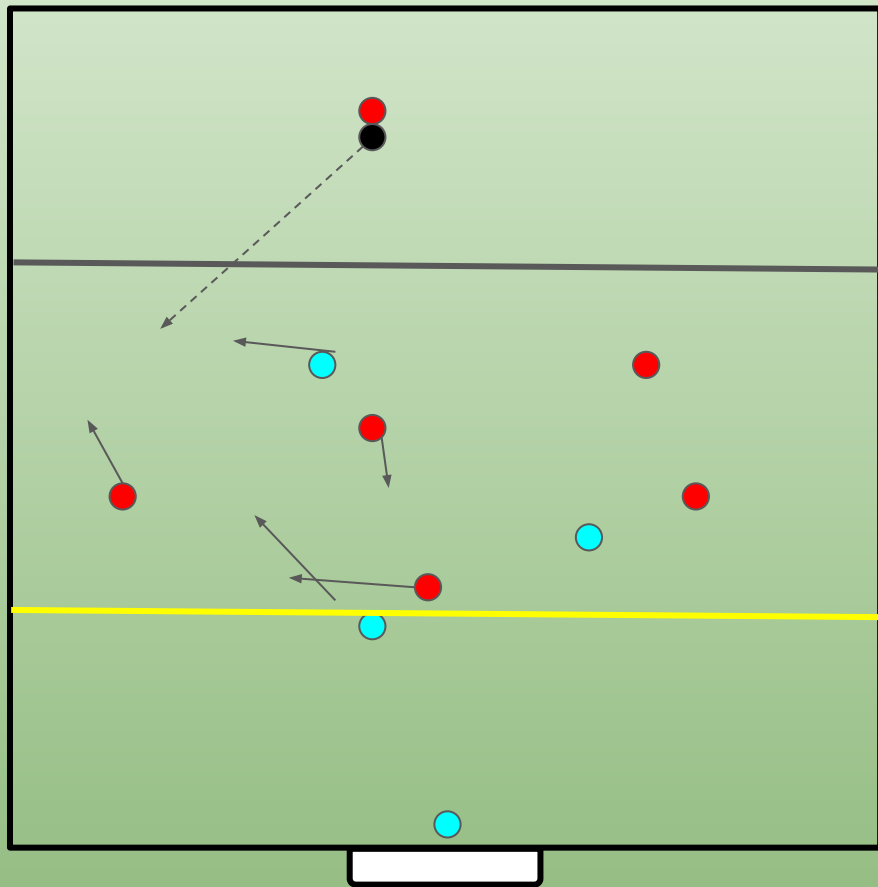
Restart at "server" for each out of bounds or goal.

Play to goal, yellow offside line. "Server" stays in zone as support.

Defenders win ball, pass to server fro point.

Coaching points

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to teammates





Game

Proactive Passing

Duration - 20' - Half Grid

Objective - Improve the players ability to pass accurately and with a purpose

Organization:

- 4 v 4, 5v5 or add neutral as required (adjust numbers to fit)
- Each Team is set up in a Diamond Formation
- To Score, pass into one of the two small goals (Each team is assigned two goals to attack, if no small nets a dribble through gate)
- Use Retreat/Offside lines to encourage movement and passing with a purpose

Coaching Points:

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to teammates

