

Creating passing lines

Category: Passing

Length: 00:30 Rec. Players: 15

Published: April 15, 2015 @ 19:04

Practice Theme/Topic

General Notes

Arrival activities will be small sided games

Please use this as a template and adapt and use the practice as appropriate to your players

Aims & Objectives

To develop support on the ball and passing techniques during semi-opposed and opposed practices

Organisation & Setup

W/U - Ball in hands, players to move the ball as they move and pass the ball by throwing to each other through the circles. Guards will try and tag the person with the ball to score a pt, if tagged complete agility task with the ball before returning to the game.

semi-opposed - ball at feet, players need to move the ball into the circles without the defenders gaining possession. if defenders can touch the ball they gain 1pt & they can steal the ball & stop it in a circle they score 3pts. rotate roles every few mins.

Coaching Factors & Outcomes

create a clear path

use movement to create space with and without the ball

passing & receiving with both feet

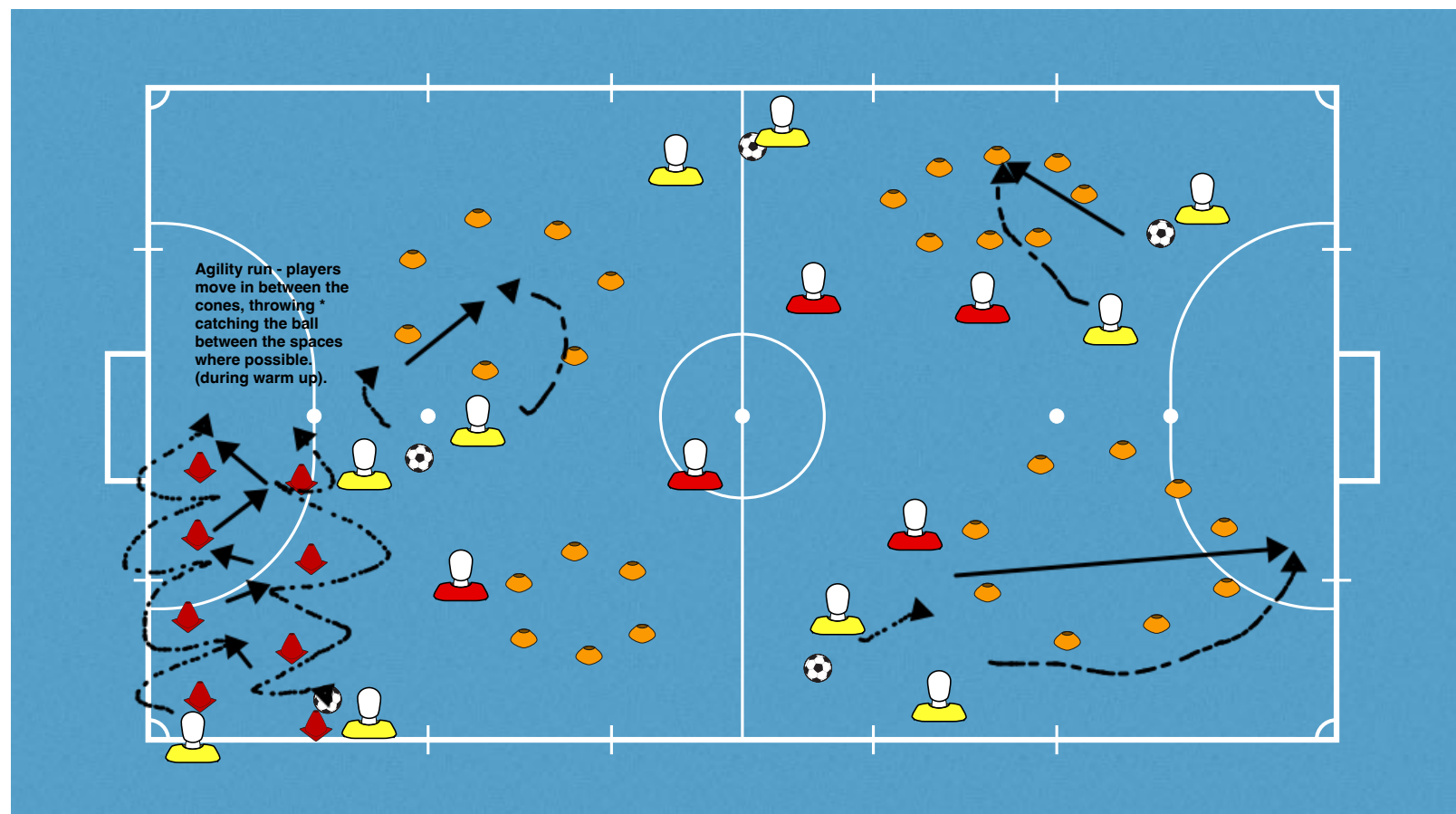
Adaptation & Progression

can score bonus pts for using both feet.

inside circles can be a safe zone if needed.

size of circles

guards outside or inside the circles (or mix of both).



Coaching Point #1

Try to create a clear space
Where can you move to help each other?
What can you do to help each other?

Coaching Point #3

Try to use both feet
Be brave with the ball?
What parts of the feet can you use with both feet?

Coaching Point #2

Try to off balance your opponent
what movements help you off balance your opponent?
how can you confuse the opponent?

Coaching Point #4

Technical

Luton SC 13/04/15

Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 01 Length: 00:30

Creating passing lines

Category: Passing

Slide: 01/02



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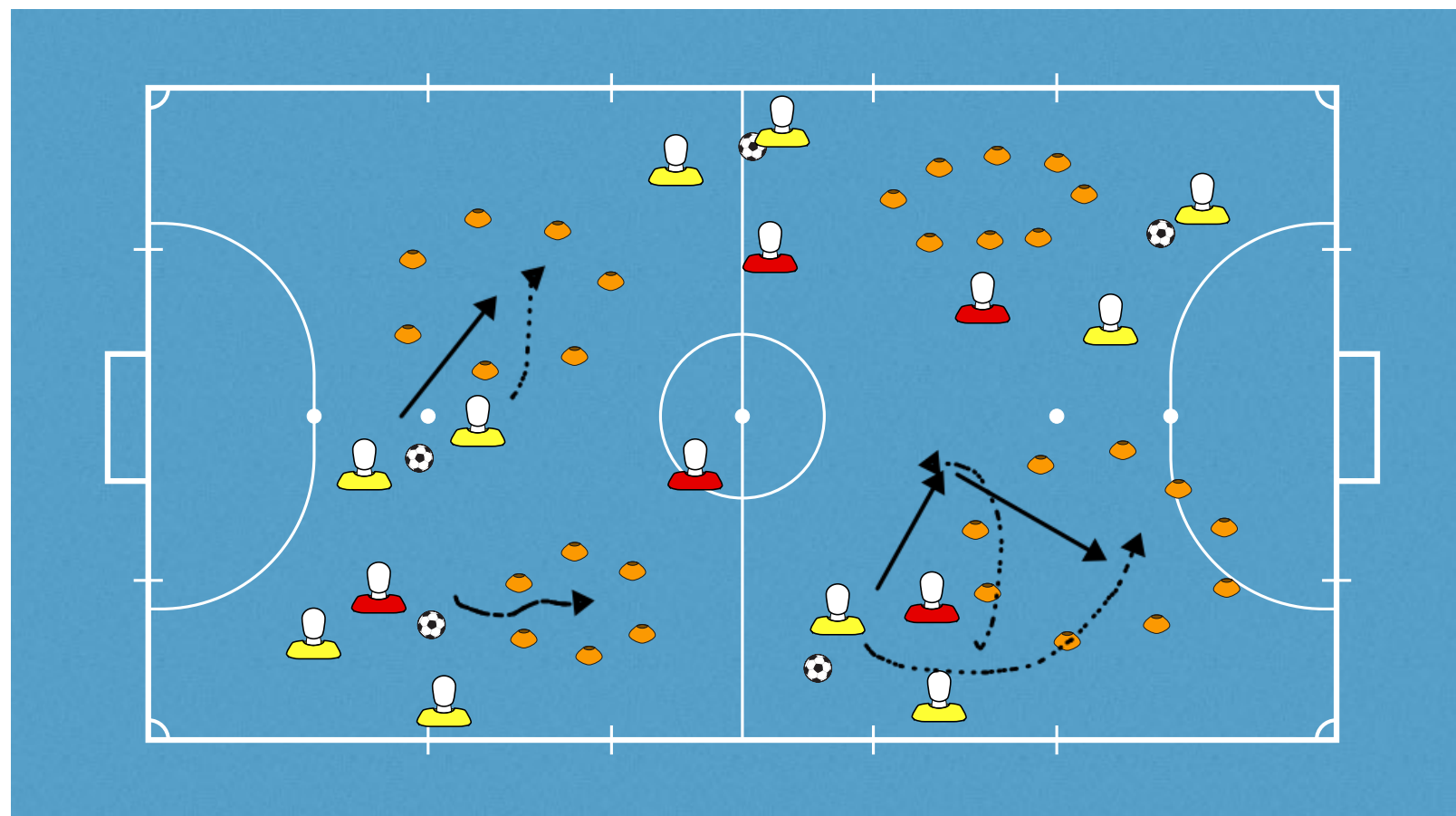
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Coaching Point #1

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Where can you move to help each other?
What can you do to help each other?

Coaching Point #3

Try to use both feet
Be brave with the ball?
What parts of the feet can you use with both feet?

Coaching Point #2

Try to off balance your opponent
what movements help you off balance your opponent?
how can you confuse the opponent?

Coaching Point #4

Technical

Luton SC 13/04/15

Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 01 Length: 00:30

Creating passing lines

Category: Passing

Slide: 02/02



Passing games across halves

Category: Small Sided Games

Length: 00:30 Rec. Players: 15

Published: April 15, 2015 @ 19:04

Practice Theme/Topic

General Notes

please use this as a template and adapt s required for your team

Aims & Objectives

to develop attacking techniques within games

Organisation & Setup

small sided games, with half way line. Teams to have at least one player in each half at all times.

rotate players and teams as required.

Coaching Factors & Outcomes

create clear path

use both feet

create space with and without the ball

Adaptation & Progression

size of the game, goals & halves

numbers on each team

overloads/under loads can be used where required

Technical

creating space with and without the ball
passing

Physical

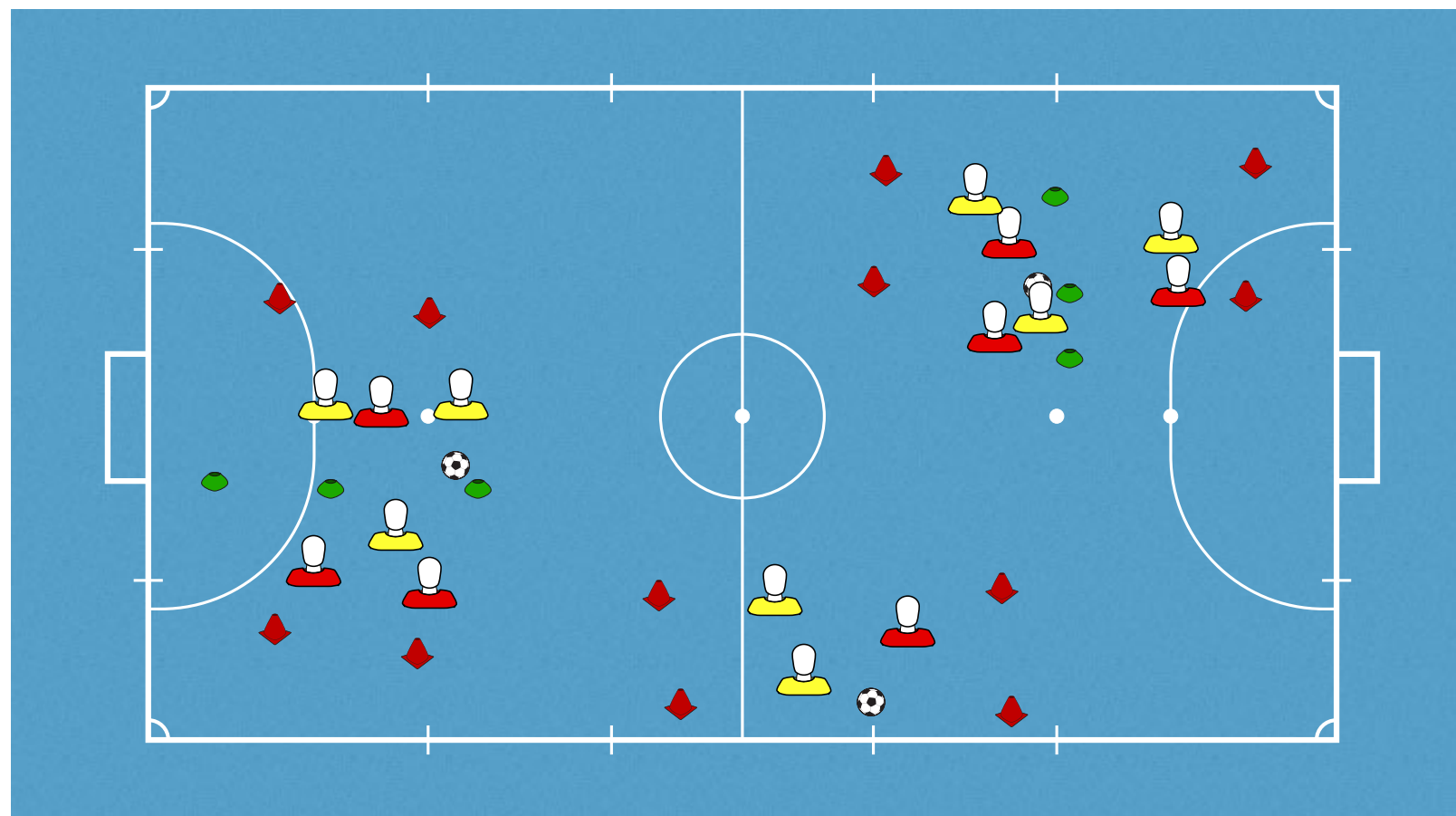
agility

Psychological

recognition of space

Social

working within a team



Coaching Point #1

Try to support your team
Where can you move to support each other?
What area can you move into to help your team mate?

Coaching Point #3

Try to use both feet
which part of the foot can you use with both feet?
How did you pass the ball?

Coaching Point #2

Try to confuse your opponent
What movements help you confuse someone?
Where can you move to create space?

Coaching Point #4

Luton SC 13/04/15

Practice: 02 Length: 01:00

Categories: Passing, Small Sided Games

Practice: 02 Length: 00:30

Passing games across halves

Category: Small Sided Games

Slide: 01/01

