

SESSION PLANNER



Topic: Passing techniques

Objectives: Develop ability to pass, create/find space through passing

Goal: Develop technique of passing in passive situations

Technical Aspects covered

Passing techniques, dribbling moves, first touch

Warm-Up Phase



Description:

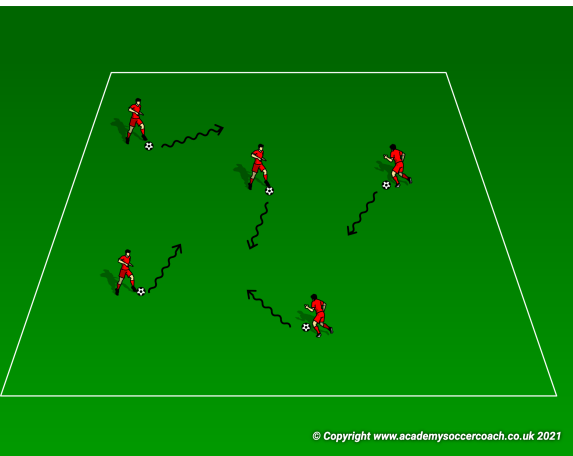
1v1s, 2v1s leading into a scrimmage with everyone as players arrive staggered. Keep the play moving as much as possible with minimum stops while letting the kids just play and have fun.

Duration: 10-15 Mins

Intensity: High

Coaching Points: Session will be heavily based around passing so encourage the players to pass as much as possible.

Individual Ball Mastery, Technique Isolation



Description: Individual ball mastery – dribbling moves, turns etc. Coach will bring each player in and demonstrate each of the moves found below.

Sole Roll, Step over, Sole roll outside chop, pull push, L-turn

Duration: 5-10 mins

Intensity: Medium/high

Coaching Points:

- Encourage use of both feet, head up, push self out of comfort zone
- Head up and constantly **scanning the field**
- **Checking shoulder** before turning, **accelerating into space** (individual ball work)
- Create space by moving ball, defender will naturally follow leaving one side exposed, defenders move when the ball moves
- Look for defender lifting back foot, this is the optimal moment to go past him/her...accelerate, don't delay

SESSION PLANNER



5 W's

What: Develop passing techniques techniques – laces for driven, inside for more accurate

Who: Entire group

Where: Anywhere on the field

When: 1v1 scenarios, wide play, final third of field

Why: To create space for self/others, create shooting/passing/crossing opportunities

Opposed/Conditioned Technical Drill

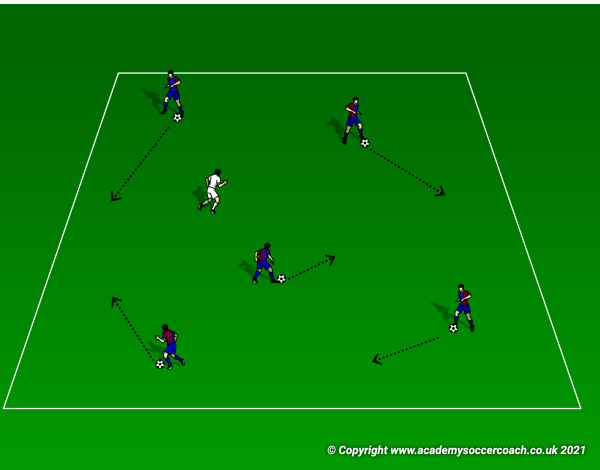
Description: All players with a soccer ball with the exception of one player who will be the tagger. Players will dribble around avoiding the defender. If the tagger tags a player they are frozen and have to hold their ball above their head and open their legs wide. Frozen players can only become unfrozen if another player passes the ball through their legs. Taggers get 1 pt for each player they tag and players with a ball get 1 pt for unfreezing another player. After 1 to 2 minutes switch the tagger.

Progression: Add additional tagger(s)

Regression: remove an alien

Duration: 15 minutes

Intensity: Medium/high



Coaching Points:

- Head up & scanning the field
- Look for player to unfreeze
- Dribbling moves if required and accelerate
- Accelerate, don't hesitate
- Be clinical

Ssg

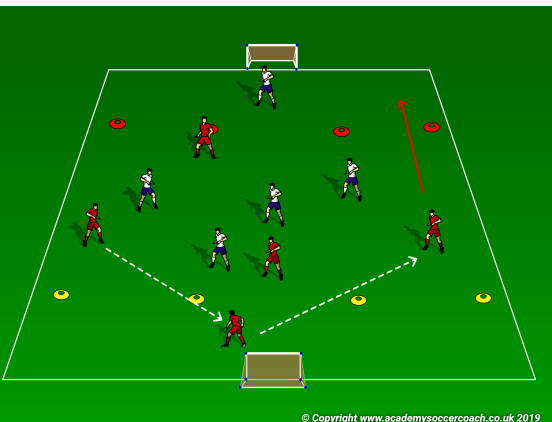
Description:

Small sided game. Gates can be used to encourage wide play. Have players create a point system by dribbling through the gate or passing through the gate to a teammate

Duration: 20 Mins

Intensity: High

Progression: Take gates away and allow players to play freely while looking to create opportunities to attack in wide areas.



Coaching Points:

- If you see space, use your pace
- If you hit a wall share the ball
- If you see a hit, let it rip