

ETP U 12

TOPIC / THEME: Pass & Movement Session

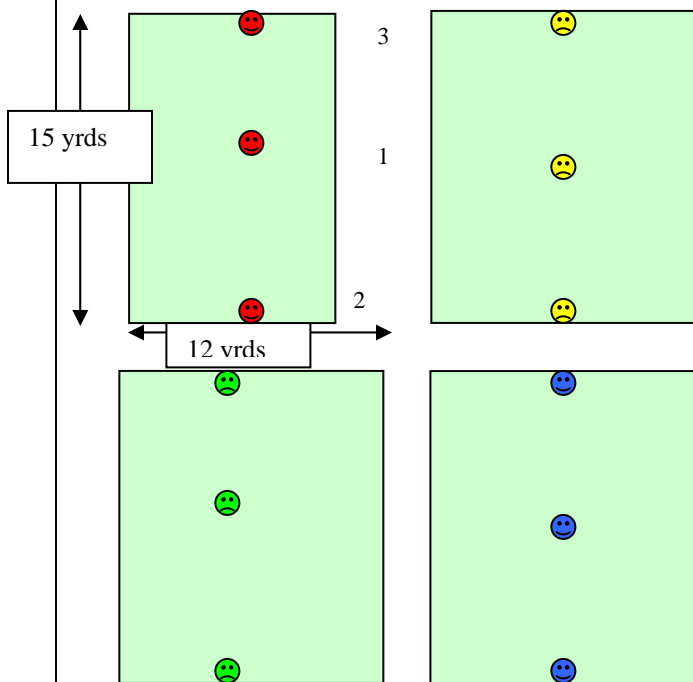
A Series of Skills To See Passing Techniques and Movement to Receive Passes.

DESCRIPTION OF PRACTICE:

Pass, Movement & Closing Down

Skill Practice 1 : 3 v 0 & Progress to 3 v 1 ----- 15 mins

Start off with 12 Players – 4 @ 3 in Grids as outlined.



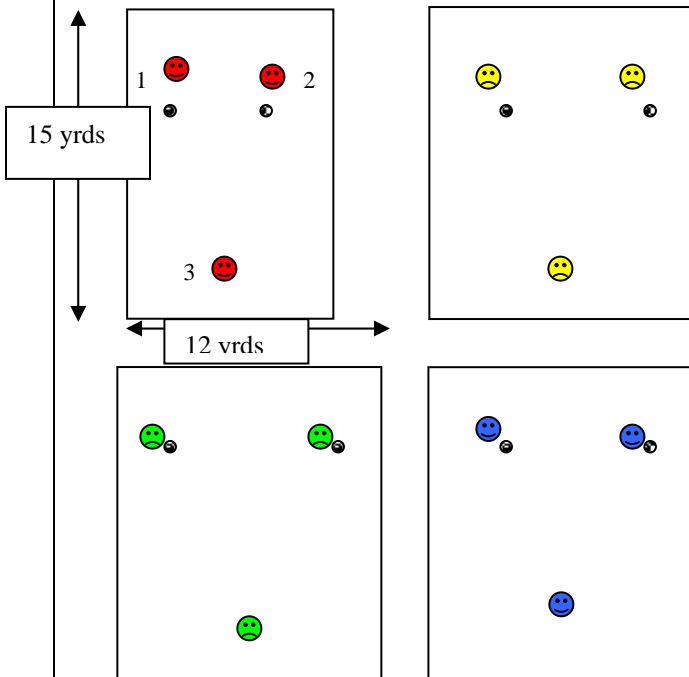
Outline:

- A.) 1 Passes to 2 and closes down 2 Slowly.
- B.) 2 Controls ball and moves to go past 1 by using skill –fake & take, step over and take, cruyff turn etc.
- C.) 1 Then goes to the end line and 2 moves to the middle.
- D.) 2 Then passes the ball to 3 and closes down 3 slowly.
- E.) 3 Controls ball and moves to go past 2 by using skill as outlined above.
- F.) Routine Repeats

Things To Consider:

- 1. Control the ball close to the body and
- 2. Get the ball out from under your feet when you begin to move.
- 3. Make your mind up early how you are going to go past the player in front.
- 4. Let the defenders close down the players quickly once players get the hang of the drill.

Skill Practice 1 : 3 v 0 & Progress to 3 v 1 ----- 15 mins



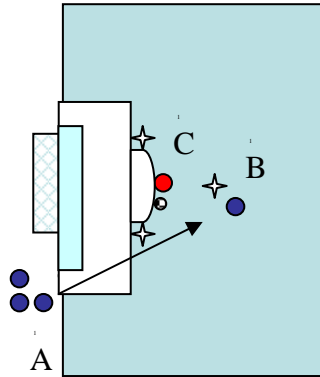
Outline:

- A.) 1 runs with the ball at 3 and goes past using any skill – fake and take, step over and go, cruyff turn etc.
- B.) 2 then passes to 3 and 3 controls and goes past 2 using any number of skills.
- C.) 1 then passes to 2 and 2 controls and goes past 1 using any number of skills.
- D.) Continue the routine with players defending with greater intensity.

Things To Consider:

- 1. Control the ball close to the body and
- 2. Get the ball out from under your feet when you begin to move.
- 3. Make your mind up early how you are going to go past the player in front.
- 4. Let the defenders close down the players quickly once players get the hang of the drill.

Game 1: Pass through the Jail Gates and Warden ----- 15 mins



Pitch is the size of the penalty box.

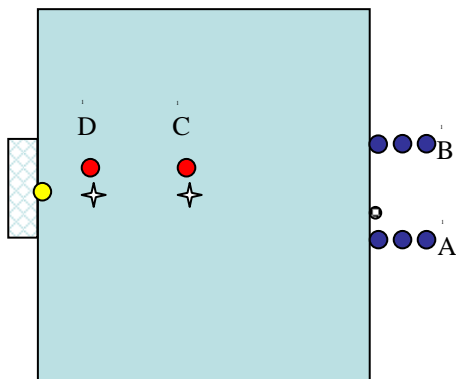
Rules

- 1.) All the players behind the end line and each with a ball.
- 2.) 1 Player in between the centre cones with a ball in his/her hand. C (The Warden)
- 3.) 1 Player at the end cone without a ball. B (The Jail Break)
- 4.) Player A give a good firm pass to Player B. (The Accomplice)
- 5.) Player B controls the ball and dribbles the ball upto Player C and tries to go past.
- 6.) Player C has to stay on the line but can move left or right and tries to touch the other ball with the ball in their hand.
- 7.) If Player C succeeds they then swap with Player B. If Player B goes past then shoot and score.
- 8.) Player A moves to Player B and Player B moves to end of line and Player C stays in jail until they can touch the oncoming ball.

Key Factors To Look Out For:

1. Selection and quality of pass – should be good firm push pass.
2. Quality of control – ensure good first touch to kill the ball to setup movement on forward run – demo if needs be
3. Angle of approach – make your mind up how you are going to get past – fake and go, fake, fake and go.
4. Ensure you approach down the middle of the grid – gives you an option to go left or right.

Game 2 : I'm A Celebrity Get Me Out Of Here ----- 25 mins



Pitch is the size of the penalty box.

Instructions

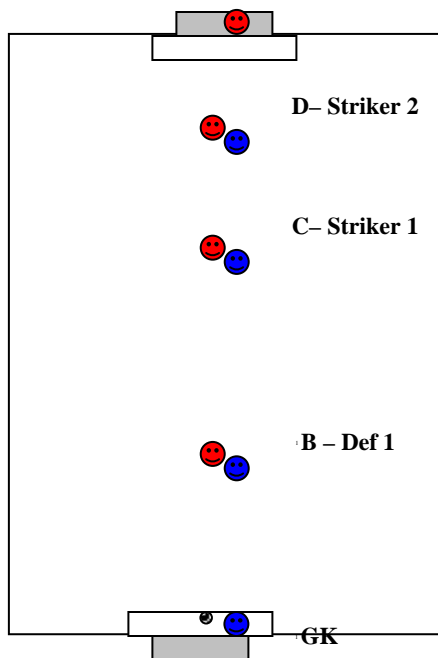
Split the Group into Pairs and 1 ball per pair.
Have 1 pair C & D (in jail) at the cones – edge of the box and just inside the penalty spot.

- 1.) A Passes To B and B controls the ball and tries to go past C.
- 2.) If they get past C then they have to get past D and score in the goal.
- 3.) If C or D win the ball then they can get out of jail and swap places with the pair who attacked them.

Rules

1. C and D can't move toward the ball they can only stay on the line initially.
2. If A & B get past C, C can't follow them and same with D.
3. A and B must use tricks to get past C and D – not good enough to pass past them.
4. After a few goes C can move off the line and close down the player as soon as B controls the first pass and like wise D can move off the line as soon as the players go past C.

WARM UP: SSG 3 v 3 with GK's and Players in a Line (Emulate Match)----- 15 mins



Pitch : 25 * 40

Formation:

- 1 @ Blue GK with Ball
- 1 @ Blue Defender
- 1 @ Blue Middle Attacker
- 1 @ Blue High Attacker

Same For Reds

Rules:

- Ball played out from GK – cant kick it.
- Outfield Players can't pass back.
- Outfield Players no square passes.

Objective:

- 1 . Try and get players to move sideways (have your body between opponent and ball)
2. Create space for middle or high striker to get ball
3. Support the man on the ball.

Look Out For:

Once ball goes dead – opponent GK starts again – high intensity – ball dead we alive – no breaks allowed – always tuned on.