

**ETP U 12 Session 1 with Squad Nov 18<sup>th</sup>**

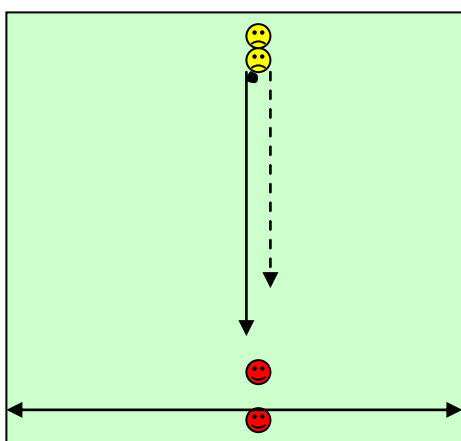
**TOPIC / THEME: Passing Session**

A Series of Skills To See Dribbling and Passing Skills

**DESCRIPTION OF PRACTICE:**

Dribbling & Passing

**Warm Up 1: Pass & Follow – 5 MINS**



**Have 3 Lines of Players**

1. Start with 2 Touch and try and Progress
2. To 1 touch.

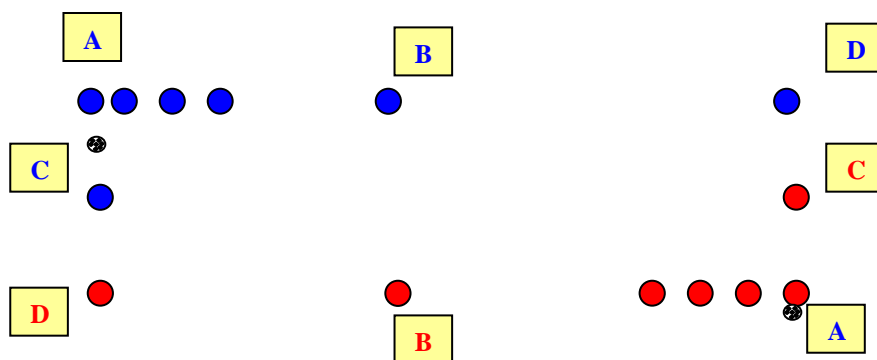
See if players are using inside of foot and is it working.

**Push Passes**

**Call Names**

**Control and Pass develops to Pass**

**Warm Up 2: Dribble, Pass & Follow – 12 MINS**



*Try and look out for good control, accurate Passes and see if you can introduce a 2<sup>nd</sup> ball.*

*Get Players to call names and don't allow sloppy passes.*

**1) Group Players in following Order. If 6 Players have 1 at C & D and the rest at A.**

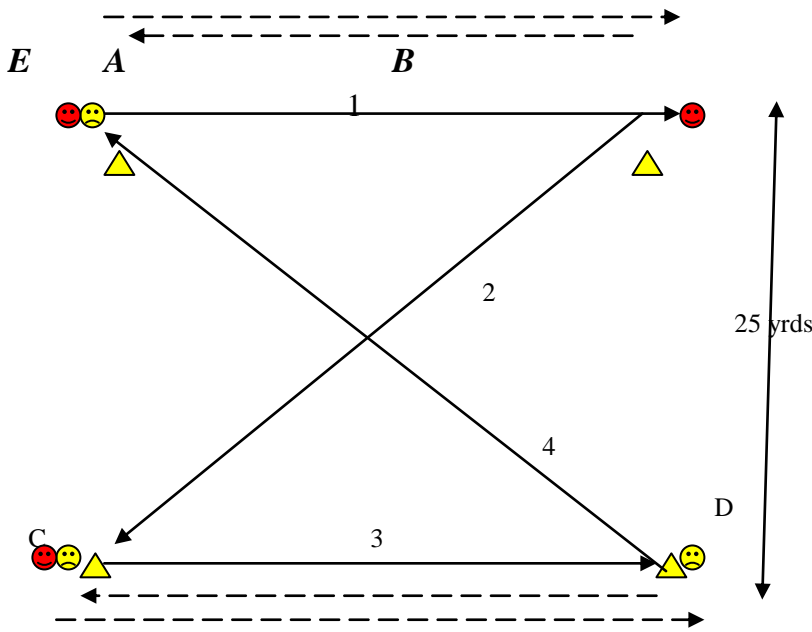
**2) A Dribbles through cones and around last Cone at B.**

**3) A Then turns and Passes to C and follows Pass.**

**4) C controls and long diagonal Pass to D and follows Pass.**

**5) D controls and long outside Pass to next A and follows Pass.**

**Grid 1 : - Pass & Follow - 12 MINS 25x25 Grid**

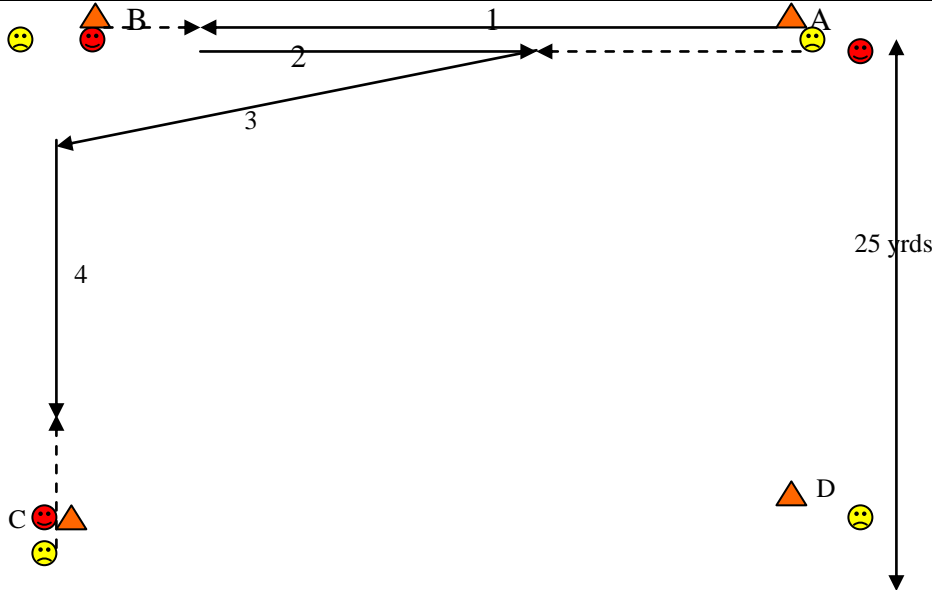


- 1 A passes to B to C to D to E
- 2 After making the pass each player goes to the opposite end.
- 3 Get in line with pass
- 4 First touch sets you up for next pass
- 5 Pass the opposite way with the other foot

**Coaching Tips**

Look for good communication & pace in pass  
If they are having success add a second ball

**Grid 2 : - Pass & Move - 12 MINS 25 x 25 Grid**

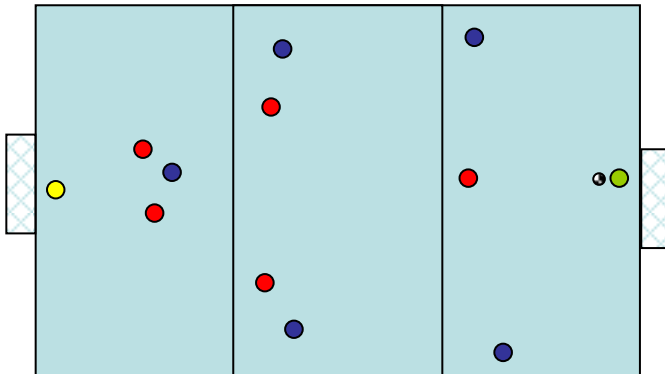


- 1 A passes to B who comes off the cone for the pass. B plays it back first time & spins around the cone. A plays it back to B who starts the sequence again with C.
- 2 Walk through it at the start until everyone understands the drill.
- 3 All passes can be first time when they get comfortable with the drill

**Coaching Tips**

Stop and DEMO when it Breaks down.  
Add a second ball if its Going well.

### Game 1: 6 v 6 Game – Pass Between Zones 15 mins Game



Pitch is 60 \* 40

#### Rules

Ball Starts with Keeper  
Pass Between Zones.  
If Pass cant go forward go back.  
Player's can't leave their Zone.

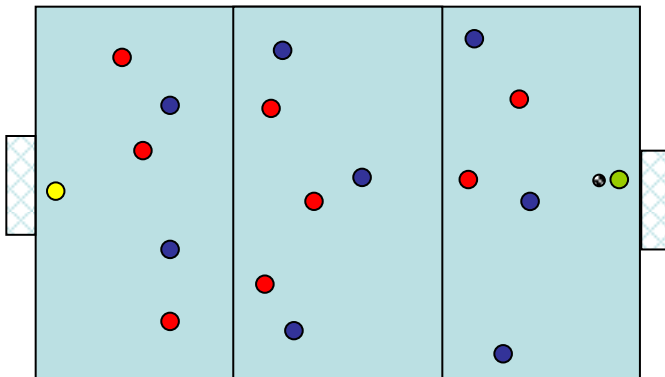
After a few minutes you can follow your pass to offer support. – Pass & Move  
Look for Good Passing and control.  
Look for Good Movement Off the ball.  
Good Communication.

End Product – Can we finish with a shot

#### Key Factors To Look Out For:

1. Create space (Team / Individual) (Mobility, Width & Depth)
2. Selection of pass ( Penetration and Possession)
3. Quality of pass (Time, weight, accuracy and disguise)
4. Support behind the ball (Angles and Distances)
5. Support in advance of the ball (Direction and Timing of runs)

### End Session Game : 9 v 9 and 10 v 10 – Pass Between Zones 25 mins Game



Pitch is 60 \* 40

#### Rules

Ball Starts with Keeper  
Player's can't leave their Zone  
Pass into next zone.

After a few minutes you can follow your pass to offer support

Look for Good Passing and control

Look for Good Movement Off the ball.

Good Communication

#### End of Session

5 minute warm down and summary