

ETP U 12 Session 2 with Squad Nov 25th

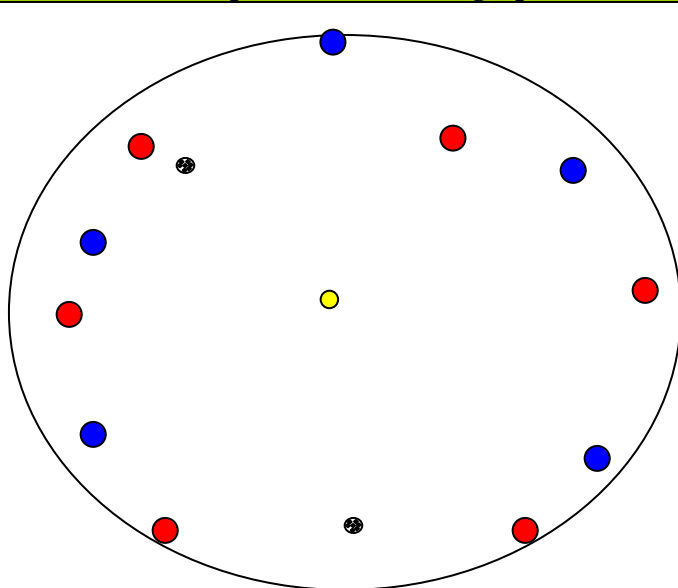
TOPIC / THEME: Pass & Movement Session

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

DESCRIPTION OF PRACTICE:

Pass, Movement & Closing Down

WARM UP: Emphasis on Creating Space – 6 v 6 or 7 v 7 ----- 15 mins



Use a Circle About The Size of the Centre Circle
2 Sets Of Bibs & 6 or 7 Balls.

Initially 1 Ball Per Pair

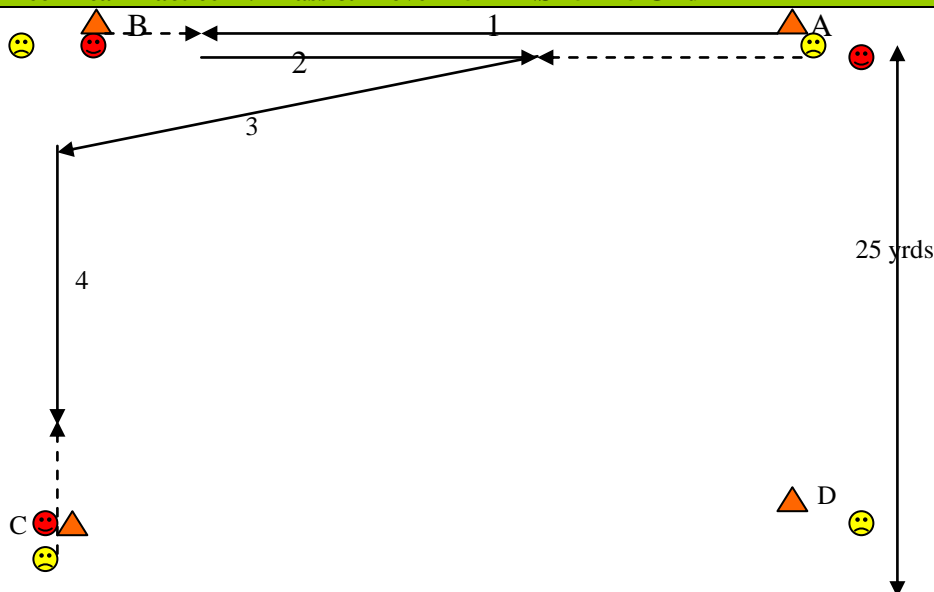
- Pass & Move
- Control, Feign and Pass Back – Use Different Feet
- Pass, Control and Pass to Another Player

Progress to 1 Ball Per Color – ie 2 balls only in circle

- Pass Freely Among your Bibs, Pass & Move
- Retain Possession and try and Rob the Other Groups Ball.

1. Look For Good technique in Passing – Accurate, Weight
2. Look For Good technique in Control – Close & Out of Feet
3. Look For Good Movement Off Ball to Make available for Pass
4. Look For Good Closing Down Techniques.

Technical Practice 1 : - Pass & Move - 15 MINS 25 x 25 Grid



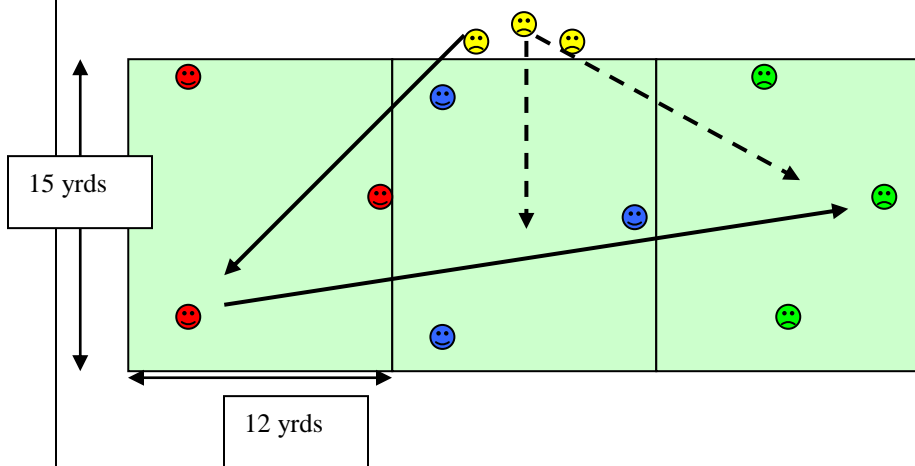
- 1 A passes to B who comes off the cone for the pass. B plays it back first time & spins around the cone. A plays it back to B who starts the sequence again with C.
- 2 Walk through it at the start until everyone understands the drill.
- 3 All passes can be first time when they get comfortable with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

Coaching Tips

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

Technical Practice 2 : 3 v 0 & Progress to 3 v 1 ----- 15 mins

Start off with 4 @ 3 v 0 and Progress to 3 @ 3 v 1's



Key Factors

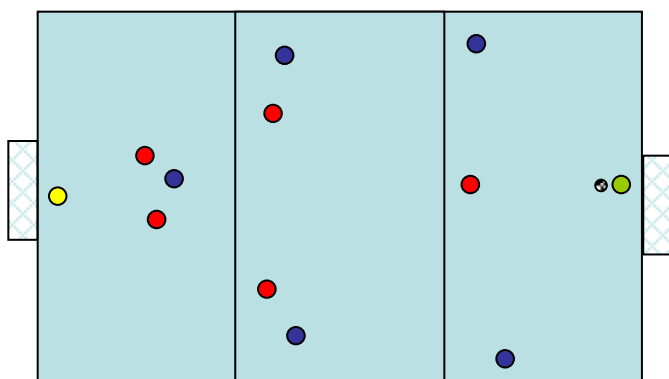
Technique

1. Accuracy
2. Pace
3. Timing
4. Disguise

Support

1. Angle & Distance
2. Movement
3. Decision Making

Game 1: 6 v 6 Game – 3 Touch – 2 Touch & 1 Touch Game Between Zones ----- 15 mins



Pitch is 60 * 40

Rules

Ball Starts with Keeper

Initially Players are allowed 3 touches for first 5 minutes.

The 2 touches for the next 5 minutes.

Finally 1 touch for the last couple of minutes.

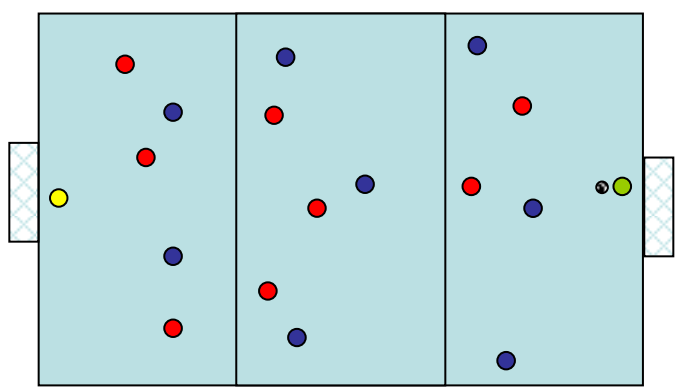
End Product – Can we finish with a shot

Don't be too harsh on the 1 touch game.

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. Quality of control – ensure good first touch to kill the ball to setup pass or good first touch to set off on forward run – demo if needs be
5. Support behind the ball (Angles and Distances)
6. Support in advance of the ball (Direction and Timing of runs)

End Session Game : 9 v 9 and 10 v 10 – Pass, Movement ad Support Game ----- 25 mins



Pitch is 60 * 40

Rules

Ball Starts with Keeper

Let Play develop- This is Free Play for the majority – spend first 5 mins explaining rules as below:

Try and encourage few touches

Ensure Width and Depth

Get Players to Play and Stay in Positions initially.

End of Session

5 minute warm down and summary