

Practical Coaching Session Planner

ETP U 12 Session 3 with Squad Dec 2nd

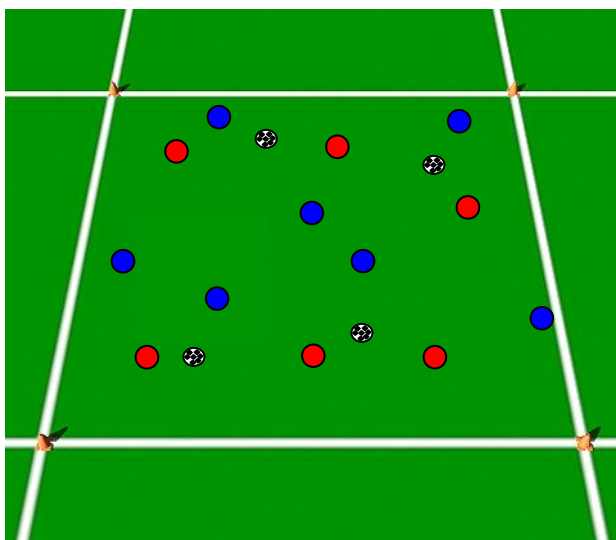
TOPIC / THEME: Pass & Movement Session

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 20 * 20 ----- 15 mins



Have 2 sets of bibs and initially 5 or 6 balls.

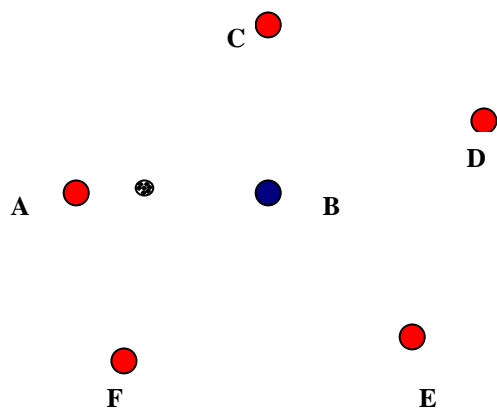
Pass and Move. Player with ball passes to a player without ball and immediately looks to receive a ball from another player.

Reduce number of balls and get players once they make the pass to move away to create space for the player with the ball to exploit.

Once a player gets possession of the ball he should move to create space for himself

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

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



Organisation:

Have 2 @ Groups outlined with cones. Have between 6 – 10 feet between cones.

- 1.) A Passes to B (in middle) and B Passes to C. Immediately A & B Swap Places.
- 2.) C Passes to A (now in middle) and A Passes to D. Immediately C & A Swap Places.
- 3.) D Passes to C (now in middle) and C Passes to E. Immediately D & C Swap Places.
- 4.) E Passes to D (now in middle) and D Passes to F. Immediately C & F Swap Places.
- 5.) F Passes to E (now in middle) and E Passes to B. Immediately F & E Swap Places.

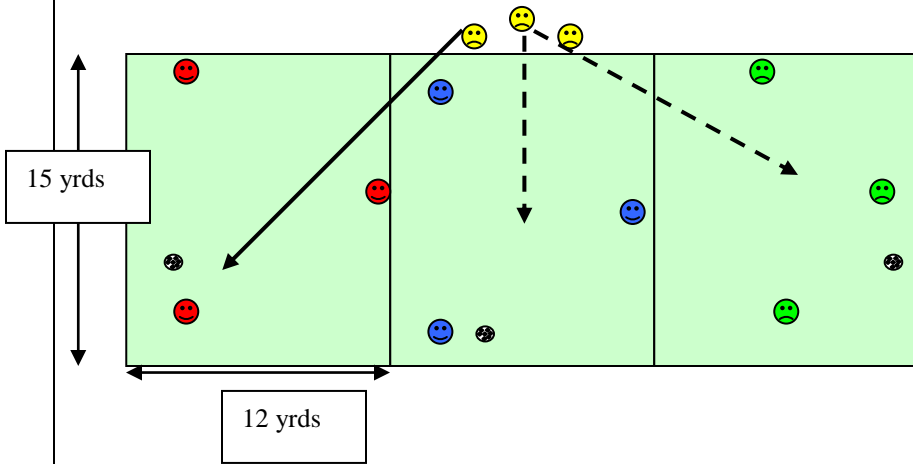
The cycle starts again.

Walk through initially.

Good Touch & Control Essential. Good Movement – get to the middle quickly

Technical Practice 2 : 3 v 1 & Follow on to 4 v 2 in next Practice----- 15 mins

3 @ 3 v 1's



Key Factors

Technique

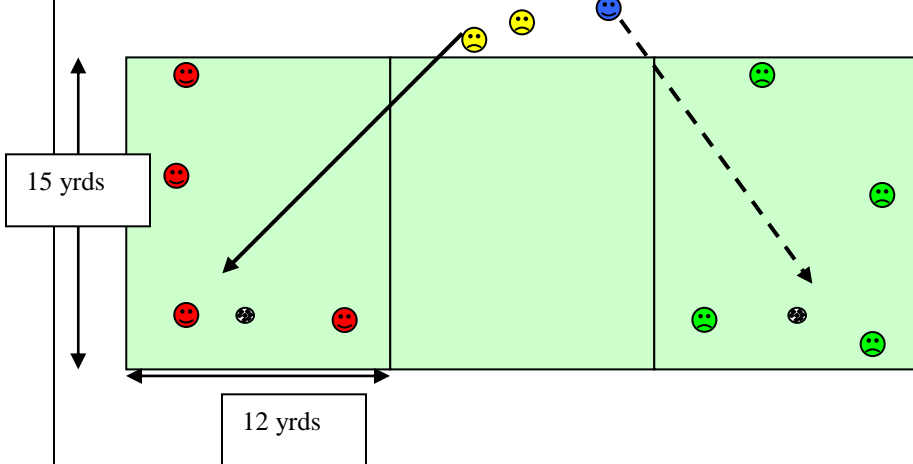
1. Accuracy
2. Pace
3. Timing
4. Disguise

Support

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

Technical Practice 2A : 4 v 2 in next Practice----- 15 mins

2 @ 4 v 2's



Three Groups of 4 – Two Groups keeps possession of the ball with Opposition Players and Ball to move in the Area – making new angles and changing distances
Middle Group plays into end groups and follow pass to defend. Rotate groups

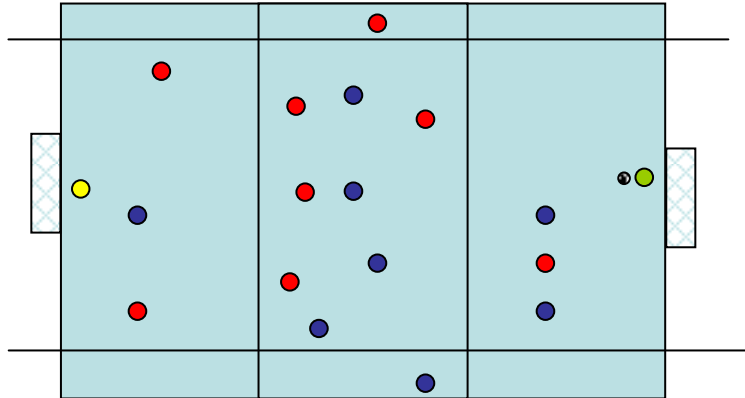
Rules

As soon as you pass you can move into close down.
As soon as they get 2 passes the 2nd player can move in to close down

Key Factors

Support – Off Ball
Width - Off Ball
Depth - Off Ball
Decision Making – Help Out
Good Accurate Passes
Angles of Support – Use Full Box

End Game : 9 v 9 and 10 v 10 with floating man for support ----- 30 mins



Pitch is 60 * 40

Rules – 1 --2 – 4 – 1 and 1 floating

Ball Starts with Keeper. Players have to stay in their zones apart from the safety player.

Player in side zone is used as a safety feature – to act as an overload and support when needed. He has free movement but cannot score.

The opposition safety player has to stay in side zone until his team get possession of the ball and until they feed him with the ball.

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)
7. Use of free man – angles of support and movement and communication

End of Session

5 minute warm down and summary