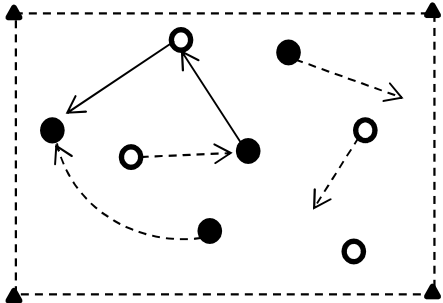
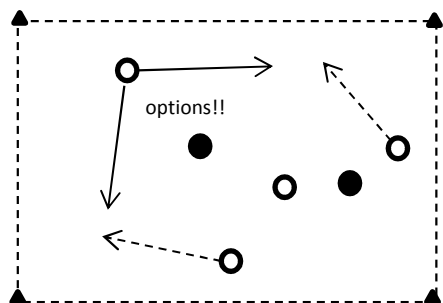
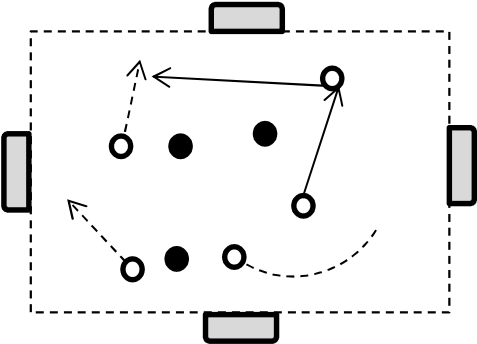


TOPIC: Passing 1 - Passing and Support

AGE- U10/U12/U14

Session ID: ASA SKL 02

Amesbury Soccer Association, 2015

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: 15 min	 <p><u>Colors Passing:</u> Two sets of pinnies - coach will name a color sequence for passes - "red-blue-red-blue", then change to "red-red-blue-blue", etc.</p>	<p>Emphasize quick, accurate passing using inside of foot. Players will need to be alert to good passing opportunities (correct color). Players without ball will need to move to open space to receive.</p> <p><u>Progression:</u> two-touch, one touch (advanced)</p>	<p><u>INTRODUCE:</u></p> <ol style="list-style-type: none"> 1 Good passing technique! 2 Quality first touch - directional 3 Head up - be aware of players and space (ALL ACTIVITIES, ALL THE TIME) 4 Say player's name before passing - eye contact is critical 5 Spacing is important - pass to player 10-15 yards away. NOT the guy who is standing still 4 yards away.
Small Sided Activity Time: 20 min	 <p><u>Keep Away:</u> Split field and play 3 v 1 or 4 v 2 keepaway. 60 second "games", switch defenders often.</p>	<p>Movement without the ball is key for the possession teams to be successful in this drill. Point out that they will need to move to space and not "hide" behind defense player to offer a passing option. Movement must be quick so ball carrier has at least two passing options.</p>	<p><u>FOCUS ON:</u></p> <ol style="list-style-type: none"> 1 Communication: verbal / eye contact 2 Players without ball need to move to receive ball. This is SUPPORT <p><u>REINFORCE:</u></p> <ol style="list-style-type: none"> 3 Good passing technique! 4 Quality first touch - directional <p><u>INTRODUCE:</u></p> <ol style="list-style-type: none"> 5 Quick return pass if under pressure
Expanded Small Sided Activity Time: 20 min	 <p><u>Numbers Up:</u> 6 v 3, 6 v 4, 5 v 2, etc Adjust the size of field with 4 Pugg nets. Numbers up team must pass 3/4 times before shot, defending team may shoot anytime if they gain the ball</p>	<p>Emphasizes the necessity to move into open space and anticipate defensive movement.</p> <p>Resist the urge to coach defensive points during this session. The defense will realize on their own the value of filling passing lanes.</p>	<ol style="list-style-type: none"> 1 Recognize and use space - pass and move to space (stress mobility). Movement without ball is SUPPORT. 2 Quality passing - on ground! Be aware of pace on ball ("weight") 3 Offensive players - use width and depth of field and move to open the defense
Scrimmage 30 min	<p>6 v 6 incl GKs Formator 3-2 v 3-2</p>		<p>Reinforce Coaching Points from Session!</p>