

## Description

Passing Techniques - Speed, Timing, Weight, Quality of Pass

### SAQ

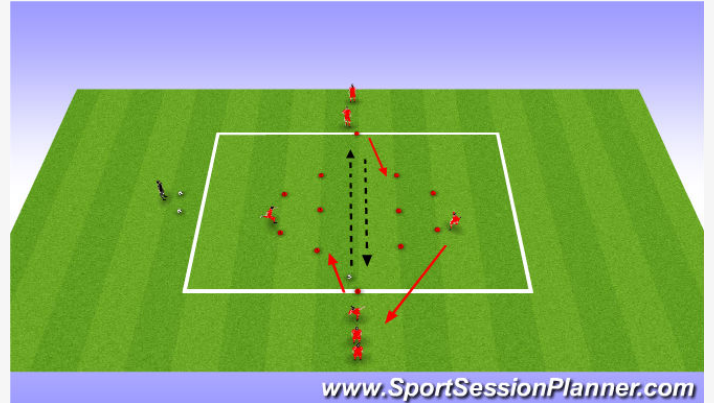
#### Organization

15 x 15 Yard square

Set up two groups

Players Pass the ball between groups then perform a variety of dynamic movements through the cones

Once complete players join the team at the opposite end



### Passing Technique

#### Organization

Set up in a diamond passing pattern

Player 1 plays to player 2 who opens up on the back foot and plays to player 3

Player 2 then supports player 3 and plays a give and go with player 3 around the cone

Player 3 then plays player 4 who opens up with the back foot and completes the cycle by dribbling the ball to the end of the start line

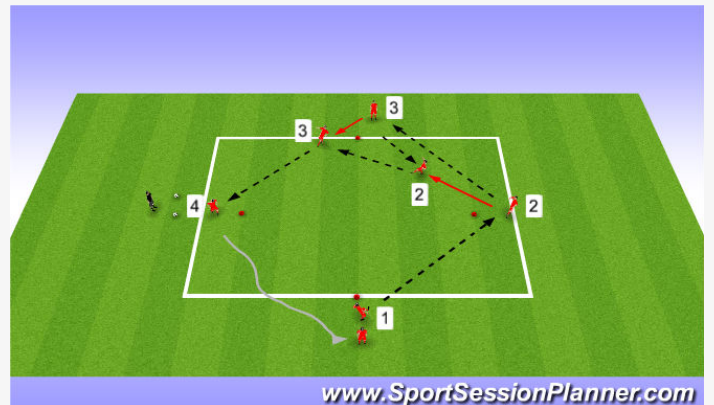
Players follow their pass and continue with the next ball

#### Progression

Add give and goes at other cones

#### Competencies

- Head up to see target
- Open face of the foot, use inside to pass
- Timing of pass
- Weight of pass
- Quality of pass
- Speed of pass
- Use both feet



### Possession

#### Organization

2 Teams

The coach plays the ball into one team and the defending team can send one player in to win the ball

After every 5 successful passes (= 1 point for the possession team) the defending team can add another player

The defending team can score an extra point by winning the ball and getting it back into their own end

Keep score !



## Conditioned Small Sided Games

### Organization

4v4 or 5v5

Encourage the players to pass the ball as often as possible

Adjust their technique and decision making where necessary

