



## U13 - U18 Session 3

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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### Description

#### Organisation (Practice Layout & Transition)

Each

### Technical Passing (10 mins)

#### Session Set up - Time: 10 min

#### Adaptations (Progressions & Regressions):

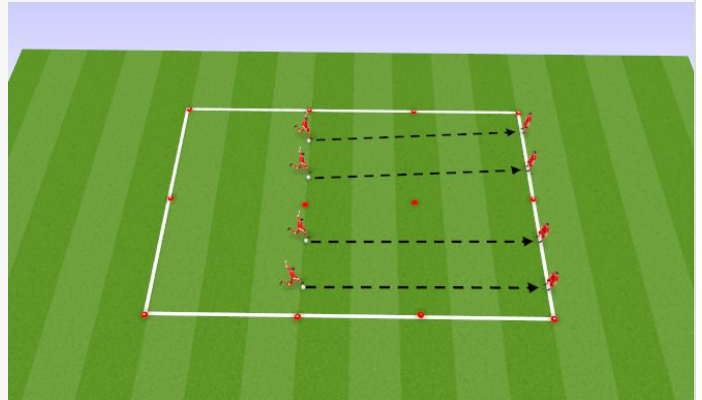
1. Players stand opposite their partners 2 cones away (as seen on example)
2. Players on left side move to the cone in front. Closer to Partner.
3. Players on left side will move to the cones furthest away from the partner.
4. Players will return to their original places (2 cones away)

#### Challenges, Conditions or Targets:

1. Target is players must play in 2 touches
2. Target is to play in 1 touch (first time pass)
3. Target is to play the ball in 2 touches keeping the ball on the floor.
4. Players are able to play the ball freely using their own decision making skill to decide on the type of pass and control.

#### Coaching Points

1. Look at target
2. Eye on the ball
3. Angle of approach
4. Non-kicking foot alongside ball in a comfortable position
5. Strike center of ball with inside of foot
6. Firm ankle
7. Follow through towards target



### Technical Passing 2 (10 mins)

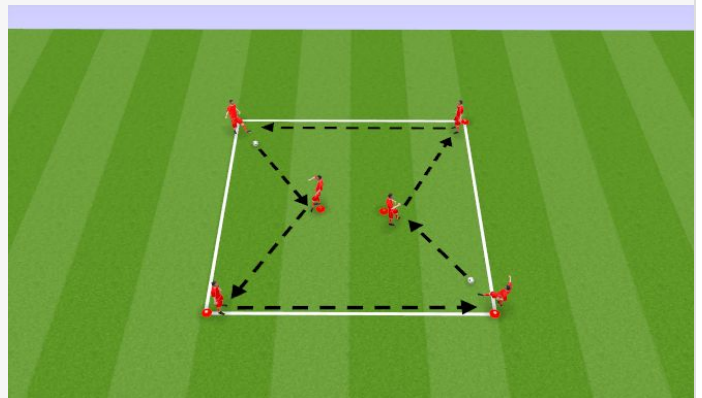
#### Time: 10min

#### Adaptations (Progressions & Regressions):

1. Everyone must follow their pass. Ball is played in the anticlockwise direction
2. Same as previously however ball is now played clockwise
3. Return to playing in anticlockwise direction
4. Clockwise

#### Challenges, Conditions or Targets:

1. Target is to make sure passes are accurate and the drill is flowing well
2. Same as the previous target
3. Players must play in a maximum of 2 touches
4. Players must play in a maximum of 2 touches



## Skill (15 mins)

15min

### Adaptations (Progressions & Regressions):

1. Pass the ball from the outside player one side of the box to the other to score a point. (swap outside players for each block)
2. If the team makes 3 consecutive passes they get an extra point.
3. Make the last one more competitive by adding a forfeit e.g. 10 press ups for the losing team.

### Challenges, Conditions or Targets

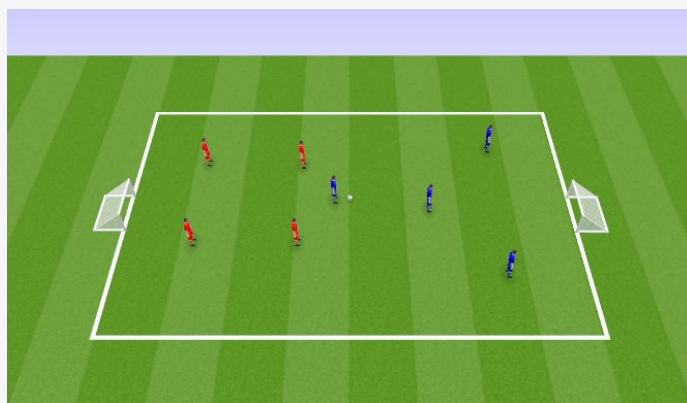
1. Possession, focus on passing under pressure
2. set the stronger players challenges such as maximum 2 touch or can only use weak foot.
3. Free play, allow players to make their own decisions.



## Screen 4

### Set Up - Time 20min

1. Score a goal by passing into the net.
2. Score a goal by hitting the ball above the goal line in the air into the net 1 extra point.
3. To get an extra goal the team must play 5 consistent passes



## Coaching Practice Review and Reflection

### How were you able to affect the individuals in the practice?

By going through mechanics both to the group and to individuals I was able to affect the mechanics of the players and correct form. This basic technical drill gave players the opportunity to repeat the practice of simple passing whilst challenging them to more difficult executions e.g. first time passing.

### What can be done to make sure you have the same, or an even better, impact next time?

During the skill drill I allocated a captain for both teams, the captains where in charge of keeping the score, I feel like this encouraged players to take on a leadership roll and increased the competitive nature of the players.

### What's the main thing you can do to make the session even better next time?

Next time I will progress the second technical drill further by changing the pattern of play to something more difficult rather than putting maximum touch condition. this is because players got the understanding of the drill quickly and completed the added condition easily.