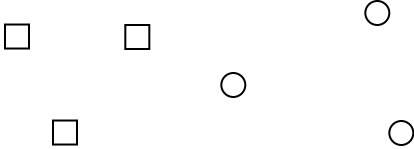
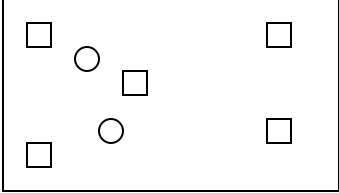
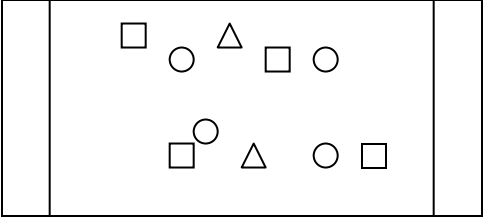
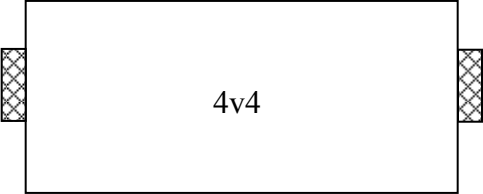




Name:

Topic: Short Passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 5v2 in a 20-x-15 yard area ▪ Attackers earn points by reaching a predetermined number of passes or by splitting the defenders ▪ Defenders earn points by touching the ball or when the ball leaves the area ▪ When a defender steals the ball he/she switches spots with the person that lost the ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 plus two neutrals in a 50-x-40 yard area ▪ Teams score by passing to a player in the end zones <p>Progressions: Specify what surface must be used to pass the ball. Progress to scoring to a target player in the zone, and then to scoring by passing through cone goals</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass ▪ Passes should be played on angles so they are not intercepted ▪ Use disguise when passing – do not telegraph the pass
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 with no restrictions on players ▪ Teams score by shooting into goals 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with passing ability