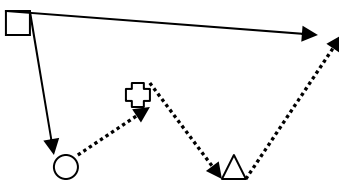
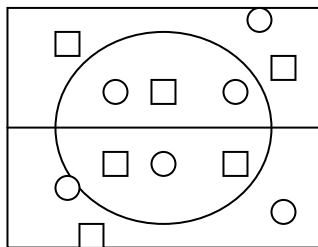
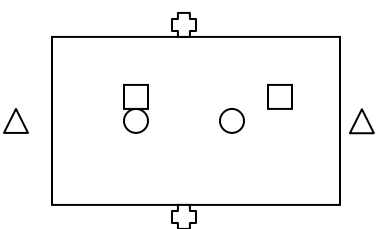
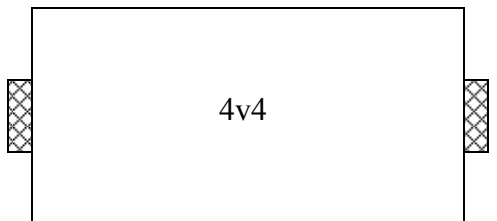




Name:

Topic: Short Passing - Penetration

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Player 1 passes to player 2 and then makes a run Other players pass ball around and then play ball back to player 1 Other players move to support player 1, and then the process is repeated 	<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"> Set up area as show, teams are restricted to the zone they start in Teams score points by completing a pass through the opponents half of the circle to their teammates First team to score 21 points wins 	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace Timing of run – only when 1st attacker has ball under control and is ready to pass Timing of pass – played when teammate is ready to receive it
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 2v2 with neutrals and target players in a 15-x-20 yard area Teams score by receiving a pass from a target player and then playing the ball to the other target player After a score, the target player plays the ball back to the scoring team who attacks in the other direction <p>Progressions: Move neutral players and target players into the grid and play 4v4 to goals. Points for # of passes or goals.</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace Timing of run – only when 1st attacker has ball under control and is ready to pass Timing of pass – played when teammate is ready to receive it Disguise of pass – no telegraphing Angled passes – not easily intercepted
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on the players 	<ul style="list-style-type: none"> Observe to see if session has helped with passing ability