



Week 3 - Striking The Ball (Level 1) Short Passing

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction - Warm Up (5 mins)

Instructions:

Half of the players on the inside, half on the outside.

Players on the inside each have a ball and are running freely within the cones.

Keep head up to avoid collisions. Keep close control of the ball. Use inside and outside of foot.

Player with the ball must pass to a free player on the outside of the grid and continue running to receive a pass back.

After 3 or 4 minutes swap players from outside to inside and begin drill again.

Possible Coach Remarks:

Only pass when the passing line is open, make sure no one else is passing to the same free player.

Pass the ball accurately with the right speed.

Look where to run when asking for the ball back and make an angle for the pass back.



Skill Introduction - Progression (5 mins)

Instructions:

Players in pairs facing each other about 3m either side of the cones. 1 ball between the pair.

Players pass to their partner and start moving towards each other slowly until about 1m apart.

Players continue passing and then start moving away from each other until back to their starting position.

One touch passing only.

On coaches call, left foot only, right foot only, alternate feet each pass.

Possible Coach Remarks:

Make sure your pass is accurate.

As the distance between you changes, alter your weight of pass.



Skill Training (20 mins)

Instructions:

4 neutral players on the outside of the cones. Neutral players can move up and down their line of cones but are not allowed in the field of play.

Split the rest of the players into 2 teams and play a small sided match.

Neutral players play for the side in possession.

No player can have more than 3 touches on the ball otherwise possession must be passed to opposite team. This promotes passing.

No team can score without passing the ball to a neutral player.

Swap neutral players with on field players every 3 minutes.

Possible step up by not allowing a goal unless the neutral player on the goal line is brought into play.



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session.
Look to see if the skill has been learnt.

At certain times during match play, coach to only allow 2 or 3 touches for a short duration to promote more passing.

If required, also use the 30 minute match time to work on match day issues or ideas.

