



## Session Focus.... Short Passing



### Organisation/Set up....

Players needed: Minimum of 3

Triangle (3 players) or rectangle (4 players) with different lengths of sides..

Area size 20 x 10 yards.

### Corner Coaching Points and Detail....

Side foot pass – Use the inside of the foot to pass the ball.

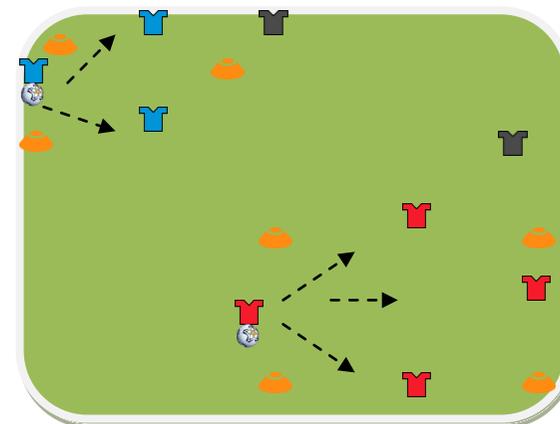
Toes – Use the toes when you have little time or space.

### How to play....

#### Player Challenge....

Players pass the ball to any player they want to at different distances. Players rotate positions, so they get opportunities to pass at different distances using a variety of techniques.

Progression....Add 1 roaming defender (Black) to apply pressure to the passer and try to intercept a pass, thus time and weight of pass becomes important.



### Technical/Tactical

#### How:

Players use the instep to pass the ball to a team-mate.  
Players poke the ball with their toes for quickness of pass.

#### Why:

Its an accurate reliable technique to keep possession for the team.

Takes longer to take the leg back for other techniques of passing.

#### When:

We are under pressure from an opponent.  
We have little time and space to pass.

### Psychological

#### How:

Recognise the intensity of pressure being applied and the space being taken by your opponent.

#### Why:

This will determine when where and what technique you will select to pass to a team-mate.

#### When:

Being under intense pressure.

#### Why:

To keep possession of the ball for the team.



### Physical

#### How:

Plant your standing foot to the side of the ball, take the kicking foot back and contact on the ball is made by the flat instep of the foot.

A quick jabbing motion with the toes, with no other body movements.

#### Why:

To have good balance for an accurate pass.

For a quick pass.

#### When:

Under severe pressure or limited space and time.

#### Why:

To keep possession of the ball.

### Social

#### How:

Communication, signals and awareness of team-mates.

#### Why:

They will help you decide when where and how to pass.

#### When:

He/she has recognized the best option to pass to.

#### Why:

To keep possession or gain advantage to create a scoring opportunity in a match scenario.