



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.

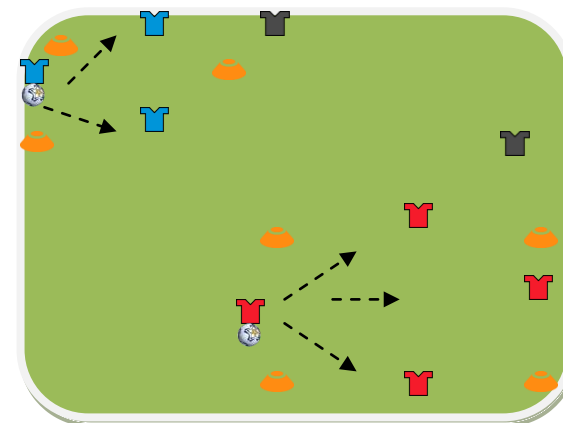
Toes – Use the toes when you have little time or space.

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.