

Date: 06/02/2018	Venue:	Duration:	No of Players:	Ability / Level:
Equipment:		Purpose:		

Time	Task / Activity / Session Content
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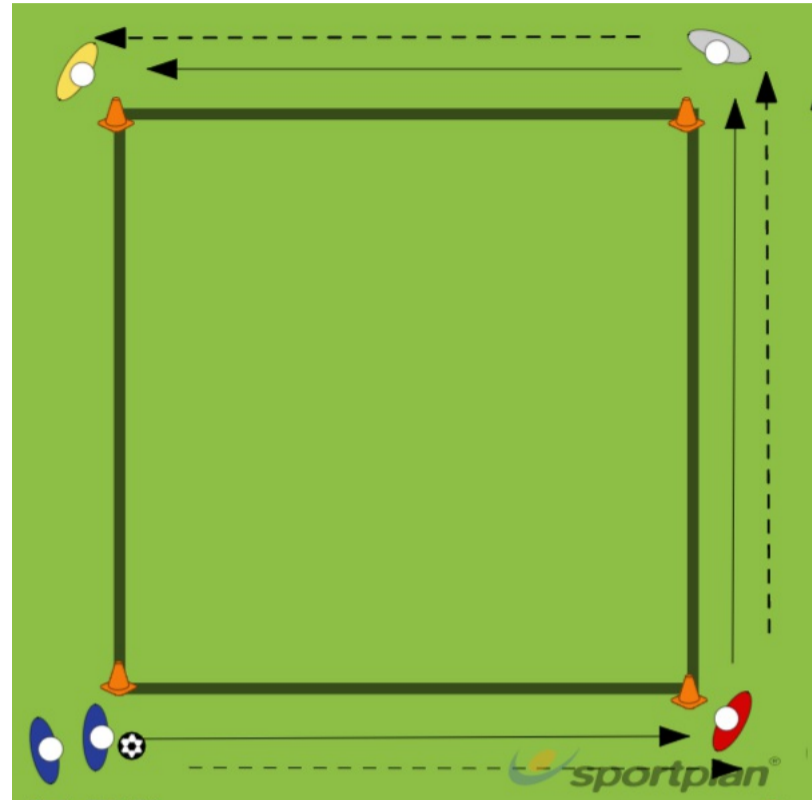
Follow Your Pass

Description

Set up a square roughly 10m x 10m.
 Have a few players at each corner.
 In 2 of the corners (diagonal) a player starts with a ball. They pass the ball clockwise around the square, to the next corner and follow their pass.
 The ball is passed clockwise around the square.
 Once each player has passed a few times switch to anti-clockwise.

Coaching Points

- Head over the ball
- Strike through the middle of the ball
- Accuracy of the pass: want it to land at the next persons feet
- Force applied to the ball: needs to be easy for the next person to control



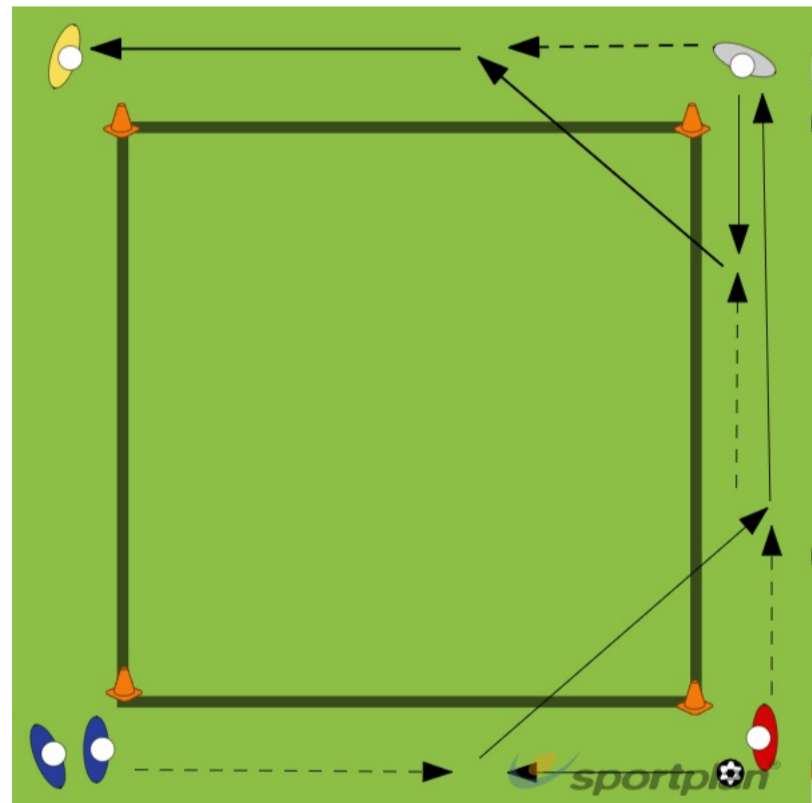
Give & Go

Description

Set up a square roughly 10m x 10m.
 Have a few players at each corner.
 A Player (1) from one corner runs anti-clockwise towards Player 2. Player 2 passes into the feet of Player 1 and starts running clockwise to the next corner.
 Player 1 then passes the ball on the diagonal for Player 2 to run onto. Once received, the ball is then passed onto the next player to repeat the pattern.
 Play moves anti-clockwise, allowing each player to have a few turns.
 Then play clockwise.

Coaching Points

- Little 1,2 around the cone
- Person on the corner shouldn't run too early because they'll run past ball.
- Stand side on instead of directly facing the incoming pass. This is because in a game situation they may receive the ball and turn 180° and then they wouldn't be able to see in front.





Pass Around The Corner

Description

Set up a square roughly 10m x 10m.

Have a few players at each corner.

A Player (1) from one corner runs clockwise around the square with a ball; halfway to the next corner they pass to the Player (2) at this corner. Player 2 passes immediately back to the Player 1 and starts running clockwise to the next corner.

Player 1 passes the ball on to the Player (3) at the corner in front of Player 2. Player 3 then passes to Player 2 and starts running.

Player 2 passes to Player 4, who passes to Player 3 who is running towards them.

Play moves clockwise, allowing each player to have a few turns.

Then play anti-clockwise.

Coaching Points

- Control the ball with the backfoot (right foot when anticlockwise, left when clockwise)
- Body opened up
- Can have 2 touches
- Leave it playable, nice and soft (from corner player to player in middle) to make it playable to next corner.
- Don't want middle player getting really close before receiving the ball.
- Communication is key- shout for the ball
- As this is a bit complicated, start with 1 ball and add another when the players are confident with how it works.

