

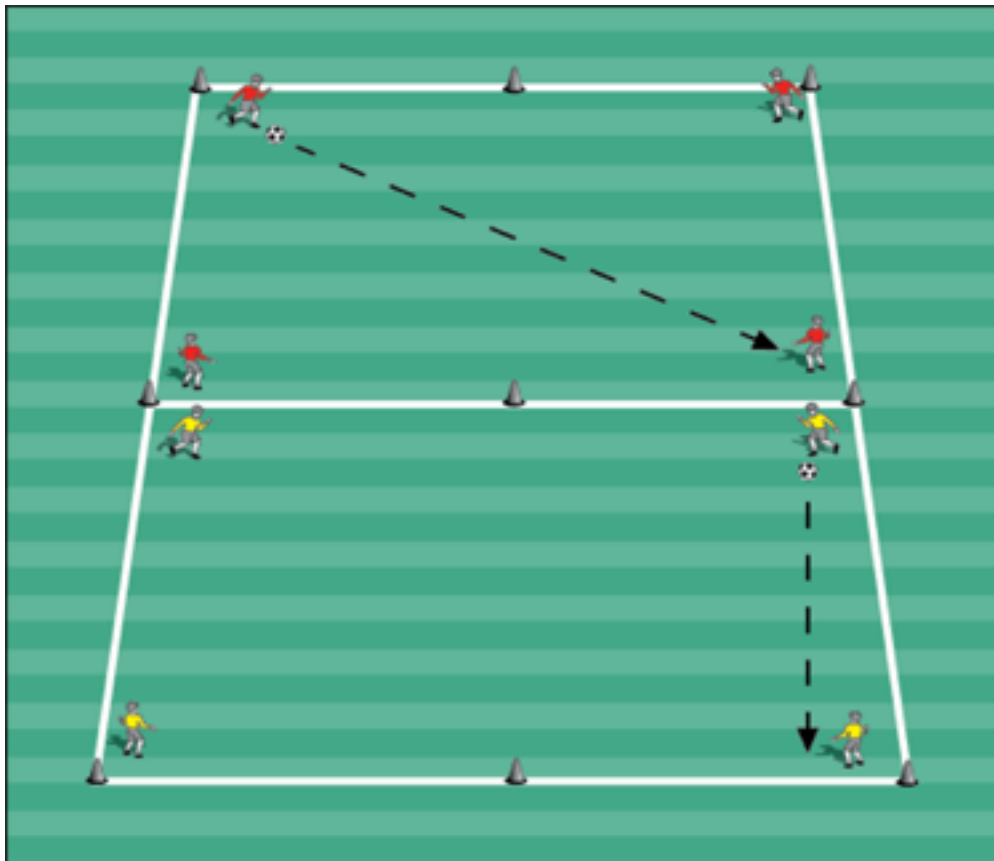
Topic:
Quality of the passes

Warm-Up

Aerobic work with physical coach (physical recovery week – inter season)

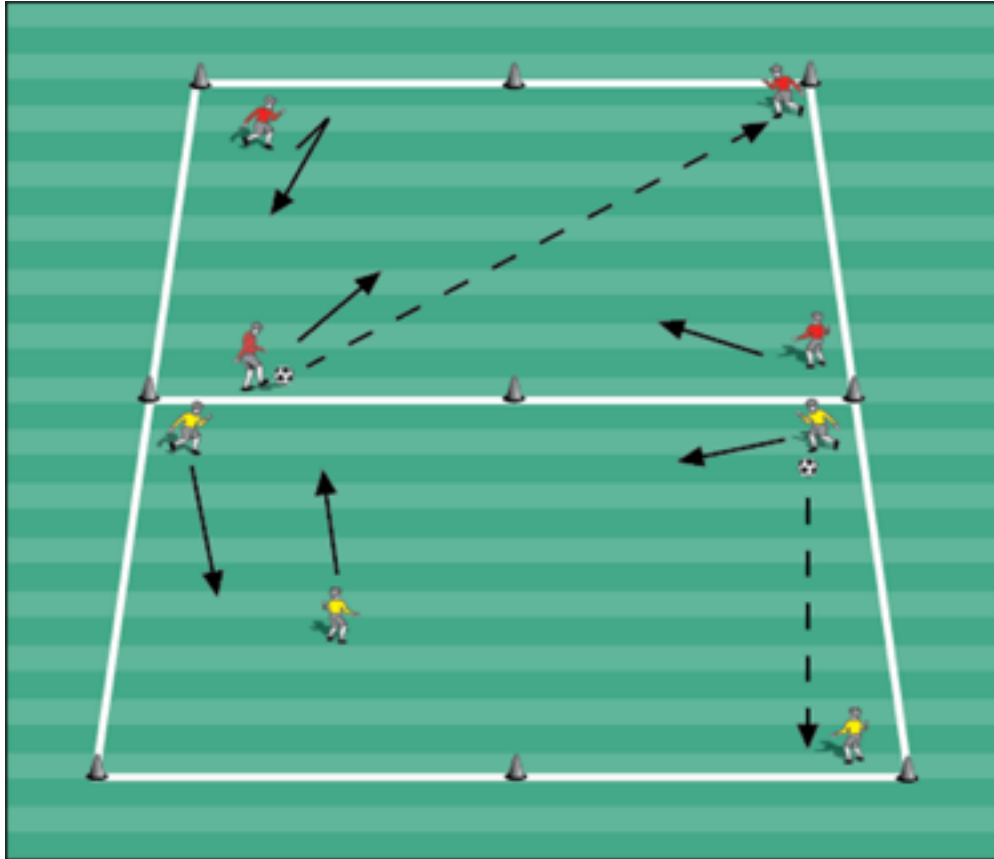
Static Pass

In a 20 x 20 square, four players placed in the corners. With a maximum of two touches, the square that makes 15 passes first is the winner. Each pass or reception mistake zeros the counting.



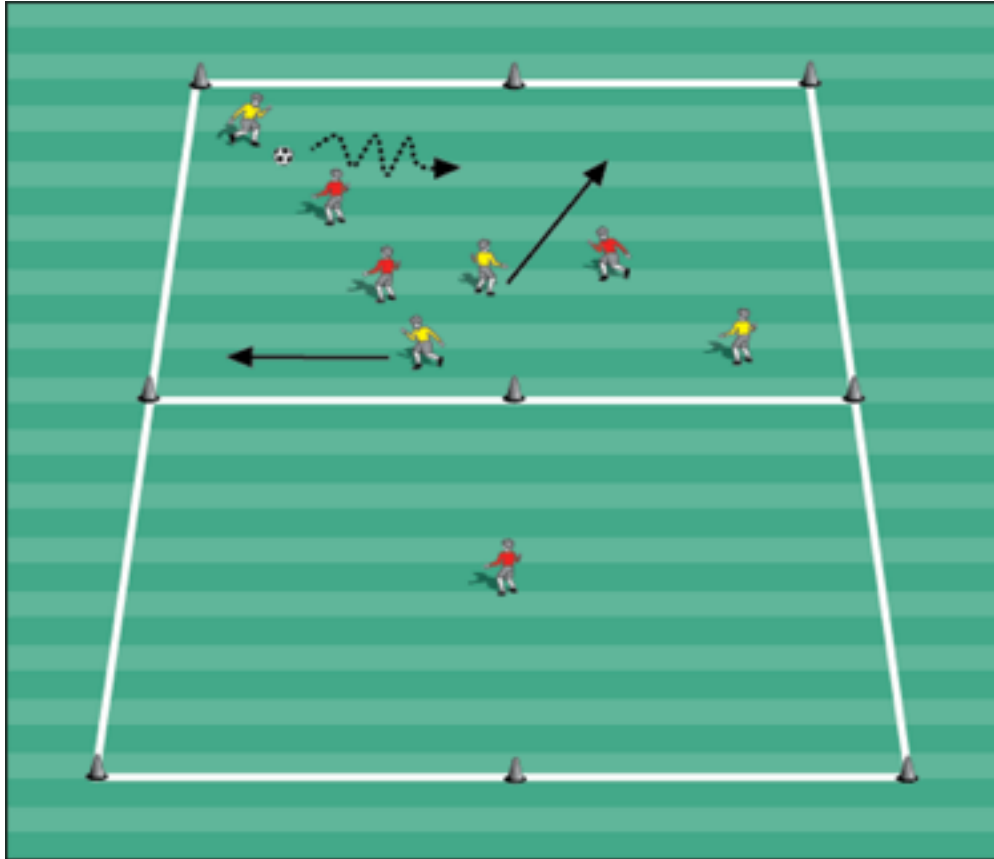
Positional Pass

Same as above but players in motion. Short passes not allowed, only 5 or 10 meters passes.



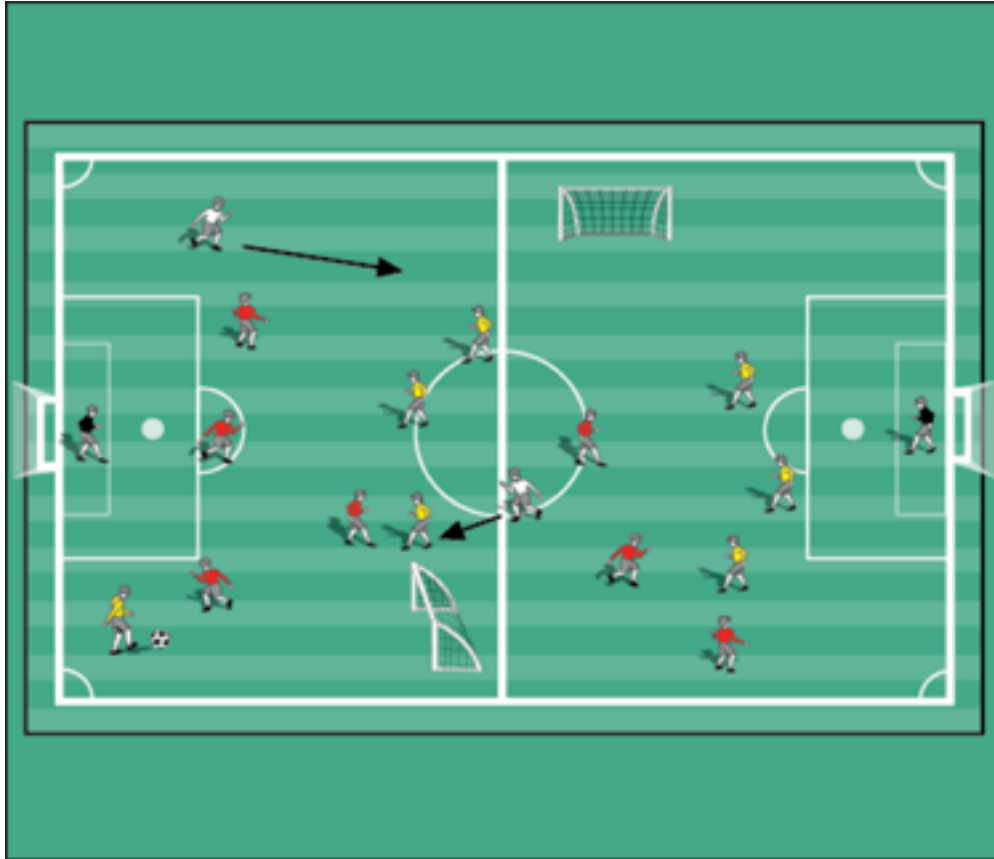
Situational Pass

Yellow team tries to keep possession for 10 passes in their square while 3 red players defend. When red steal the ball they go to their own square playing 4 reds against 3 yellow defenders.



Mobile Goal - 7 v 7 + 2

Two regular goals and 2 mobile goals on the field. Normal game, 7 v 7, plus 2 spare players that assist the attacking team. During the game coach will suddenly call which mobile goal becomes the target for the attacking team. They will then try to score in this goal.



Coaching Points

Switch the game, positional adjustment.