



Passing

Category: Technical: Passing & Receiving

Difficulty: Difficult

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Screen 1 (10 mins)

Divide team into two groups. Players in the center of the grid start with the ball. 20x20 grid u13 +

- 1) Cone maze = Right foot only
- 2) Manquin's = Skill at pace
- 3) Tall cones - Left foot only

CPs:

Use both feet to pass

Inside and outside of the foot

Volleys

Correct weight & accuracy

Look for balance and relaxed posture

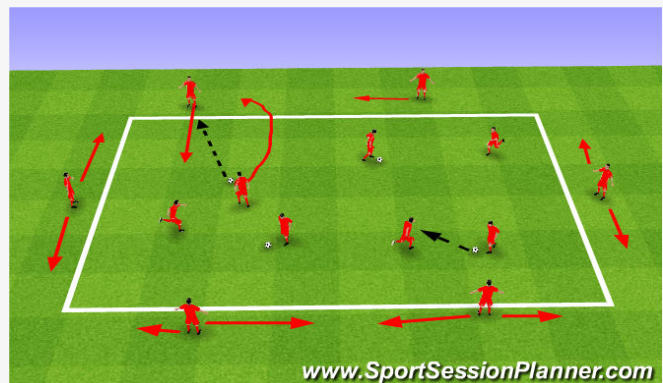


Screen 2 (15 mins)

Set up

6 players on the outside, 4 with a ball inside the grid, 3 without a ball also on the inside

- 1) Player on the ball has the option to pass to a central player and stay in the middle
- 2) If central players pass to each other they can use simple demands like - TURN - MAN ON - ONE TWO
- 3) If central player passes to the outside player they change positions
- 4) players on the outside must move along their lines
- 4) Goalkeeper is involved
- 5)



Screen 3 (20 mins)

3v3 plus keepers,

CPs:

- 1) Every player must touch the ball once before they can shoot on goal.
- 2) Game awareness - passing to feet or to space
- 3) If a goal is score the scoring team will turn and receive a pass from the coach, the team who has been scored on have to leave the field allowing a new team to enter
- 4) Fitness is high
- 5) With older players and combinations to advance passing & movement



Screen 4 (25 mins)

4v4 plus 2

Keeper roles ball out to a neutral, the neutral plays a long ball in to red who plays onto neutral of a short pass for red to run onto.

CPs:

- 1) Open play
- 2) Every player and one neutral must touch the ball before going to goal
- 3) Every player including both neutrals must touch the ball before going to goal
- 4) Neutrals can be one or two touch
- 5) Every player on one touch - two touch and so on.

