

Title: **Be confident before passing the ball!**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: Beginner	Equipment: Balls, Bibs and Cones
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Session Goals:
In our last game our younger players kept passing the ball on 1st time because they felt they had no time to receive and control the ball before passing it on. This meant that the ball often finished up with the other team.
The purpose of this session is to encourage players to get the ball under control before they pass it on.

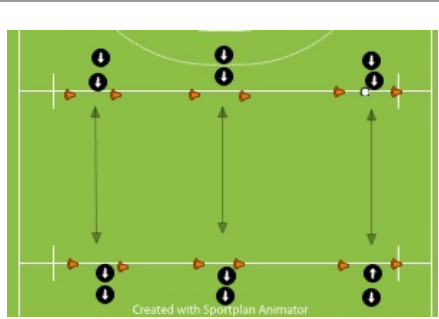
Personal Coaching Goals:
First we will spend time on power receiving where the receiving player has to fully control a hard pass before they can pass it back.
Then we'll put the players in a practice where they need to control and add to the pass.
Lastly we will add a speed and decision making element to this session, finishing with a conditioned game.

Time	Task / Activity / Session Content	Coaching Points
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Power Passing - Control the ball

Pass and follow

Player who starts with the ball slap hits the ball across at pace to the other side and then follows their pass to join the line on the other side



Coaching Tips

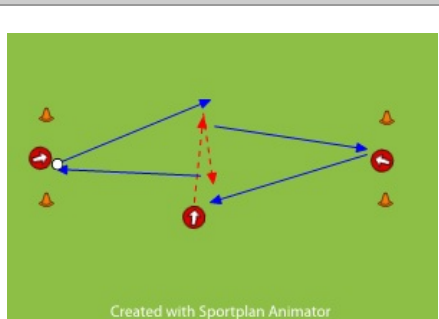
Reviewing receiving:
Being able to control the ball is a vital skill - review the core skills to get your players controlling the ball like their stick's made of velcro.



Adding to the pass

Adding to the pass - Run forward

Players work in groups of 3.
The player in the middle receives the ball and then passes it to the next player without standing still or stopping the ball dead.



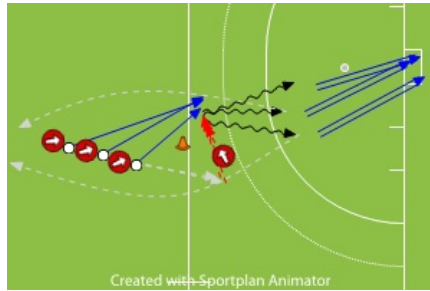
Notes

After which the ball goes back through the middle the other way.
Important that the player adds to the pass.

Pass and follow - Adding to the pass and shoot

The player with ball passes the ball to the player in front of them on the cone.

The player on the cone has to turn, without stopping the ball, and then run with the ball to score a goal.



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Notes

To make this drill continuous make sure that players follow their pass and occupy the cone position after they've played their initial pass, ready for the drill to start again.



Progression

Change the practice around so the players can receive the ball on their reverse stick side as well.

Passing up field

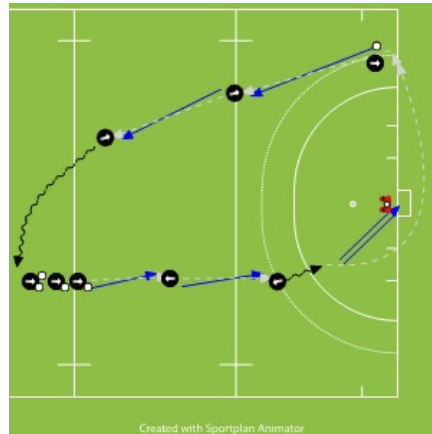
Adding to the pass

Players start on the half way line with a ball.

The ball gets passed to the next player who receives the ball, turns and then passes the ball on to the next player who receives turns and runs into the D to shoot at goal.

Every player follows their own pass.

After the player has had their shot at goal they must collect the ball and run to the back of the other line of players, ready to start the same exercise back up the pitch on the other side.



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Coaching Tips

The key for my team in this session was that players received and controlled the ball first before turning.

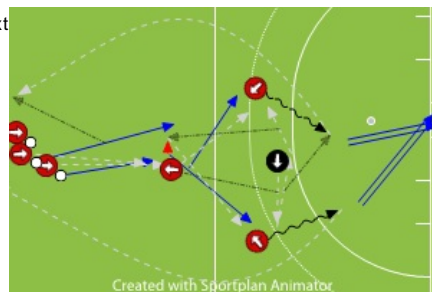
Advanced player can do this on the move, controlling and turning simultaneously. However, younger players tend to lose the ball when they attempt this as the ball tends to run away from them.

Decision making - Decide which way

The player with the ball passes the ball up field to the next player who has to turn and pass the ball to the forward that is not been marked.

The forward receiving the ball has to run into the circle and score the goal.

Every player moves on one position.



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Notes

The two key skills in this drill are:

To control the ball and turn in one (adding to the pass) and picking the right pass - making a quick decision based on where the defender is positioned.

Final Game

7 vs 7 conditioned game

Finish with a 7 vs 7 half pitch game.

The condition for this game though is that defenders are not allowed to tackle the player that has received the ball, as long as that player is stood still in control of the ball (like a free hit).

Defenders have to move 5 metres away before the game resumed.

So if the player on the ball decided to run they can be tackled unless they choose to pass it to the next player who on controlling the ball had again a free hit situation.



Playing this game should bring out the skills that you will have worked on in this session with your players - good control of the ball, with players getting the ball under before thinking about where to pass it to next.



Coaching Tips

Tactics:

If teams understand this game quickly you will find that players keep passing and controlling, forcing the opposition's defenders to retreat before they passing it on to the next player who repeats this process.

The only way defenders will be able to win the ball this way is if they can make an interception.



Progression

Anything goes:

Depending on how the game is going after 10 minutes or so you might like to open the game up, finishing the game with normal rules.

Other Comments:

"In the end, the game comes down to one thing: man against man. May the best man win." Sam Huff

Evaluation: