

Title: **Passing to create deep space**

Date:	Venue: Playing Field	Duration: 1 Hour	No of Players:	Ability / Level: Intermediate	Equipment: Balls, Bibs and Cones
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Session Goals:
Passing under pressure, by transferring the ball, running into space and passing the ball deep.

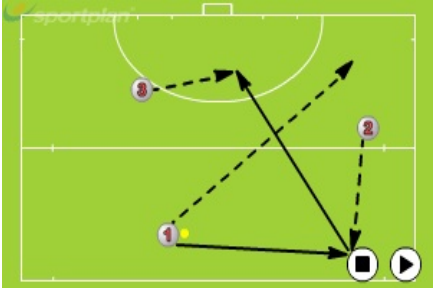
Personal Coaching Goals:
For this session to work it is very important that players make hard and accurate passes to each other - slow passes will kill the momentum of the drills and in a match are more likely to be intercepted.

Time	Task / Activity / Session Content	Coaching Points
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Running Start

Running off the ball - Passing to a moving man


Players need to get into groups of 3 with one ball in each group.
Number the players 1, 2 and 3 and work in a 1/2 pitch area.
When no.1 has the ball no.2 has to run in a straight line until no.1 passes the ball.
Once no.2 has received the ball player no.3 has to make a run.
Players can run anywhere on the pitch.



Coaching Tips

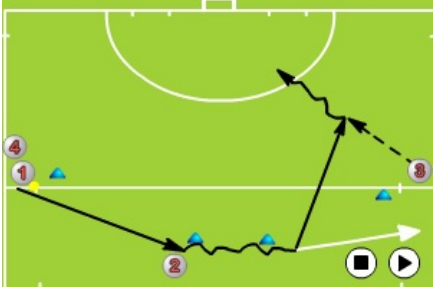
Receiving the pass:
Review this technique to ensure your players are able to confidently receive, control and use their first touch to get the ball out from their feet.

Tips for this drill:
Several groups can be doing this same drill at the same time.
This will then force players to keep their heads up and look around them at all times to avoid a collision.



Adding to the pass

1. Player 1 passes the ball to player 2, who lets the ball run across their body and runs with the ball to the next cone.
2. They then dummy to hit the pass wide but hit it under the arm into the path of player 3 running infield.
3. Player 3 receives the ball on the move and shoots at goal.



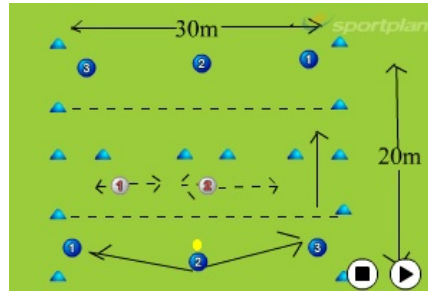
Notes

Rotation 1 to 2, 2 to 3, 3 to 1.

Mid-Session Passing Game

Outletting

The 3 blue players are trying to pass the ball through one of the 3 goals in the middle of the area to one of the three players on the opposite side. They can do this by running with the ball, dummy passing or transferring the ball between them to draw to two defenders out of position and create space for the pass. The 2 defenders can only intercept the ball. When they do so they have to try and pass the ball over the back line behind the 3 blue players who just lost the ball.



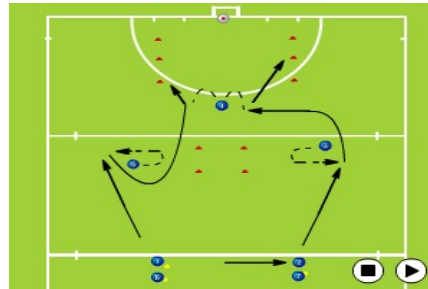
Coaching Tips

Players should be clever in where they stand (open stance) and sometimes miss out a player when transferring the ball.

Lead Running to Goal

In and Out Running

The feeders on the half way line pass to the players higher up the field on the wings. The wing players must cut inside and then out to receive the pass. The wing player then runs up the pitch before passing to the central player who has to run to one side of the circle or the other before shooting.



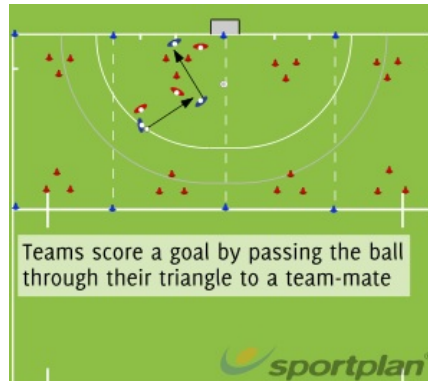
Notes

Players move up one position after performing this drill. So the feeder becomes the wing player, the wing player becomes the next shooter and the shooter collects their ball and runs back to the start line.

Final Game

Triangle Game

Two teams work inside a small area with 2 triangle goals. Both teams can score from any of the 3 sides of their goal, however, a goal is only scored if the ball is passed through the triangle to a player on the same team. The goals need to be inside the field so that players can get around the back.



Coaching Tips

Try to stop players defending the goal but go to the player in possession of the ball each time. If you are working with a large group you can set up lots of small pitches (as shown in diagram) or one large game with four triangle goals, so each team has two goals each in which they can score.

Other Comments:

"One man practising sportsmanship is far better than fifty preaching it."
Knut Rockne

Evaluation: