



SESSION PLAN

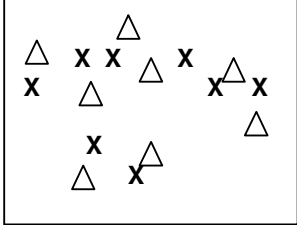
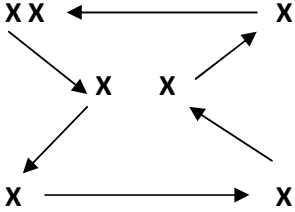
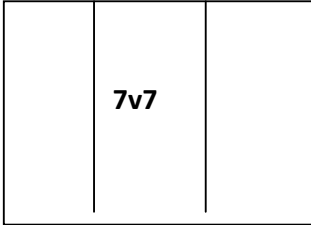
Session Title

Passing and receiving / Possession

Objectives

To Improve Technique Of Pass / receive

**To Improve Support Play and movement
To improve accuracy of passing.**

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS															
<p>1. Warm Up Move around area in pairs, must make 4 passes at each gate. Use both feet and each player must take two touch: receive then pass.</p> <p>Add competition – who can do most in 2 minutes.</p> <p>2. Technical Practice <u>Passing Sequence:</u> Pass and follow pass. Split into two groups. Work through:</p> <ul style="list-style-type: none"> • Receive and pass with BACK foot • Receive with BACK foot and pass with opposite foot • Receive with outside of foot and pass with inside <p>Add competition – which group can do most cycles. Use both feet.</p> <p>3. Skill Development Have two teams in each half.</p> <p>A ball is fed to X's whilst O's sends a defender (or more) across. After four passes the team may shoot on goal.</p> <p>If the ball goes across or O team wins the ball, X's send defender over to O's and O's try to make 4 passes and shoot.</p> <p>Can reduce to 2-touch and have free movement, score on either side of goal.</p> <p>4. Regular Scrimmage Ball must stay below head height. Give a bonus goal if team makes 4 passes without opposition touching ball. Split field into 3rds, have free movement but coach support play when ball is in each 3rd.</p>	  <table border="1" data-bbox="717 1251 1011 1566"> <tr> <td>X1</td> <td>X2</td> <td>X3</td> </tr> <tr> <td>X4</td> <td>X5</td> <td>X6</td> </tr> <tr> <td></td> <td>GK</td> <td></td> </tr> <tr> <td>O1</td> <td>O2</td> <td>O4</td> </tr> <tr> <td>O4</td> <td>O5</td> <td>O6</td> </tr> </table> 	X1	X2	X3	X4	X5	X6		GK		O1	O2	O4	O4	O5	O6		<p>Head up</p> <p>Close control Passing technique: use inside of foot, lock ankle, point toe to side, head over ball. Communication. Receiving technique</p> <p>Receive with back foot, open hips and body. Accuracy and weight of pass. Communication. Check before receiving. Direction of first touch.</p> <p>Quality of pass: Accuracy Weight Timing</p> <p>Gain eye contact before passing</p> <p>Angle and distance of support</p> <p>Awareness</p> <p>Quality of control Quality of pass Composure Play the way you face</p> <p>Movement to offer support, player on the ball should have at least 2 options.</p>
X1	X2	X3																
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