

Passing for Penetration

“Technical Warm-up” (as players arrive)-Two Color Passing

Set up-

In a 25yd x 30yd field, divide players into two teams, using vests. Each team has a third as many balls as there are players (2 balls for six players, etc.).

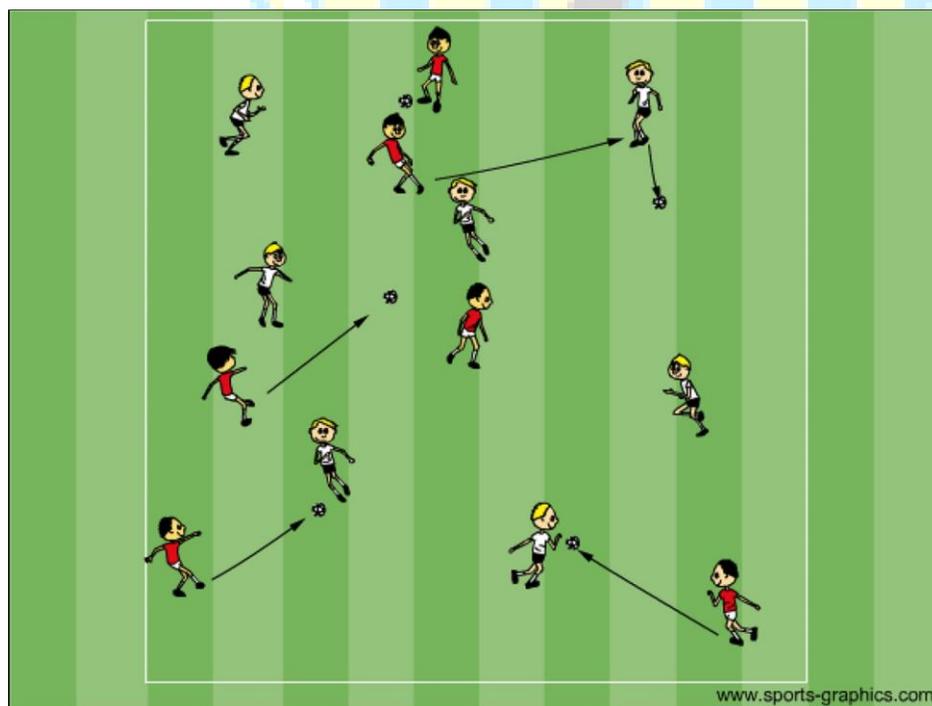
Play-

Teams begin by passing and moving among themselves with no restrictions. Two rules: The balls may not stop moving and the players may not stop moving. On coach's command, players try to play “two-touch”, while doing this.

Coaching points-

Focus on passing technique. Use the first touch (as ball arrives) to move the ball in the direction you would like to pass. Use a confident first touch to allow you to pick up your head and look for options. Look for opportunities to “split” the other team with a pass! Penetrate!

- Complete ten passes in a row without a mistake.
- Complete ten passes, five of them should be “splits” (threaded between 2 opponents).
- Get as many “split” passes as you can in two minutes. Make it a contest!



“Small Sided Activity” Countdown!

Set up-

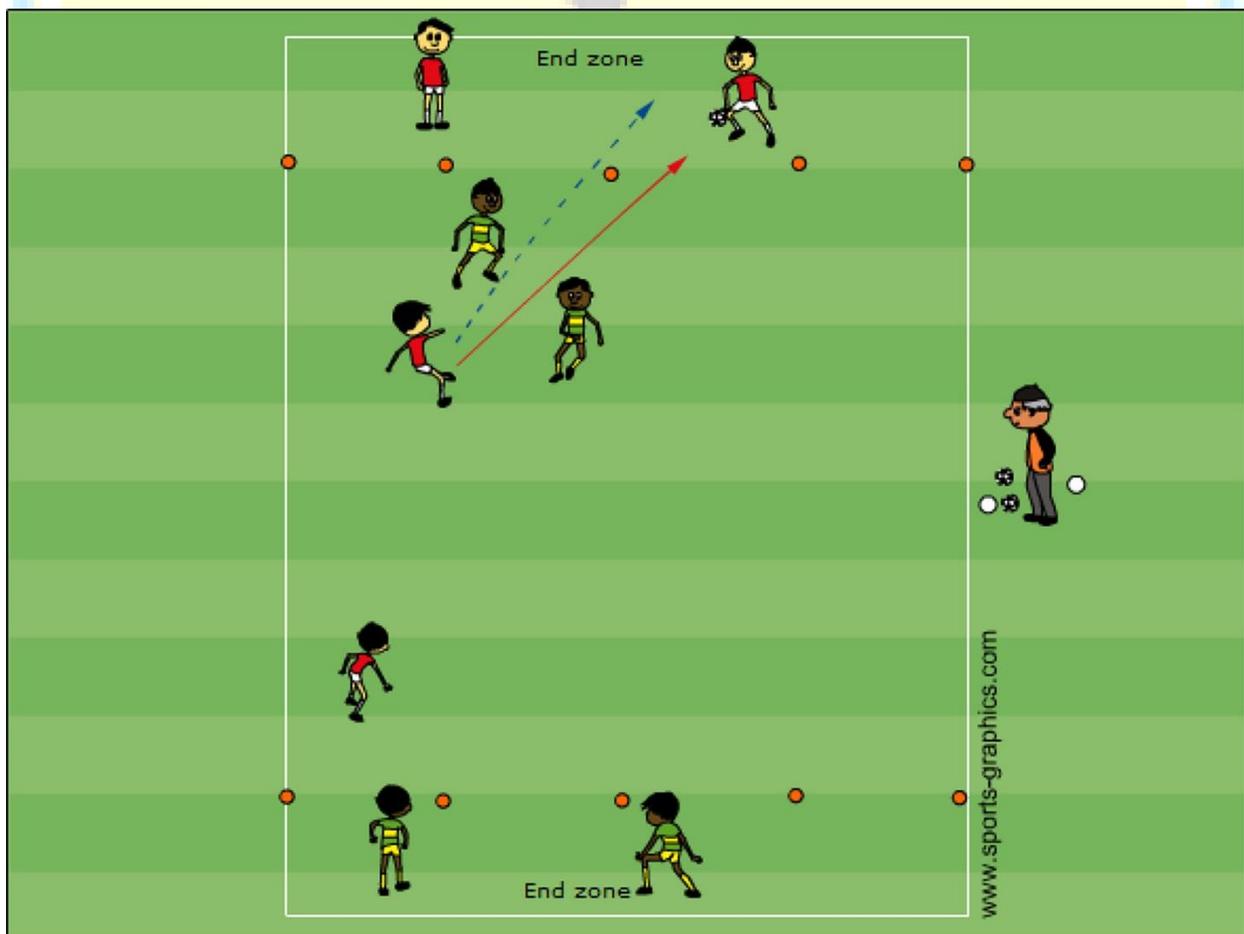
On a 15ydx25yd field, divide the players into two teams of four, using vests. Using cones, create a small end zone (2.5yds deep) on each end of the field (see diagram). Each team assigns a “target player” to go into the end zone that they are attacking. All balls are at midfield with the coach.

Play-

Countdown’ is a very popular game with the players as it is fast paced and exciting. As the number of players on both teams start to dwindle, the importance of decision making increases. The objective of the game is to be the first team to have all players in the opponent’s end zone. To achieve that goal, the players must combine passes with the target player. If the target player is able to control the ball and place their foot on top of the ball in the end zone, the player making the final pass joins the target player. If the ball leaves the area, the coach restarts and makes a pass to the opposing team. Continue the sequence until the last player on either team makes the final pass to a target player. Play again.

Coaching points-

All of the above. Can you find the “killer pass” and split the defense?!



“Expanded Small Sided Activity” 4v4 to Attacking Zones

Set up-

On a 15ydx25yd field, divide the players into two teams of four, using vests. Using cones 4yds apart, create goals on each end of field as well as an “Attacking Zone” that is 5yds deep on each end of the field (see diagram).

Play-

Teams play 4v4 (3v3 +GKs) to score in the opponent’s goal. To score, the attacking team must pass to a teammate in the “attacking zone”, before he/she may shoot on goal. The attacker must time his/her run into the zone to receive the ball as it arrives. Attackers may not be in the zone before the ball arrives. Goals count 1 point. Goals scored after a “split” pass (“killer pass”) count for 5 points. Play short games to 6 points and adjust teams as necessary.

Coaching points-

All of the above. Can you find the “killer pass” and split the defense?!

