

PASSING



CLUBS & COMMUNITY

Specific Aspect: Through balls/Killer pass.

Play - Influence

- 5v5 small sided 4 goal end zone game.
- Teams must push forward and leave their end zone empty when defending until the ball goes in.
- To penetrate the end zone the attacking team must play a pass into it for a team-mate to run onto (yellow in example).

Coaching Points:

- Today's Challenge: "Today we are working on killer passes forward!"
- Timing of movement - dribblers forward touch and eyes up are a trigger to start your run.
- Technique & weight of pass (not over-hit or under-hit) to meet a teammates run.
- Scan to see where to play next or where to run.
- Body position open - side on - to receive and play forward.

Practice - Teach

- Practice starts unopposed,
- Both players dribble forward, triggering a forward run from player B.
- Player A plays a through ball for player B to run onto and then score
- Once ball is dead, Player B goes to the back of the closest A queue and Player A follows pass (have resting players behind player B to make rotation quicker).
- Repeat.

Possible Progressions:

- Once player A makes their pass, they defend against the opposite player B (player then follows initial pass when ball is dead).

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Play - Observe

- Finish session with a game.

Add a reward to encourage players to engage in the session theme:

- **Reward:** If you can score a goal from a killer pass = 3 goals.
- Any other goal is worth 1.

Encourage killer passes and effort. Allow the players to play!

Coach Self Reflection:

- Did the players get the opportunity to practice their technique?
- Did you find the opportunity to develop the individual player within the session?
- Did you see a change in the players behaviour relating to the specific aspect (if not, what could you do differently?).
- Did you create a safe and enjoyable environment?

