

PASSING



Specific Aspect: Passing forward to break lines.

Play - Influence

- 5v5 3 Zone Game.
- **Reward:** If you can play a pass from the defensive third to attacking third of the field before scoring = 3 goals. (encourages longer, line breaking passes).
- Any other goal is worth 1.

Coaching Points:

- Today's Challenge: "Today we are working on breaking lines, when receiving the ball can you think forward and play the furthest and safest pass you can see?"
- Technique of passing (Lock ankle, inside of foot, pull back and push through).
- Weight of pass (get the ball there quickly but not too hard),
- Body shape to play forward – receive in the direction you wish to go.
- Scanning – Check for Space, Time, Opponents and next pass.

Practice - Teach

- Practice starts unopposed with each team working a ball back and forth between their 'target players'.
- Encourage players to play forward quickly and hit the target as soon as they can.

Possible Progressions:

- When a player passes into a target player, the target drives out and that player replaces them.
- Develop practice to fully opposed possession game – if you play from end to end, your team scores a point. Target player can drive out on receiving or stay static.

Coaching Points:

- Technique of passing (Lock ankle, inside of foot, pull back and push through).
- Weight of pass (get the ball there quickly but not too hard),
- Body shape to play forward – receive in the direction you wish to go.
- Scanning – Check for Space, Time, Opponents and next pass.
- Knowing when to play forward or when to keep.

Play - Observe

- 5v5 Small sided 4 goal game.
 - If ball goes out, ball is passed back in from the outside line.
- Add a reward to encourage players to engage in the session theme:
- **Reward:** If you can play a pass through two opponents to a team-mate (line breaking pass as shown on diagram) **before** scoring = 3 goals.
 - Any other goal is worth 1.

Encourage line breaking 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?

