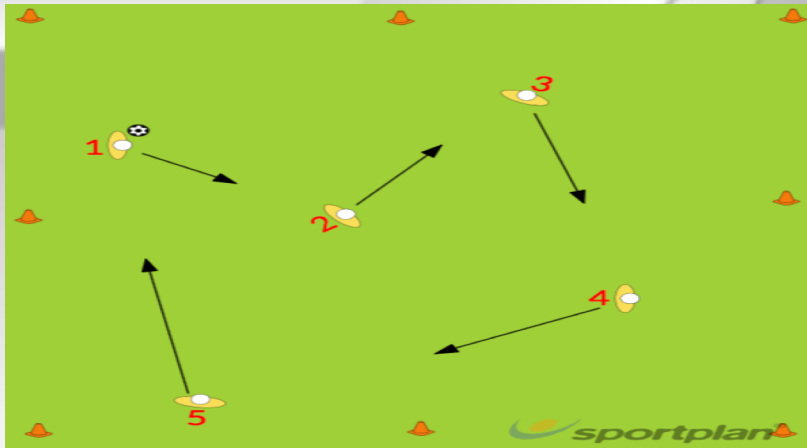




Southlake Session Plans

SESSION TOPIC: PASSING WEEK 2

DRILL 1: PASSING IN NUMBERS



ORGANIZATION:

SET OUT A 30x30 GRID. SET UP SMALL GROUPS OF 4/8 PLAYERS AND NUMBER EACH PLAYER IN SEQUENCE. PLAYER 1 MUST PASS TO PLAYER 2, PLAYER 2 TO 3, 3 TO 4 AND SO ON. WITH THE LAST PLAYER PASSING BACK TO PLAYER 1. THIS IS A GREAT WARM UP EXERCISE SO ASK PLAYERS TO BE ON THE MOVE ALWAYS WITH NO-ONE STANDING STILL. IF THERE ARE ENOUGH PLAYERS ADD ANOTHER BALL. PLAYERS SHOULD TRY TO USE THEIR CONTROL TO SET UP THE NEXT PASS TO SPEED UP THE GAME.

COACHING POINTS:

1. APPROACH TO THE BALL – LINE UP WITH WHERE THE BALL GOES
2. TYPE OF PASS: INSIDE PUSH PASS, DRIVEN PASS OR LOFTED PASS
3. INSIDE PUSH PASS – MAKE L-SHAPE WITH NON-KICKING FOOT RIGHT NEXT TO THE BALL AND KICKING FOOT WILL COME THROUGH LIKE AN “L”
4. FOLLOW THROUGH ON PASS AND USE BODY TO GENERATE POWER
5. FOCUS ON WEIGHT AND ACCURACY ON PASS, BOTH ARE IMPORTANT

DRILL 2: GATE BALL



ORGANIZATION:

SET OUT A 30x30 PLAYING AREA. HAVE PLAYERS SPREAD OUT AND SPLIT PLAYERS INTO PAIRS OR THREES WITH ONE BALL FOR EACH GROUP. PLACE CONES INSIDE THE GRID MAKING SMALL GOALS, MAKE SURE YOU HAVE MORE GOALS THAN PAIRS. EACH PAIR COUNTS HOW MANY GOALS THEY CAN SCORE BY PASSING THE BALL THROUGH THE GOAL TO THEIR PARTNER. AFTER EACH GOAL, THE PAIR MUST MOVE TO ANOTHER GOAL TO SCORE AGAIN.

COACHING POINTS:

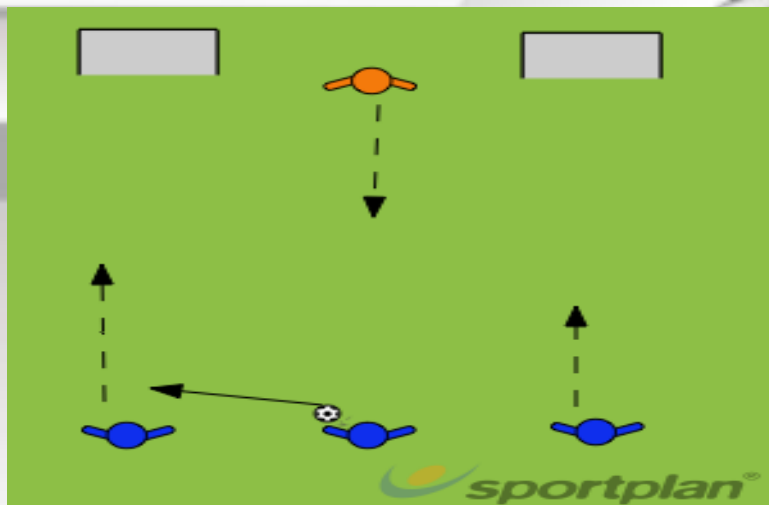
1. APPROACH TO THE BALL - LINE UP WITH WHERE THE BALL IS GOING
2. TYPE OF PASS: INSIDE PUSH PASS, DRIVEN PASS OR LOFTED PASS
3. REMEMBER YOU HAVE TO PASS AND THEN MAKE A NEW MOVEMENT AS IF YOU STAND STILL YOU AND YOUR TEAMMATES ARE NOT GOING TO MAKE ANY PROGRESS.
4. COMMUNICATION IS KEY AS YOU NEED TO PLAN AS A TEAM WHERE THE NEXT OPTION IS.



Southlake Session Plans

SESSION TOPIC: PASSING WEEK 2

DRILL 3: 3 V 1 ATTACKING



ORGANIZATION:

SET OUT AN AREA 20 X 10. PLACE TWO CONES, 3 YARDS APART FROM EACH OTHER IN EACH CORNER OF THE END LINE. THE DEFENDER STARTS BY PASSING THE BALL DIAGONALLY TO THE ATTACKER. THE THREE ATTACKERS THEN COMBINE AND ATTEMPT TO SCORE IN THE OPPOSITE GOALS BY RUNNING THROUGH THEM WITH THE BALL. IF THE ATTACKERS SCORE IT IS WORTH A POINT. IF THE DEFENDER STOPS AN ATTACK IT'S WORTH TWO POINTS.

COACHING POINTS:

- 1: MAKE THE GAME LOOK EASY, EASY PASS WILL EQUAL EASY CONTROL
- 2: PASSING FOR POSSESSION: WEIGHT AND ACCURACY OF THE PASSES, ANGLES AND DISTANCE OF SUPPORT
- 3: PASSING FOR PENETRATION: COMMIT DEFENDERS AND PLAY INTO SPACE, PASS TO LEADING FOOT OF RECEIVER
- 4: PASSING OPTIONS: TEAM MATES NEED TO CREATE PASSING ANGLES OR PASSING LANES THROUGH OR AROUND DEFENDERS

DRILL 4: FULL SCRIMMAGE



ORGANIZATION:

SET UP A PITCH 40 X 30 YARDS.
2 TEAMS

COACHING POINTS

TRY TO DEVELOP TECHNIQUES USED IN PREVIOUS DRILLS IN TODAY'S SESSIONS.