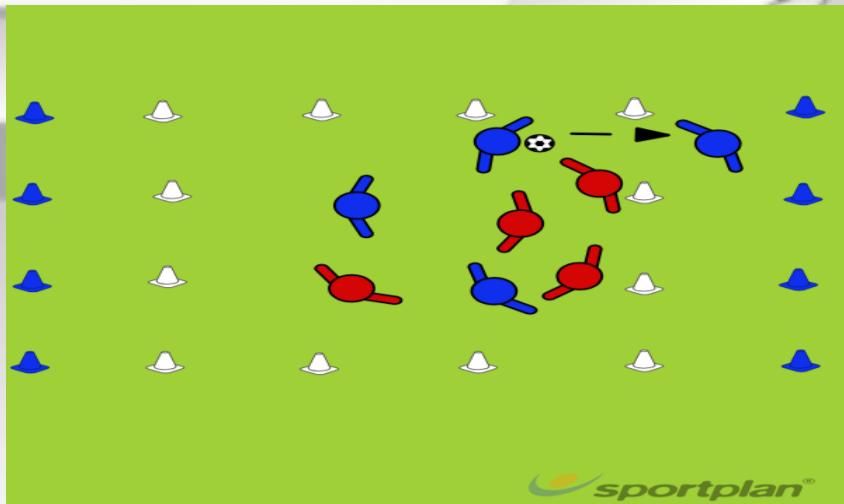




# Southlake Session Plan

## SESSION TOPIC: PASSING WEEK 3

### DRILL 1: HAND BALL



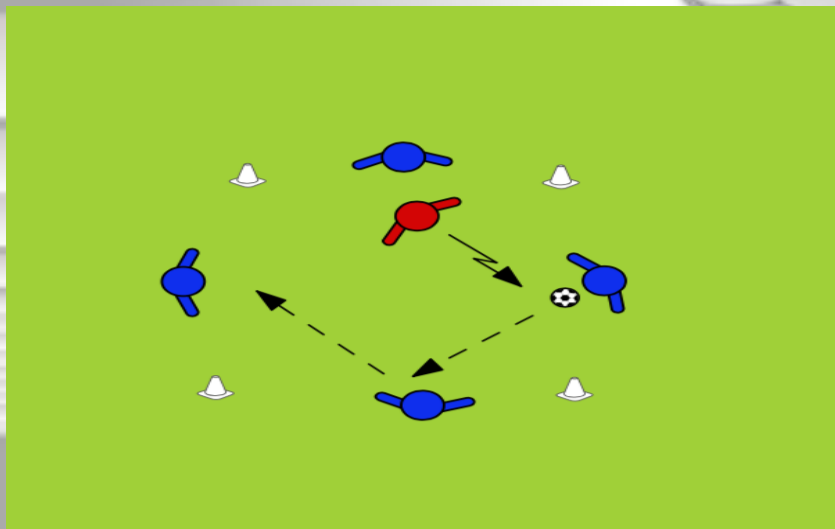
#### ORGANIZATION:

SET OUT A 30X30 GRID. SET UP AN END ZONE ON BOTH SIDES USING DIFFERENT COLORED CONES. SPLIT THE GROUP INTO TWO TEAMS. THE AIM OF THE GAME IS TO PASS THE BALL WITH YOUR HANDS TO YOUR TEAMMATES AND MOVE THE BALL INTO THE END ZONE TO SCORE. PLAYERS CAN NOT RUN WITH THE BALL, THEY CAN ONLY PASS IT. DEFENDERS CAN ONLY WIN THE BALL BACK BY INTERCEPTING A PASS.

#### COACHING POINTS:

1. WHEN IN POSSESSION, THE TEAM NEEDS TO SPREAD OUT AND MAKE THE PITCH AS BIG AS POSSIBLE.
2. WHEN YOU'VE MADE A PASS, MOVE TO FIND A NEW SPACE.
3. WHEN DEFENDING LOOK FOR WEAK PASSES TO INTERCEPT.
4. IN TRANSITION LOOK TO ATTACK FAST WHEN YOU HAVE WON THE BALL BACK, AS THE OPPOSITION TEAM WILL BE OUT OF POSITION.

### DRILL 2: MAN IN MIDDLE OF RONDO SQUARE



#### ORGANIZATION:

SET OUT 15 X 15 PLAYING AREA. HAVE 4 CONES SET UP IN EACH CORNER TO CREATE A SQUARE. HAVE 4 PLAYERS WHO WILL BE KEEPING POSSESSION, STAND ON A SIDE EACH OF THE SQUARE. ONE DEFENDER WILL BE IN THE MIDDLE ATTEMPTING TO WIN THE BALL BACK. WHICHEVER PLAYER LOSES THE BALL SWAPS PLACES WITH THE DEFENDER. GAME CAN BE DEVELOPED SO PLAYERS KEEPING POSSESSION CAN ONLY HAVE 1/2 TOUCHES ON THE OUTSIDE.

#### COACHING POINTS:

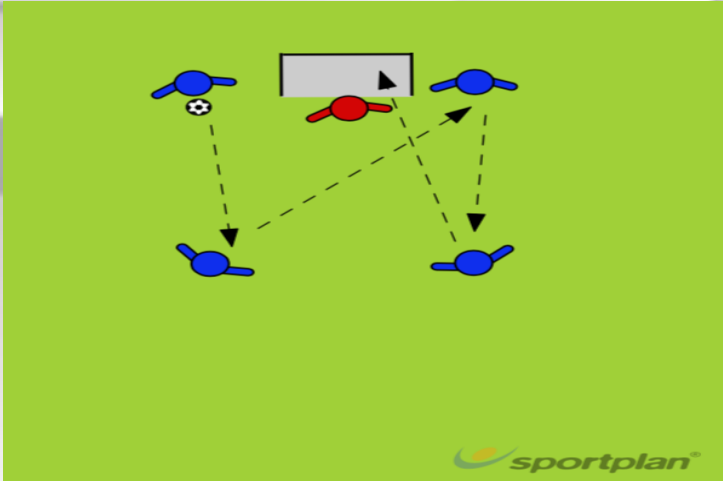
1. MAKE SIMPLE PASSING AND CONTROL LOOK EASY - CONCENTRATION
2. TEAM MATES NEED TO CREATE PASSING OPTIONS USING WIDTH AND DEPTH ON THE FIELD AWAY FROM DEFENDERS
3. CORRECT PASSING TECHNIQUE IS IMPORTANT FOR ACCURACY AND WEIGHT OF EACH PASS.
4. PLAYERS HAVE TO MAKE THE CORRECT OPTION, DO NOT PASS TO SOMEBODY WHO HAS LIMITED TIME.



# Southlake Session Plan

## SESSION TOPIC: PASSING WEEK 3

### DRILL 3: ENVELOPE SHOOTING



#### ORGANIZATION:

SET OUT AN AREA 20 X 20 WITH A GOAL PLACED ON THE ONE SIDE. HAVE 2 PLAYERS STAND NEXT TO THE GOAL AND THEN TWO OTHER PLAYERS STAND OPPOSITE. ONE GOALKEEPER NEEDED. BALL WILL BE PASSED AROUND IN ENVELOPE SHAPE (SEE DIAGRAM) AND WILL RESULT IN A SHOT ON GOAL. ONCE SHOT HAS BEEN COMPLETED EVERYBODY WILL MOVE AROUND TO THE NEXT STATION OF WHERE THEY PASSED THE BALL TOO. SHOOTER WOULD BECOME THE GOALKEEPER, AND THE GOALKEEPER WOULD BECOME THE FIRST PASSER.

#### COACHING POINTS:

1. ABCS OF FINISHING: ADJUST BODY SHAPE IN LINE WITH THE BALL AND GOAL; BASIC TECHNIQUE BALL OUT TO THE SIDE OF YOUR FEET AND STRIKE THROUGH THE BALL; CLEVERNESS INVENTIVE WAYS TO GET THE BALL PAST THE KEEPER.
2. GOOD MOVEMENT AND TIMING. READY TO TAKE THE SHOT WITH ONE OR TWO TOUCHES.
3. ACCURACY BEFORE POWER: BUILD UP POWER OF STRIKES.
4. PASSING NEEDS TO BE ACCURATE.

### 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.