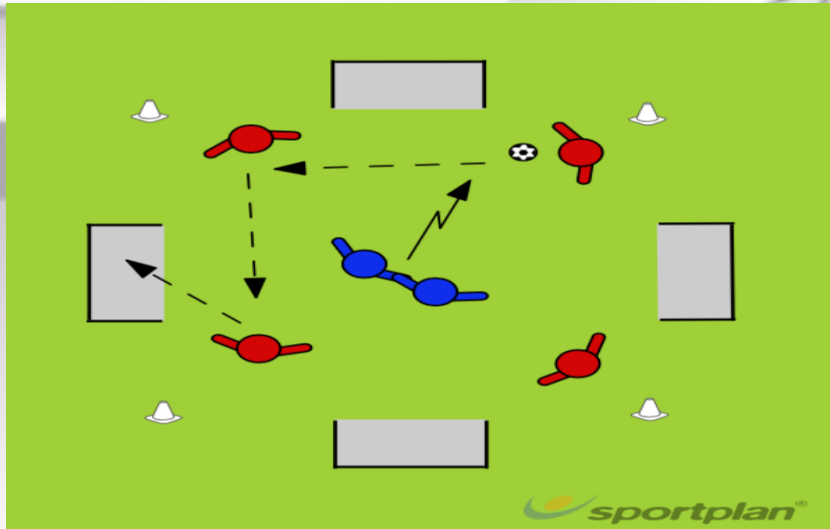




# Southlake Session Plans

## SESSION TOPIC: PASSING & RECEIVING IN SPACE WEEK 4

### DRILL 1: 2 LINKED PLAYER



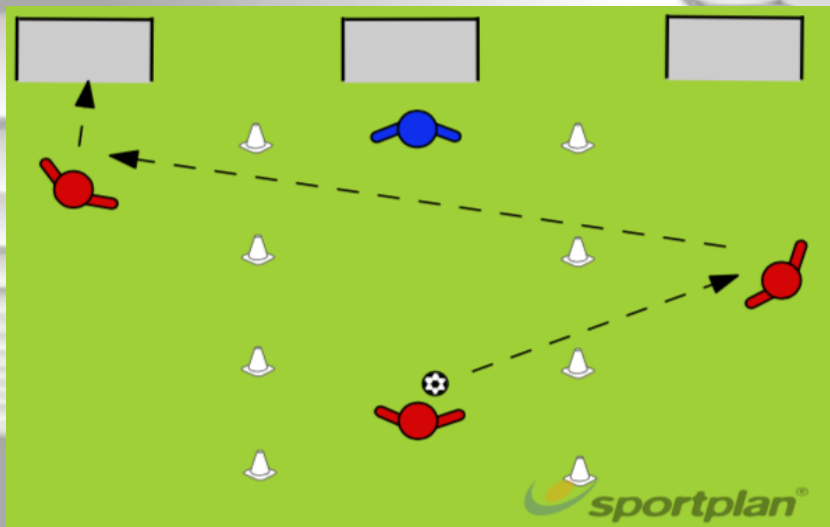
#### ORGANIZATION:

USE A 20X20 AREA AND MAKE A GOAL ON EACH SIDE OF THE GRID WITH FLAGS OR CONES. SPLIT YOUR TEAM INTO GROUPS OF 6 PLAYERS MAKING 4 ATTACKERS AND 2 DEFENDERS. THE DEFENDERS (2 LINKED PLAYER) MUST HOLD HANDS OR LINK ARMS WHILE CHASING THE ATTACKERS. THE ATTACKERS MUST MAKE 5 CONSECUTIVE PASSES INSIDE THE AREA BEFORE THEY CAN DRIBBLE THROUGH A GOAL TO SCORE. IF THE 2 DEFENDERS WIN THE BALL THEY MAY BREAK THEIR LINK AND ATTEMPT TO SCORE IN ANY OF THE 4 GOALS.

#### 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.
- 5: LOOK FOR COMBINATION PASSING.

### DRILL 2: THE 3 CHANNEL GAME



#### ORGANIZATION:

SET OUT AN AREA 30 X 20. SPLIT THE FIELD INTO THREE SECTIONS WITH CONES SPLITTING THE CHANNELS UP, AND HAVING A GOAL AT EACH END. THERE WILL BE THREE ATTACKERS AND ONE DEFENDER. HAVE ONE ATTACKER DESIGNATED TO EACH CHANNEL WHICH THEY CAN'T MOVE OUT OF. THE DEFENDER IS ALLOWED TO GO WHERE EVER HE LIKES. THE THREE ATTACKERS THEN COMBINE AND ATTEMPT TO SCORE IN THE OPPOSITE GOALS.

#### COACHING POINTS:

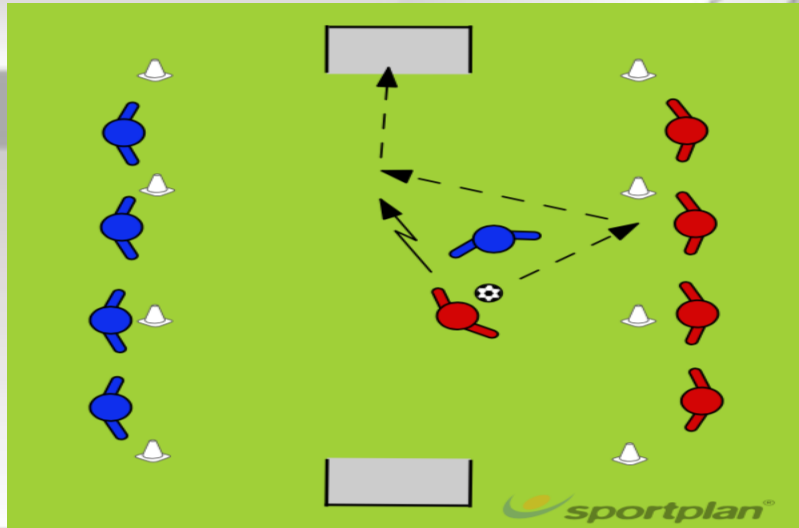
- 1: MAKE THE GAME LOOK EASY WITH EFFECTIVE PASSING AND CONTROL. WEIGHT AND ACCURACY OF PASSES
- 2: PASSING OPTIONS AND ANGLES FROM TEAM MATES - AROUND OR THROUGH DEFENDERS
- 3: POSSESSION OR PENETRATION - SELECTING THE CORRECT OPTION
- 4: CONTROL THE SPEED OF THE GAME. SWITCHING THE PLAY, LIMITING THE AMOUNT OF TOUCHES AND SETTLING THE PLAY CAN CONTROL THE TEMPO OF THE GAME



# Southlake Session Plans

SESSION TOPIC: PASSING & RECEIVING IN SPACE

## DRILL 3: SIDELINE SOCCER



### ORGANIZATION:

MARK OUT TWO GOALS FACING EACH OTHER ON A PITCH APPROXIMATELY 30 X 30 YARDS. THE GROUP IS SPLIT INTO TWO TEAMS AND EACH PLAYER ON THE TEAM IS GIVEN A NUMBER. THE PLAYERS ARE POSITIONED ON THE SIDELINES FACING EACH OTHER. THE PLAYERS SHOULD SPREAD OUT ALONG THE LINE. TWO PLAYERS SHOULD BE USED AS DESIGNATED GOALKEEPERS AND DO NOT HAVE A NUMBER. THE COACH STANDS IN A POSITION WHERE HE CAN FEED BALLS IN TO THE GRID. THE COACH CALLS OUT A NUMBER. IF THE COACH CALLS OUT THE NUMBER '1', THE NUMBERS 1S FROM EACH TEAM RUN INTO THE MIDDLE TO COMPETE 1V1 AND TRY TO SCORE ON THEIR DESIGNATED GOAL. PROGRESS THE EXERCISE BY ALLOWING THE PLAYERS TO USE THEIR TEAM MATES ON THE SIDE TO PLAY A WALL PASS.

### 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

### 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.

## DRILL 4: FULL SCRIMMAGE

