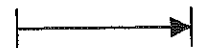


TECHNICAL TOPICS

PASSING

RECREATIONAL LEVEL

FUNDAMENTAL:



10 - 15 Yds.

PAIR PASS

ORGANIZATION:

- Players work in pairs
- Stationary passing

COACHING POINTS

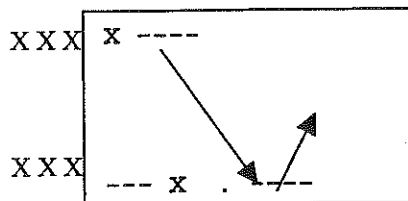
- Control - look up - see partner - look down - pass.
- Step into ball
- Non kicking foot alongside ball and pointed towards target
- Head steady with eyes on ball
- Keep ankle rigid
- Contact ball with inside of foot (toes out)

COACHING POINTS (Cont'd)

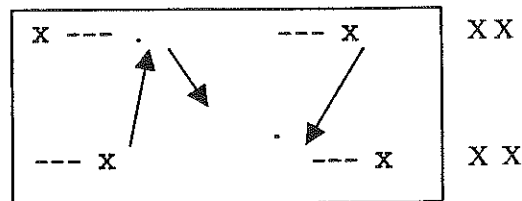
- Strike through center of ball
- Follow through towards target
- Accurate, firm passing
- Pace of pass easy to control
- Ball rolling on the ground

MATCH RELATED:

30 - 40 Yds.



15 Yds.



PASSING ON THE RUN

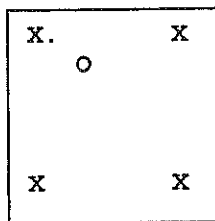
- Players in pairs
- Players pass into space in front of partner and move forward to receive pass
- Players interpass to other end

PROGRESSION:

- Players moving simultaneously in both directions
- Use outside of foot only
- One touch only

MATCH CONDITIONS:

10 Yds.



10 Yds.

KEEP-BALL

COACHING POINTS:

- Always have 2 players in support
- If defender is closing down, release ball early, if defender us far from ball, keep ball and "draw" defender
- Disguise pass by faking to pass one way and pass the other way by using instep or outside of foot.
- Pace of pass - make it "Playable" (easy to control)

SCRIMMAGE

Finish the practice with a scrimmage where teams can score a point by either scoring a goal or by completing 5 consecutive passes.

ORGANIZATION:

- 4 Attackers vs 1 Defender
- 4 Try to keep possession
- Progress to 3 vs 1