

Passing Progression

Activity #1: Warm Up

Set Up:

A 20x20 grid is set up as shown. Two even teams are made with a supply of balls on the side..

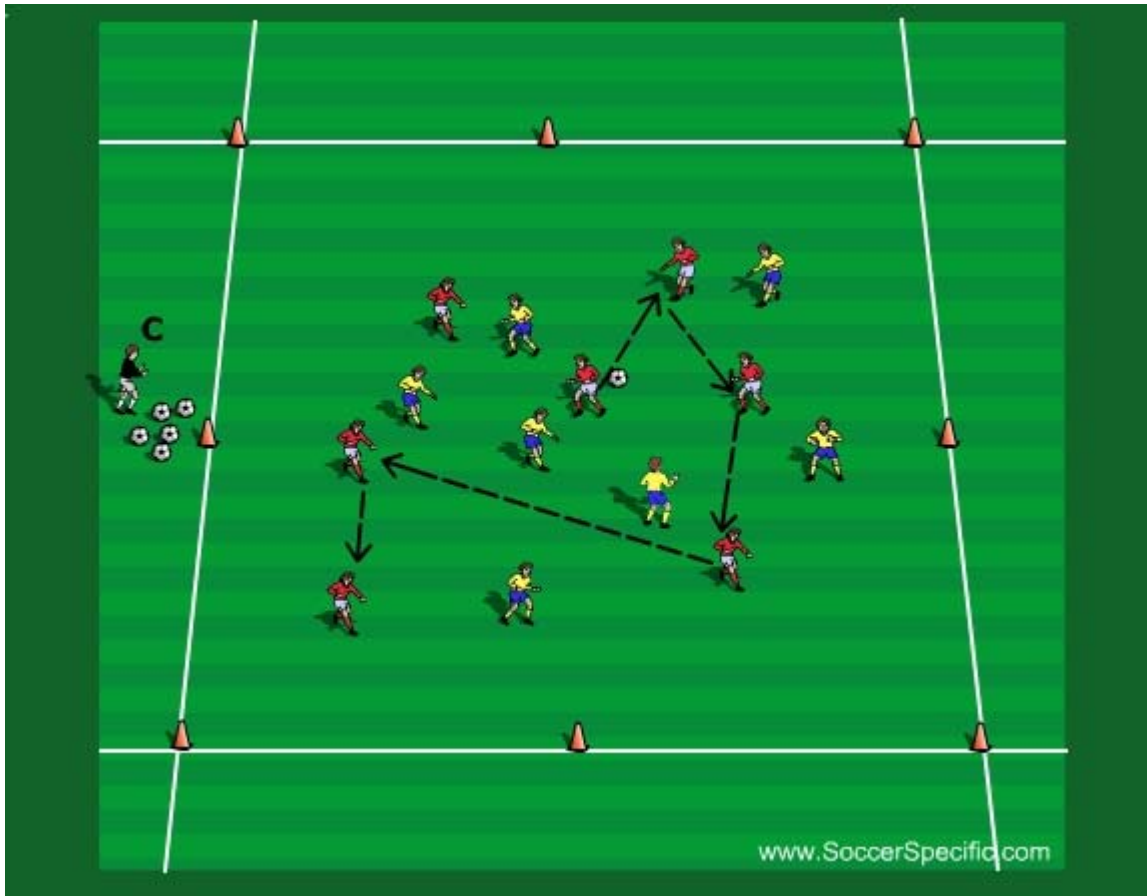


Diagram (a)

Explanation:

Handball game: Two teams compete for possession of ball during game of handball. Points scored for six consecutive passes. No movement is allowed when ball is in players hands. Progress to scoring into small goals, goals can only be scored via headers.

Coaching Points:

- Increase heart rate, flexibility, improve communication, movement, and creating space.

Activity #2

Set Up:

20 x 20 grid and a supply of balls. All players given a number 1-8. The players can be divided into two different numbered groups

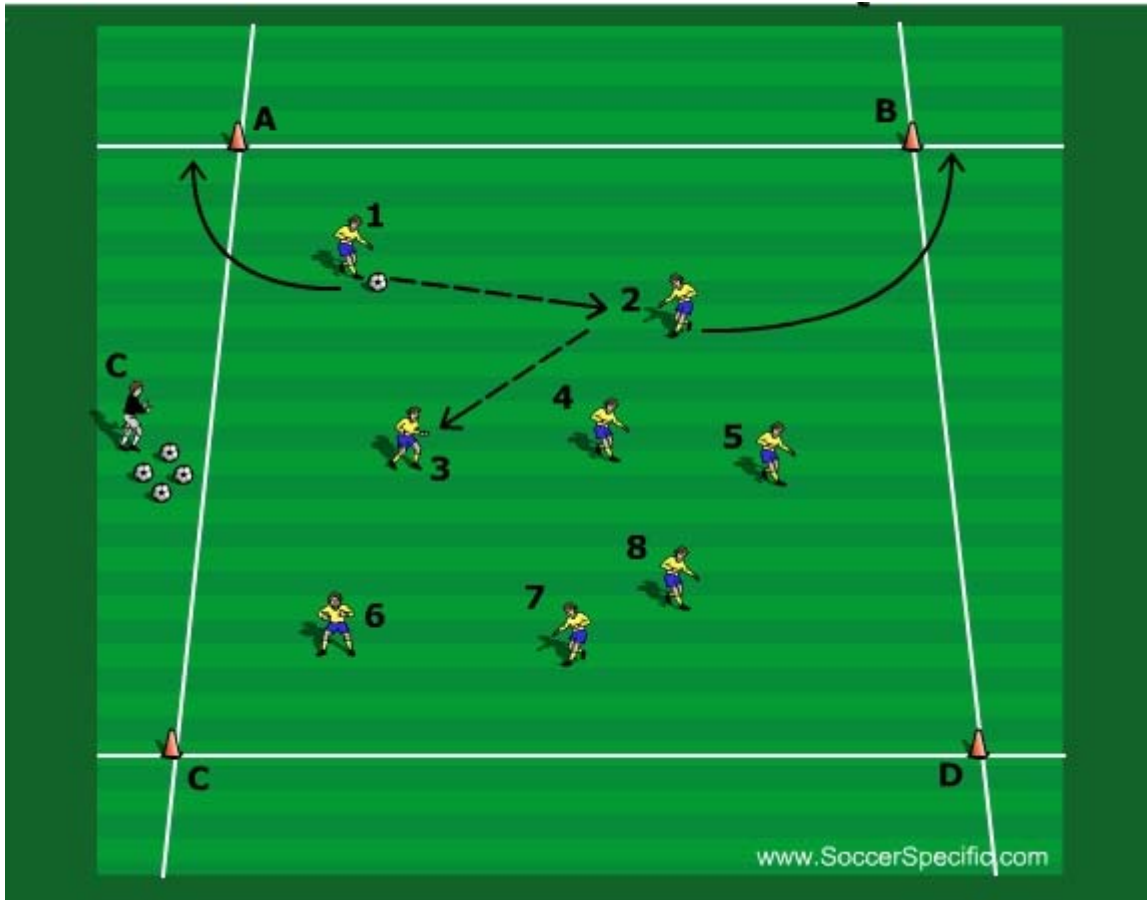


Diagram (b)

Explanation:

10 minute progression: Player 1 passes to Player 2, Player 2 passes to Player 3 and so on. Player 8 passes the ball back to Player 1. After playing the pass each player must sprint out and touch one of the corners of the playing area. A player may not go to the same corner twice in a row.

Coaching Points:

- Timing of runs, creation of angles and triangles, communication and maintaining a high tempo. Accuracy of pass, acceleration and recovery on the move.

Activity #3

Set Up:

20 x 20 grid, supply of balls, all players given a number 1-? possible 2 teams,.

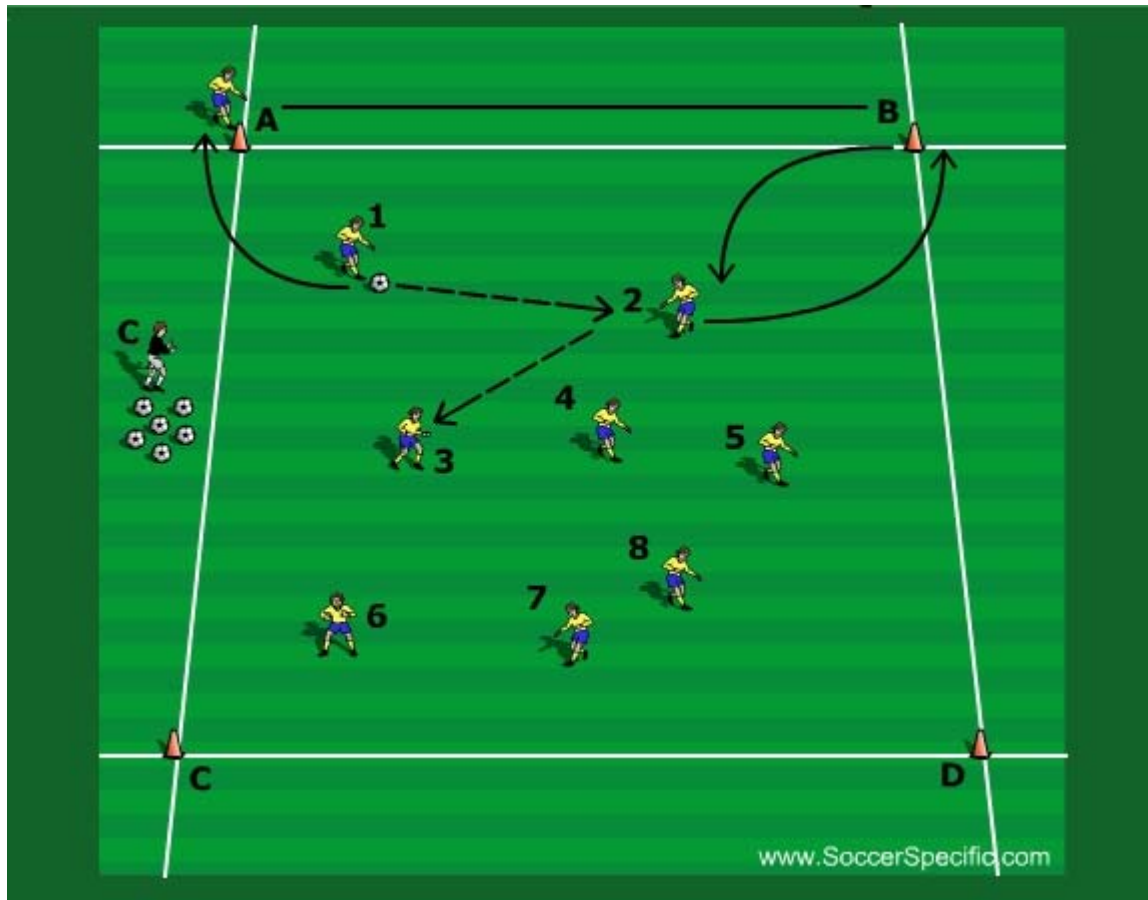


Diagram (c)

Explanation:

10 minute game: As before, now player sprints to corner cone, completes one length of the grid, ie 20 yards sprint and rejoins the group. Again this increases tempo as each player is now out of the grid for longer and the risk of each missing their pass increases.

Coaching Points:

- Timing of runs, creation of angles and triangles, communication and maintaining a high tempo. Accuracy of pass, acceleration and recovery on the move.

Activity #4

Set Up:

Same setup as previous.



Diagram (d)

Explanation:

As before, now player sprints to corner cone and performs one spring press-up to simulate going to ground and the need to recover quickly and get back involved in the game.

Coaching Points:

- Timing of runs, creation of angles and triangles, communication and maintaining a high tempo. Accuracy of pass, acceleration and recovery on the move.

Activity #5

Set Up:

Same as previous..



Diagram (e)

Explanation:

As before, only players burst to corner and perform a variety of plyometric moves through ladders and small hurdles. Hurdles can be arranged in a variety of ways to include forward, backward and lateral movement. This puts the pressure on each player to increase his speed to be back in the grid to receive his pass.

Coaching Points:

- Reinforce and reiterate all previous coaching points

Activity #6

Set Up:

Same as previous but now add one defender to the grid. Additional defenders can be added at the coaches discretion.



Diagram (f)

Explanation:

Player 1 passes to Player 2, Player 2 passes to Player 3 and so on. One defensive player has now been added to squeeze the ball and apply some passive pressure and make the drill more game-related. The coach can control the defensive player, ie tell him perhaps to operate at 50% and increase it as the drill progresses.

Coaching Points:

- Recognizing and playing away from pressure, communication, and thinking one step ahead.

Activity #7

Set Up:

Regular game, 18 yard box to half field, two even teams with goalkeepers.

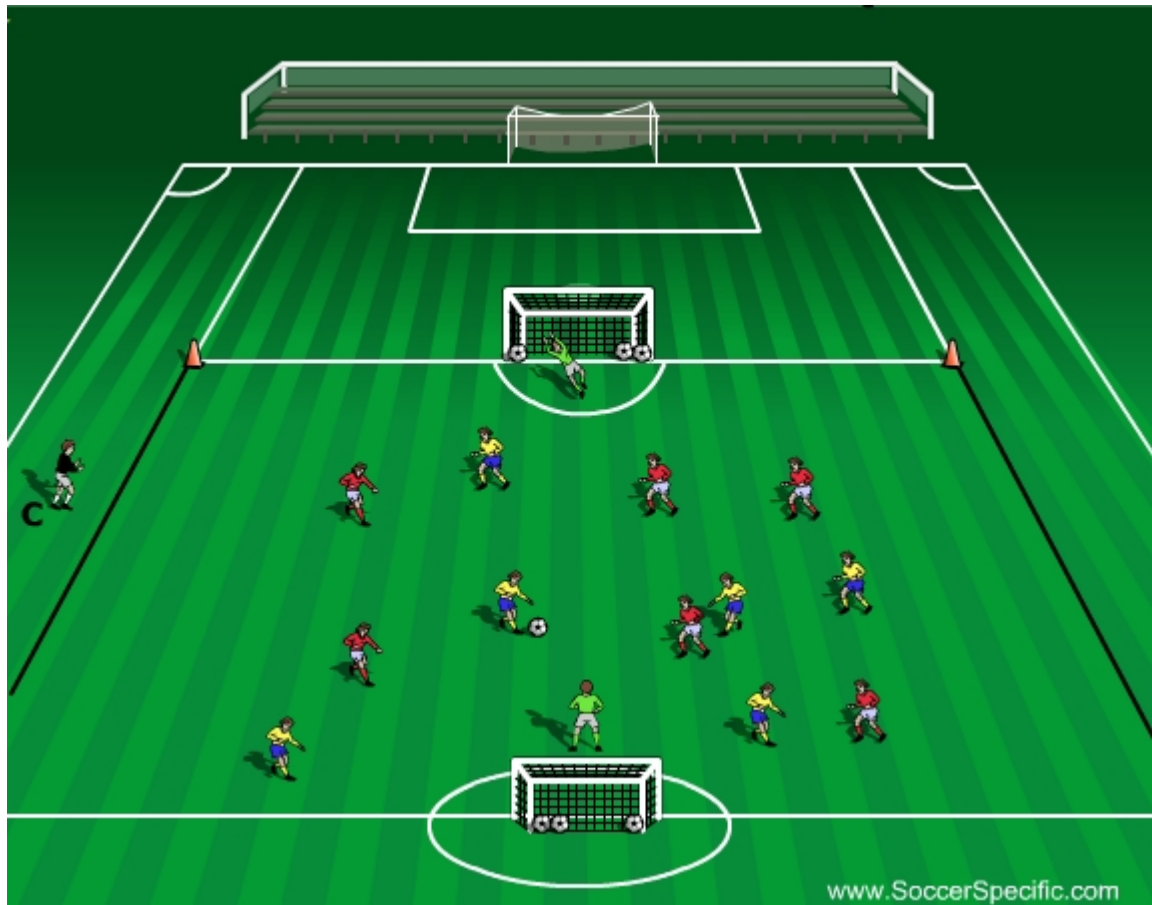


Diagram (g)

Explanation:

No conditions, 20 minute game using normal football rules.

Coaching Points:

- Reinforce and reiterate all previous coaching points