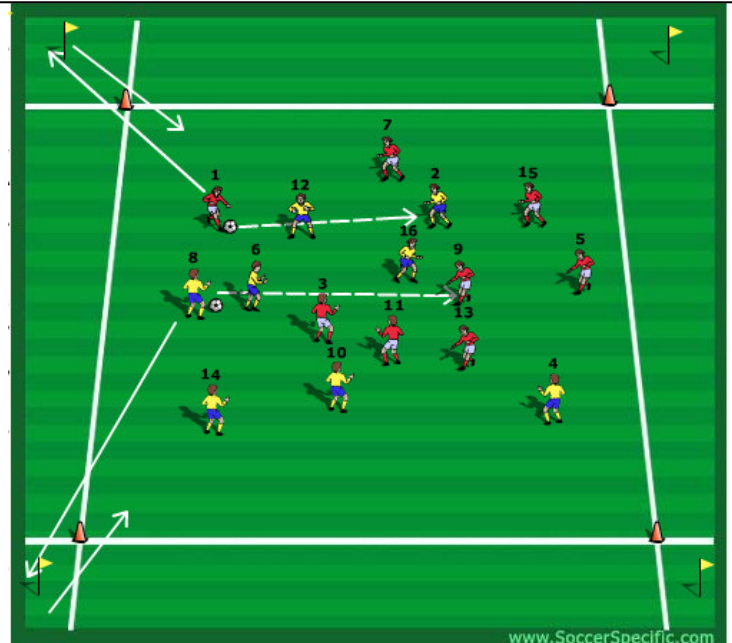


Football Specific Theme: Passing

Age Group: 13- 18

Warm Up Step 1

Set Up: Warm up - 16 players in 20x20 square, all players are given a number 1 to 16. (Players are made aware of who they pass to and who they receive the pass from) Player 1 and 8 start with ball at their feet, 1 starts sequence passing (1 to 2, 2 to 3 etc.) player 8 does the same, after each player passes the ball they run to the nearest corner marker and do various exercises between outside marker and back, for example, heels up, knees up side-stepping etc. (Warm up could be started with ball in hand then progress to ball at feet.)



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Progression: See warm up step 2 for progression.

Coaching Points: Awareness of space and players movement before pass is played. Weight and angle of pass.

Warm Up Step 2

Set Up: 16 players in square numbered 1 to 16. No1, No6 and No 11 begin with balls. Sequence passing, a minimum of 2 touches, after pass player must increase pace to outer cone and continue pace for whole side.

Progression: See warm up step 3



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Coaching Points: Timing and angle of runs to receive possession. Weight, angle and timing of passes. Emphasis awareness of space and players movement before pass is played.

SFA Youth Action Plan Coaching Plan (Passing Page 2)

Warm Up Step 3

Set Up: 16 players in square numbered 1 to 16. No1&No8 begin with ball passing in numerical order 1 to 2, 2 to 3 etc - all one touch, after each pass the player must jog to nearest marker then sprint down one side, then back into play to receive next pass. Depending of age player, rather than doing one full side they would go out to the outer flag marker and back in to play.

Progression: Players use Left foot only, right foot only, weaker foot.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Coaching Points: Weight, angle and timing of passes. Awareness of the player that you are passing to and receiving from as you only have one touch.

Drill 1

Set Up: 3 pairs of working players in the middle of a circle of 10 players, 3 of the 10 players on outside with balls, outside players play a driven pass to the furthest away from the outside player with the ball, who controls then lays the ball off for their partner, who will pass it to one of the free players on the outside. Players in the middle are always working with the same ball (Rotate middle players regularly)

Progression: See Drill 2



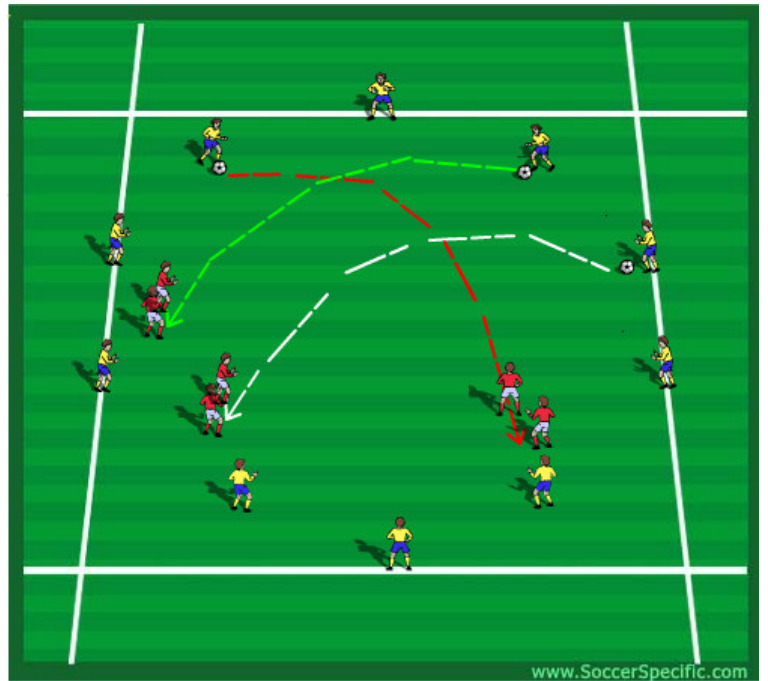
KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Coaching Points: Good touch out from feet from outside players before playing driven pass into middle players. Movement from closest player towards the ball then spinning to support. Movement away from ball from furthest player. Then good body shape and awareness of supporting player before playing layoff. After ball is played to outside player, both move away and repeat movement to receive the next pass.

Drill 2

Set Up: Same set up as drill 1 only change is the type of pass. 3 pairs in a circle of 10 players, 3 players on outside with balls. Player on outside passes to the furthest player of a pair who then lays the ball off for their partner, who will pass it to one of the free players, all one-touch. Players in the middle are always working with the same ball (Rotate middle players regularly)

Progression: See Drill 3

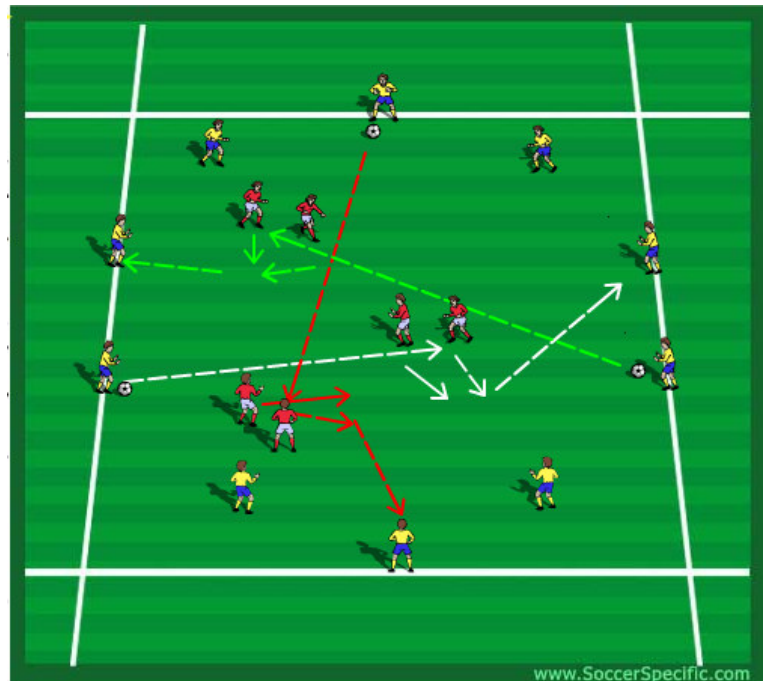


Coaching Points: Good touch out from feet from outside players before playing lofted pass into middle players. Movement from closest player towards the ball then spinning to support. Movement away from ball from furthest player. Then good body shape and awareness of supporting player before playing layoff. After ball is played to outside player, both move away and repeat movement to receive the next pass.

Drill 3

Set Up: Same set as drill 2, now middle players one-touch only. The outside players must be patient and wait for middle players to get set up before playing pass. Players in the middle are always working with the same ball (Rotate middle players regularly)

Progression: See Game Related Practice.



Coaching Points: Good touch out from feet from outside players before playing pass into middle players. Movement from closest player towards the ball then across the face run to support the one touch layoff from the furthest away player. Movement away from ball from furthest player. Then good body shape and awareness of supporting player before playing 1st time layoff. After ball is played to outside player, both move away and repeat movement to receive the next pass.

SFA Youth Action Plan Coaching Plan (Passing Page 4)

Game Related Practice

Set Up: Game related practise: 4 v 2 in defending areas, 1v1 in midfield area with one target player at each end. Players must make 3 passes before transferring ball to strikers, midfield player supports striker and passes to target player for team to score a goal. Coaches may vary size of area depending on age group. (Defending players must stay goal side until attacker takes first touch.) Rotate midfield players regularly

Progression: 1) Must play off midfield player before long pass. 2) Two touch max from all players.

Coaching Points: 1) movement of defending players to receive ball, 2) setup touch and decision when to play long pass to striker. 3) Timing of support from midfield player and choice of pass to target player. 4) Movement from strikers to receive pass.



KEY: - - - - > Ball Path → Player Path ·····> Dribble

Conditioned Game

Set Up: Conditioned Game: 8v8 game on a ¾ length park, both teams 3-2-2 formation with a GK. 1st condition only midfield players can score after layoffs from strikers.

Progression: Two Touch game with one touch finish.

3rd Condition: all in game to finish

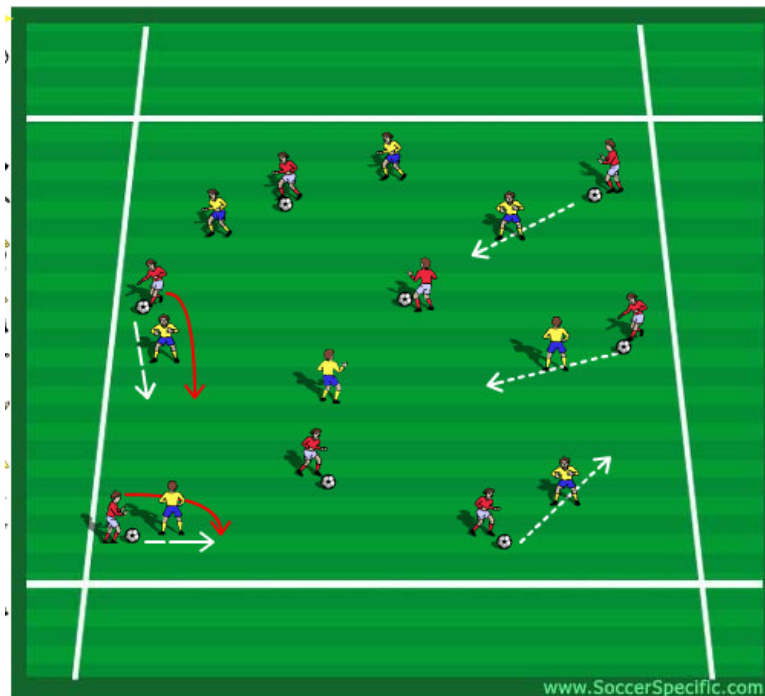


KEY: - - - - > Ball Path → Player Path ·····> Dribble

Coaching Points: 1) movement of defending players to receive ball, 2) setup touch and decision when to play long pass to striker. 3) Timing of support from midfield player and choice of pass to target player. 4) Movement from strikers to receive pass.

Cool Down

Set Up: Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.



Coaching Points: Ensure the players slow the work rate down over the course of the cool down and decrease their heart rate. Players should also be encouraged to do some static stretches 2 hours after the end of the training session