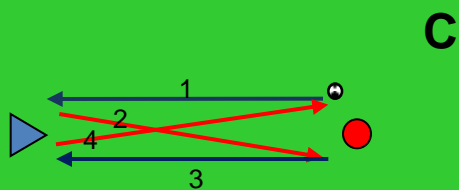
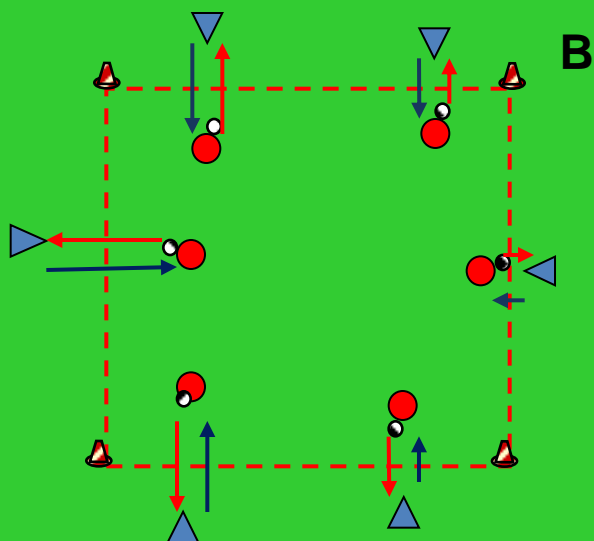
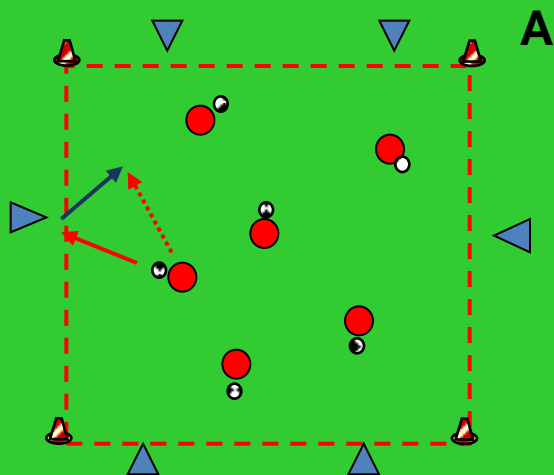


# Striking the ball model session 1: short passing



## 1. Skill introduction

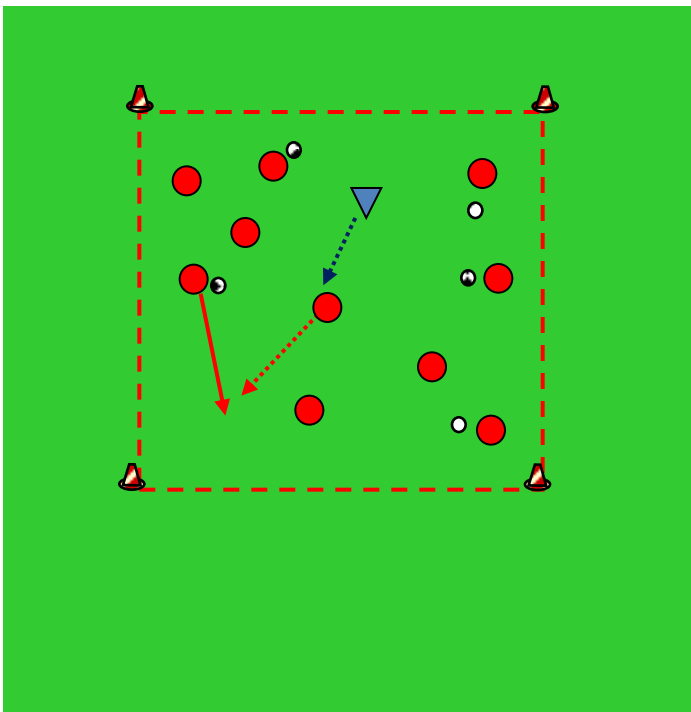
- In a grid of approximately 20 x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside
- The players inside the grid dribble freely until they can pass to a 'free' player on the outside who then passes the ball back to the same player (see diagram A)
- Change roles every two minutes, players must
- Use left / right foot on coach's call i.e. 2 min left foot only; then 2 min right foot only

## Player Actions to encourage :

- "only pass the ball when the passing line is open and make sure someone else is not passing to that player at the same time"
- "pass the ball precisely and with the right speed. Needs to be FIRM"
- "look where you run when asking for the ball back and make an angle for the return pass"
- NO BOBBLES
- Pass to your team mates ADVANTAGE ie correct side
- Next, the players form pairs with one ball and position themselves at the edge of the grid 3m on either side of the line (see diagram B)
- The players move towards each other until they have reduced the distance to 1-2m. then they move backwards again until they have reached their starting position.
- Meanwhile they must keep playing one touch passes to each other following the pattern shown in diagram C:
- Red with right foot to blue's left foot (1); blue with left to red's left foot (2); red with left foot to blue's right (3) and blue with right foot to red's right (4) which completes one 'rotation'

This exercise challenges the players to work on the 'weight' and accuracy of their pass using both feet over varying distances.

# Striking the ball model session 1: short passing



## Concluding tag game:

- All players go into the same grid we used for the previous exercises. Half of them have a ball at their feet, the others are without ball
- One player is appointed 'tagger' and carries a bib in their hand
- The tagger can only tag a player **without** ball. If the tagger succeeds in tagging a player without ball, both swap roles
- The players with ball can help their team mates without ball by passing a ball to them when they are being chased by the tagger
- Any balls that role out of the grid may not be fetched back, so the passes need to be accurate.

Variations to make easier or more difficult:

- 2 or more taggers
- More (or less) players with a ball

## 2. Skill training component: Positioning games

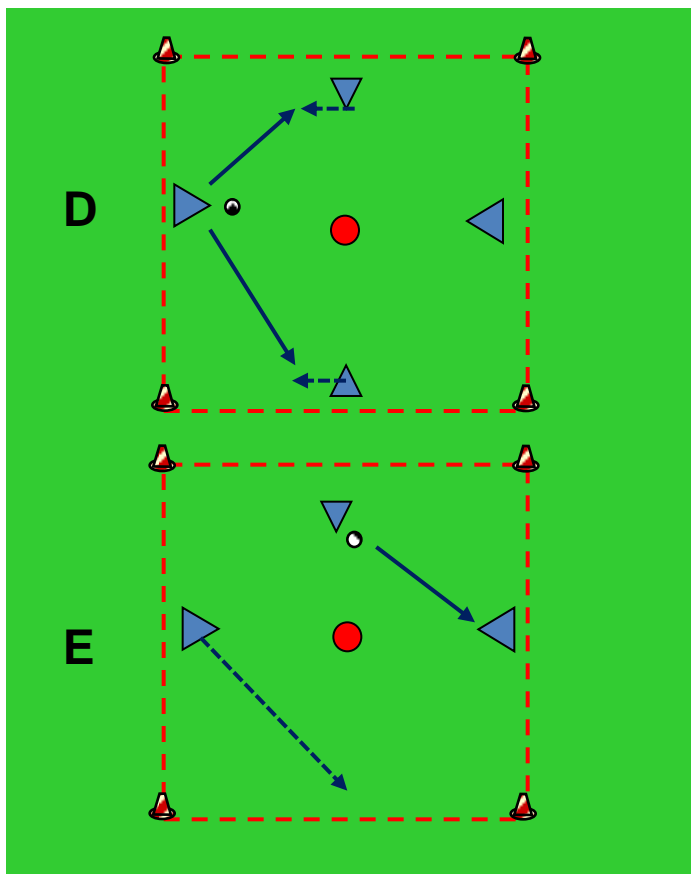
Dependent on the ability of your players choose any of the 4 'basic' positioning games i.e. 4v1; 3v1 and 4v2.

All have similar objectives but with varying degrees of resistance and complexity.

See diagrams on the left:

D. 4 v 1 (grid size 10 x 10 – 15 x 15 m)

E. 3 v 1 depending on level players)

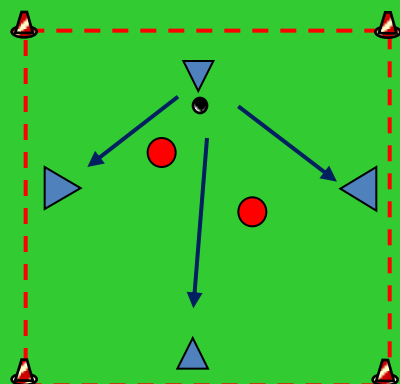


## Player Tasks / Actions:

- "the player on the ball must always have a player to their left and right they can play to"
- "do not stand in the corners, your angle of vision is much smaller if you do that"
- "3 v 1 means that you have to move each time the ball moves" (see diagram 2)
- "position yourself in a way that you can see the whole grid" ("with your back to the line")
- "play the ball to the proper foot of your team mate i.e. away from the defender"
- "pass with the proper speed and NO BOBBLES"

# Striking the ball model session 1: short passing

F



4 v 2 (diagram F) grid size 12x12 – 15 x 15m, depending on level of players

## Specific Player Tasks / Actions for 4 v 2:

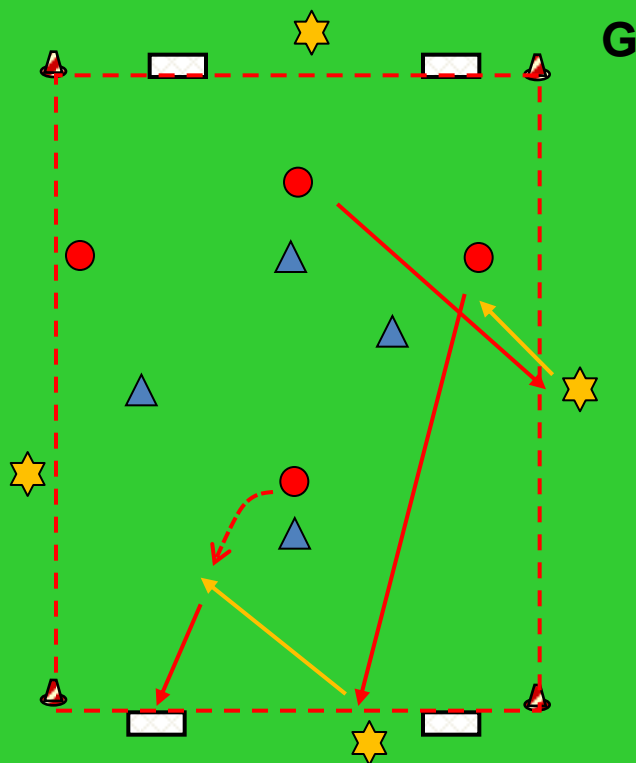
“now the player on the ball must always have a player to their left, right and in front they can play to”

“especially look to pass through the 2 defenders, that’s the most important pass! We call that the **killer pass**”

Step Up: make the grid smaller

Step Down: make the grid bigger

G



## 3. Skill game

- 4 v 4 with 4 neutral players (walls) on a pitch of approximately 20x30m.
- 4 small goals placed as shown ( 2 m wide)
- The team in possession of the ball can use the wall players (8 v 4)
- Rotate teams after 3 min or after each score: scorers stay on
- Depending on level of the players: 2-3 touches max in order to get an emphasis on passing

## Possible variations / progressions:

- Wall players must play the ball direct
- Goals count as double if scored directly following a wall pass
- Goals count double if scored by a so-called **3<sup>rd</sup> man** (see diagram G)