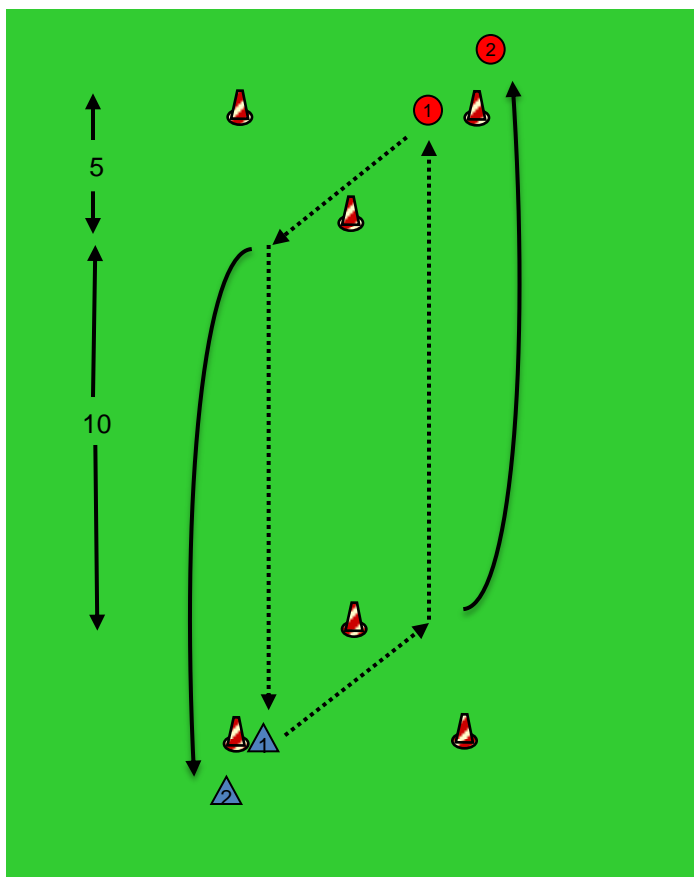


SAP Session

Core Skill: Striking the Ball (Passing) – Warm Up



Objective:

- IMPROVE PASS QUALITY TO REATIN POSSESSION

Organization:

- 3 groups of 4
- Cones set up for right side and left side

Progression:

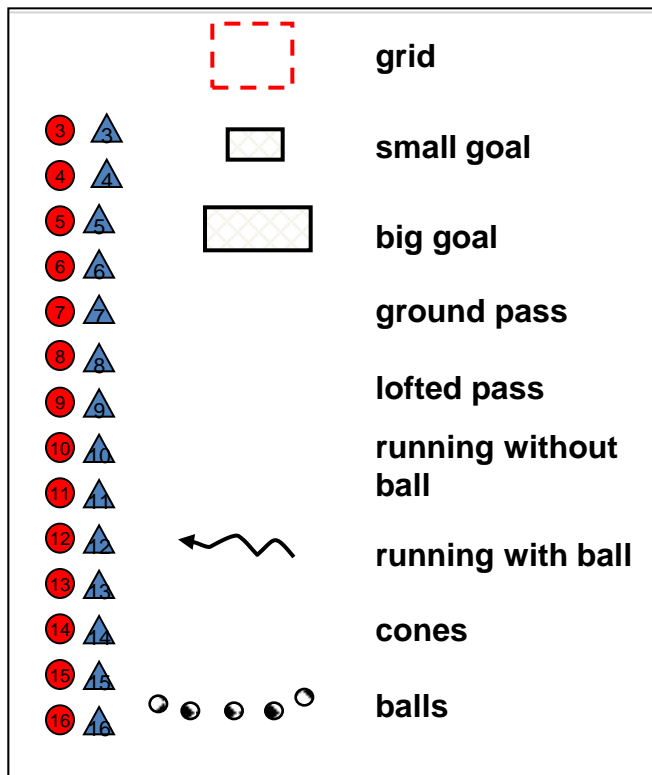
- Left side
- Passer chases ball to put pressure on reciever
- Passer plays ½ with receiver

Methodical development:

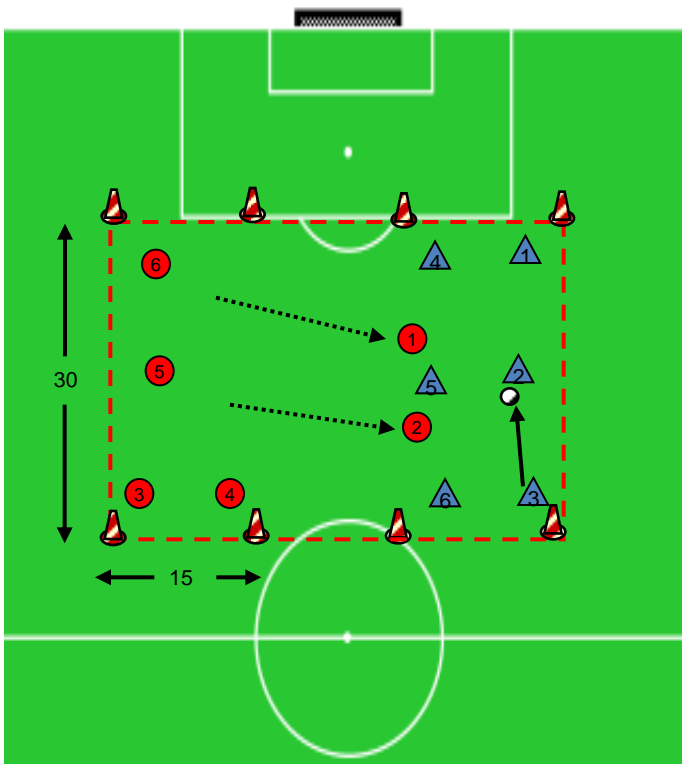
- Pass from a greater distance away
- Smaller distance between cones
- Use a different part of the foot to receive

Coaching evaluation / reflection:

- Key Areas of Focus
 - High BALL SPEED
 - NO BOBBLES
 - To your Teammates Advantage



Core Skill: Striking the Ball (Passing) – Main Part



Objective:

- IMPROVE PASS QUALITY TO REATIN POSSESSION

Organization:

- 2 end zones 30 x 15
- One team starts with ball
- On coach signal 2 players from opposite team go and try and win the ball
- Coach keeps time (How long can team keep possession till lose ball)
- Score is noted
- Now same applies at opposite end
- Team with highest (time) score wins

Progression:

- Limited touches

Methodical development:

- Use weaker foot only
- Smaller area

TEAM TASK – Can you pass to your team mates advantage to maintain possession

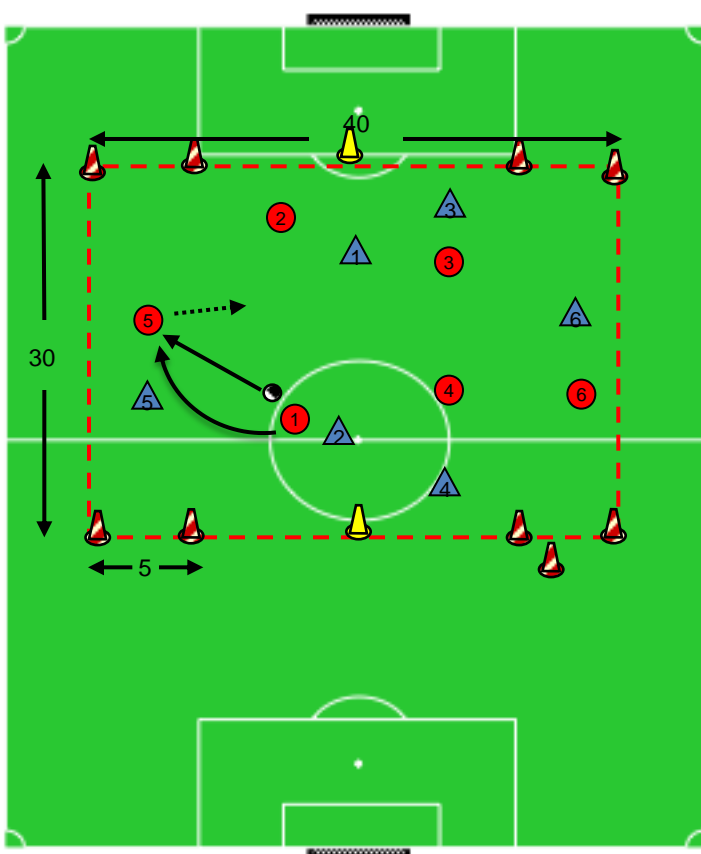
PLAYER ACTIONS

- Pass with FIRM ball speed
- Pass with NO Bobbles
- Pass to your team mates advantage
- Support the ball carrier

CUES

- As the ball is travelling to your team mate can you position yourself in a passing lane left, right and middle
- As you move into a passing lane can you position yourself where you can see most of the field and players ie OPEN STANCE
- If you cant see your opponents can you bounce back to a player who can
- As you receive the ball can you get a scan of your team mates and opponents
- When you pass to your team mate can you direct the pass to his advantage

Core Skill: Striking the Ball (Passing) – Training Game



Objective:

- Passing – Effective Possession with killer pass

Organization:

- 4 v 4 in middle zone with one player in each end zone
- Pass into either End Zone and exchange places with receiver to score a goal
- No pressure in end zone
- 10 consecutive passes also a goal

Progression:

- Limited touches ie 2/3 touch
- Limited pressure in end zone
- Pass from behind yellow cone (ie own half) for double points

Methodical development:

- Limited touches
- Use weaker foot only for killer pass
- Smaller end zone
- Left, right, middle support options

If you have GK's position goals at either end and play normal game. Must score with 1 touch finish