



Positive Passing

Category: Tactical: Penetration
Difficulty: Moderate

Continental Football Club, Coatesville, United States of America
Individual-Adult Member

Positive Passing Technical

Set-Up

As shown, cones in diamond approx 10-15 yards apart from middle point, middle cones 5 yards apart.

Players on end have a ball each to start.

Instruction

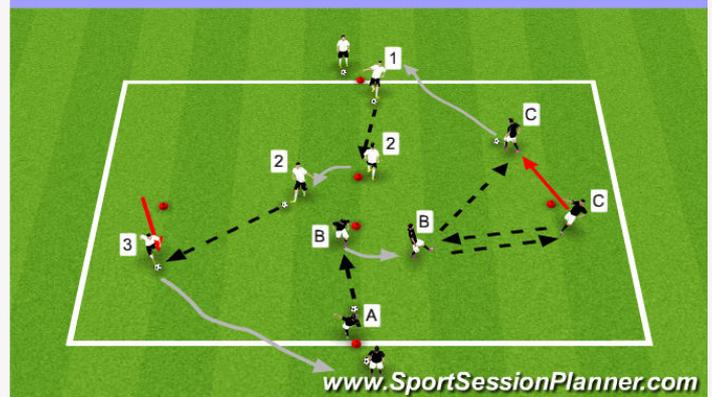
Player 1 passes to player 2, player 2 turns with ball and plays to player 3 who makes run into space, player 3 dribbles to end line. Rotation, everyone follows there pass.

Progression

Player 1 passes to player 2, player 2 passes back to player 1, player 2 passes to player 3, player 2 supports ball and plays wall-pass with player 3 around cone (defender). Rotation stays the same as first pattern.

Coaching Points

Accuraccy & weight of pass, timing of support, communication



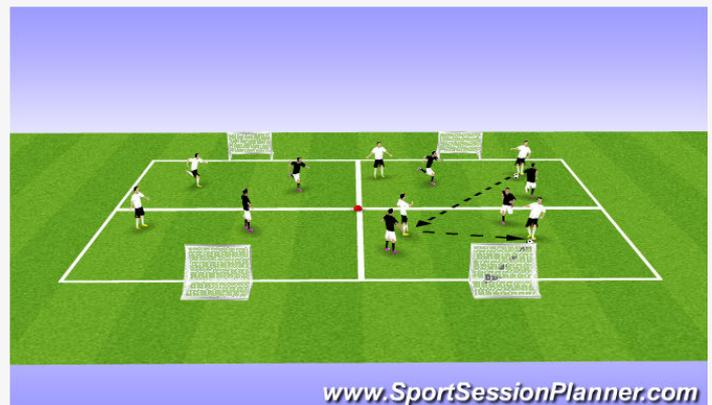
Positive passing to goals

Set Up - Four approx 20 x 20 boxes as shown. Play 6 v 6/7 v 7 depending on ability level

Instruction - Teams can score in any of the four goals to begin with. When possession changes it eliminates the goal in the box that the ball was turned over in. Make it take it, obviously the team that scores cannot score in that goal they just scored in.

Progression - Limit touches to increase speed of play, limit number of passes allowed from time ball is won and a shot on goal is taken to emphasize positive passing.

Coaching Points - Emphasize the need for players to expand/stretch the opposition and get into goalscoring positions. Awareness, finding the most penetrating/positive pass available. Speed of play, limit touches/time in possession. Touch away from pressure, timing, accuracy & weight of pass



8v8 Game (30 mins)

Set Up -

8v8 for U12 - U18

6v6 nothing bigger for U12 and below

Instruction -

Players are now in a free game of soccer. Apply conditions if required but play to the actual rules of the game for the majority of the time allocated.

Pogression:

Limit players to two OR Three touches

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

