

# TOPIC: Passing & Movement



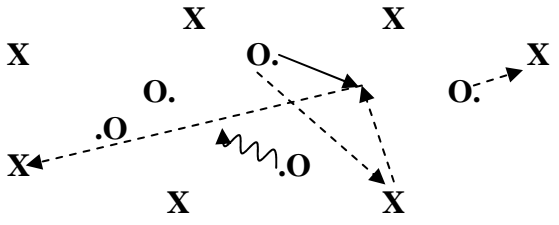
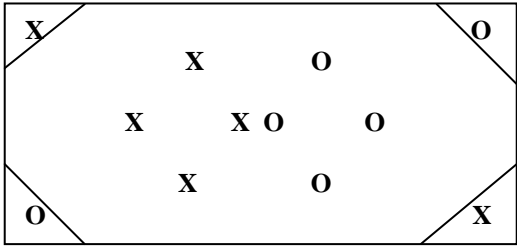
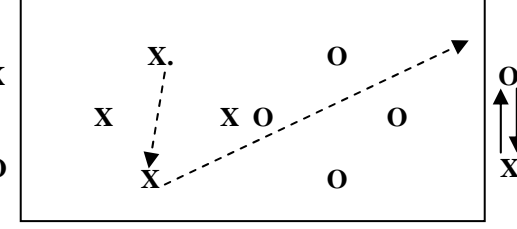
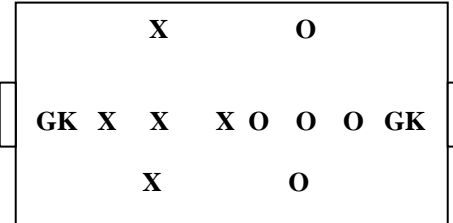
Key:

Running without the ball

Running with the ball

Pass

Coach Name: Ian Barker

<p style="text-align: center;"><b><u>WARM-UP</u></b></p> 	<p style="text-align: center;"><b><u>ORGANIZATION</u></b></p> <p>Windows (7 out, 5 in)</p> <ul style="list-style-type: none"> <li>• Pass to outside window</li> <li>• Move to receive return pass</li> <li>• Establish 1-2 touch rhythm</li> <li>• Exchange out by takeover or give – n - go</li> </ul>	<p style="text-align: center;"><b><u>KEY COACHING POINTS</u></b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> touch must prepare for the 2<sup>nd</sup> touch pass</li> <li>• Assess options in advance of receiving a pass</li> <li>• Outside players should pass to space</li> </ul>
<p style="text-align: center;"><b><u>ACTIVITY 2</u></b></p> 	<ul style="list-style-type: none"> <li>• Play to corner targets</li> <li>• Corner target comes in and inside player goes out on score</li> <li>• Most recently scored at corner can be used for support</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the biggest available playing space</li> <li>• Attack quickly to prevent defense compacting</li> <li>• Targets bring ball into play away from pressure</li> </ul>
<p style="text-align: center;"><b><u>ACTIVITY 3</u></b></p> 	<ul style="list-style-type: none"> <li>• Play to targets</li> <li>• Targets when their team is in possession may call a “switch” with opposing target to change angle of support</li> <li>• Most recently scored at target can be used for support</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of passing channels into target</li> <li>• Move in a complimentary way with teammates</li> <li>• Vision must always be as long as possible</li> </ul>
<p style="text-align: center;"><b><u>GAME</u></b></p> 	<p>6 v 6</p> <ul style="list-style-type: none"> <li>• Goal should be wide and low (e.g. 20' x 4')</li> <li>• Kick – ins for restarts</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the ball on the ground</li> <li>• Establish a 1-2 rhythm</li> <li>• Support at angles offering depth, length &amp; width</li> </ul>