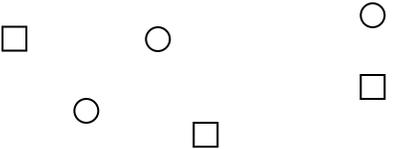
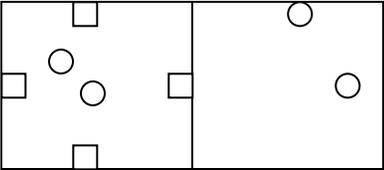
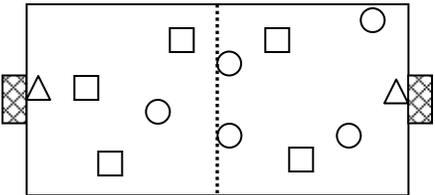




Name: Matt Callahan

Topic: Short Passing - Mobility

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone in a 30-x-45 yard area ▪ Half the players need balls the other half doesn't ▪ Players move and pass in area ▪ Players with ball look to pass the ball to the farthest person away that does not have a ball <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Set up two adjacent 15-x-15 yard grids ▪ Four players try to keep away from two players in one grid ▪ The two players teammates wait in the other grid ▪ When the two gain possession, they pass the ball into the other grid to their teammates and follow ▪ Two people from the team that lost possession follow ▪ Points for set # of passes or splitting D 	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace ▪ Timing of run – only when 1st attacker has ball under control and is ready to pass ▪ Timing of pass – played when teammate is ready to receive it ▪ Move after a pass to get into a better position ▪ Easy for defenses to cover teams that do not move
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 (5 field and a GK) in a 60-x-44 yard area with a midfield line marked with disc cones ▪ Defenders (3) are restricted to their half, and forwards (2) are restricted to theirs ▪ Ball must be passed across the half line <p>Progressions: Remove the half restriction. Two points for 7 consecutive passes, 1 point for a goal</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace ▪ Easy for defenses to cover teams that do not move ▪ Mobility constantly creates space that can be exploited
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 with no restrictions on players ▪ Teams score by shooting into goals 	<ul style="list-style-type: none"> ▪ Look for good team shape ▪ Watch for proper technique ▪ Observe to see if session has helped with passing technique