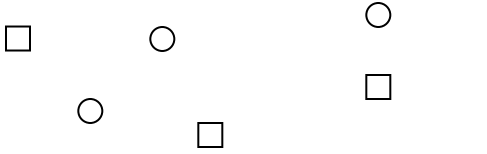
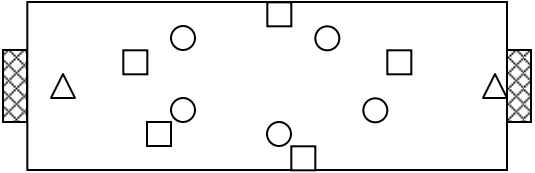
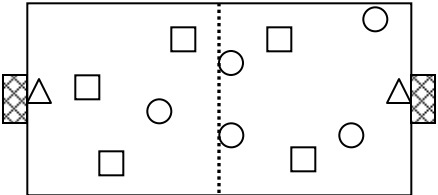
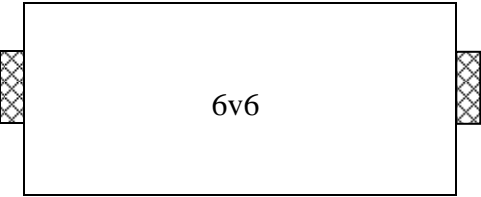




Name: Matt Callahan

Topic: Short Passing – Penetration

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. Start off with team doing short passes until their leg muscles have a change to warm up.</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"> ▪ Play 5v5 (4 field and a GK) in a 50-x-16 yard area ▪ Attackers must immediately show for a ball when a window between defenders opens up ▪ Supporting players must move rapidly up the field and try to get in front of the ball when appropriate <p>Progressions: Limit touches.</p>	<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
<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 middle line.</p>	<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 ▪ Disguise of pass – no telegraphing ▪ Angled passes – not easily intercepted
<p>MATCH CONDITION GAME</p>  <p style="text-align: center;">6v6</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