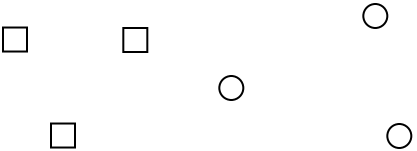
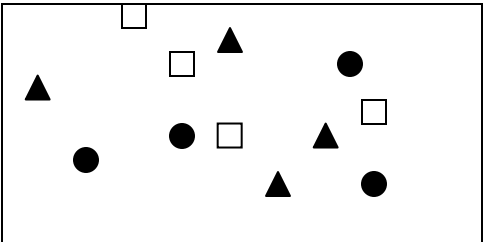
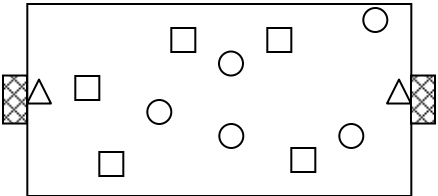





Name: Matt Callahan

Topic: Short Passing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> <li>▪ Emphasis on creative combinations</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball. Limit touches.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Ankle locked</li> <li>▪ Plant foot pointed at target</li> <li>▪ Kick with inside of foot</li> <li>▪ Wide surface=accuracy</li> <li>▪ Follow through in direction of target</li> <li>▪ Push pass=less than 25 yards</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Two four player teams combine to form an eight player team that tries to play keep away from a third four player team (1/2 field)</li> <li>▪ When a turnover occurs the entire four person team whose member was responsible switches roles with the squad that won the ball</li> <li>▪ After ten minutes the team with the best net (goals for minus goals against) wins</li> <li>▪ Goals are scored by a consecutive # of passes</li> </ul> <p><b>Progressions:</b> Add direction, have the teams get a point for passing from one side of the grid to the other (add end zones)</p>	<ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ Proper accuracy</li> <li>▪ Proper pace</li> <li>▪ Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>▪ Timing of pass – played when teammate is ready to receive it</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v6 in a 60-x-45 yard area</li> <li>▪ Field players are assigned numbers from 1 to 5</li> <li>▪ After every loss of possession the coach calls out 1 or 2 numbers,</li> <li>▪ The corresponding player(s) cannot move until their team wins the ball or concedes a goal</li> <li>▪ Play for 10 minutes</li> </ul> <p><b>Progressions:</b> Change how many people are called at one time. Give points for consecutive passes.</p>	<ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ Proper accuracy</li> <li>▪ Proper pace</li> <li>▪ Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>▪ Timing of pass – played when teammate is ready to receive it</li> <li>▪ Disguise of pass – no telegraphing</li> <li>▪ Angled passes – not easily intercepted</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 with no restrictions on players</li> <li>▪ Teams score by shooting into goals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Look for good team shape</li> <li>▪ Watch for proper technique</li> <li>▪ Observe to see if session has helped with passing technique</li> </ul>