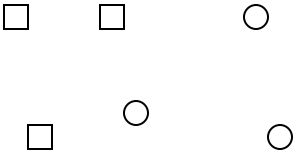
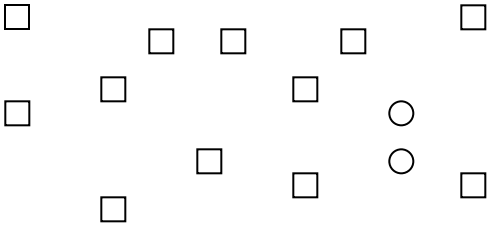
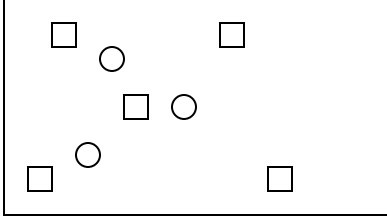
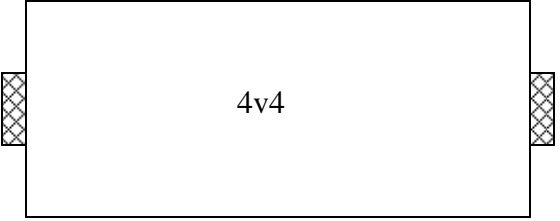




Name: Matt Callahan

Topic: Short Passing - Speed of Play 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> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball. Limit the team to only two 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>Twelve players with two balls pass to each other in a 40-x-30 yard area</li> <li>Two players are defenders</li> <li>When an attacker has the ball, they can be tagged by one of the defenders</li> <li>Attackers are out when tagged</li> <li>Game is over when no attackers remain</li> <li>Appoint new defenders each game</li> </ul>	<ul style="list-style-type: none"> <li>Good technique</li> <li>First touch away from pressure</li> <li>Second touch is a pass</li> <li>Weight of pass</li> <li>Quick decisions</li> <li>Accurate passes</li> <li>Passes to feet and to space</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 5v3 in a 50-x-40 yard area</li> <li>Restriction: attackers only have one touch</li> <li>Defenders have unlimited touches</li> <li>Play for three minutes then switch defenders</li> <li>Start off playing possession, then add goals</li> </ul> <p><b>Progressions:</b> Have one of the players on the team of 5 switch teams so it's 4v4. Add goals. Points for 7 consecutive passes or a goal.</p>	<ul style="list-style-type: none"> <li>Good technique</li> <li>First touch away from pressure</li> <li>Second touch is a pass</li> <li>Weight of pass</li> <li>Quick decisions</li> <li>Accurate passes</li> <li>Passes to feet and to space</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with passing ability</li> </ul>