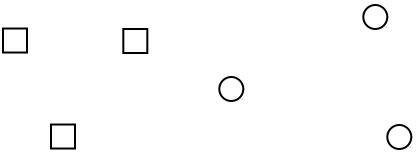
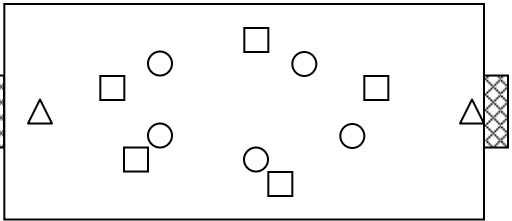
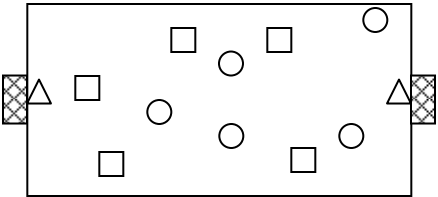
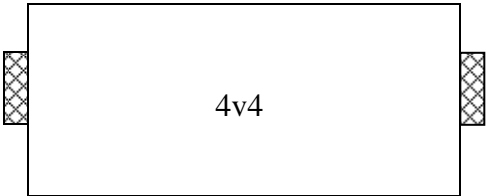




Name: Matt Callahan

Topic: Short Passing – Speed of play Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball. Limit touches.</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 6v6 (five field players and a GK) in a 50-x-44 yard area ▪ Players are restricted to three touches <p>Progressions: Start off without a touch restriction and then add one.</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 (five field players and a GK) in a 50-x-44 yard area ▪ Players are limited to three touches ▪ Stipulation that whenever a player uses more than one touch the person he/she passes to is limited to one touch <p>Progressions: Use Neutral players if necessary. Restrict all players to one touch.</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> 	<ul style="list-style-type: none"> ▪ Play 4v4 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