

Striking the ball Model Session 1 (short passing)

1 . Skill introduction

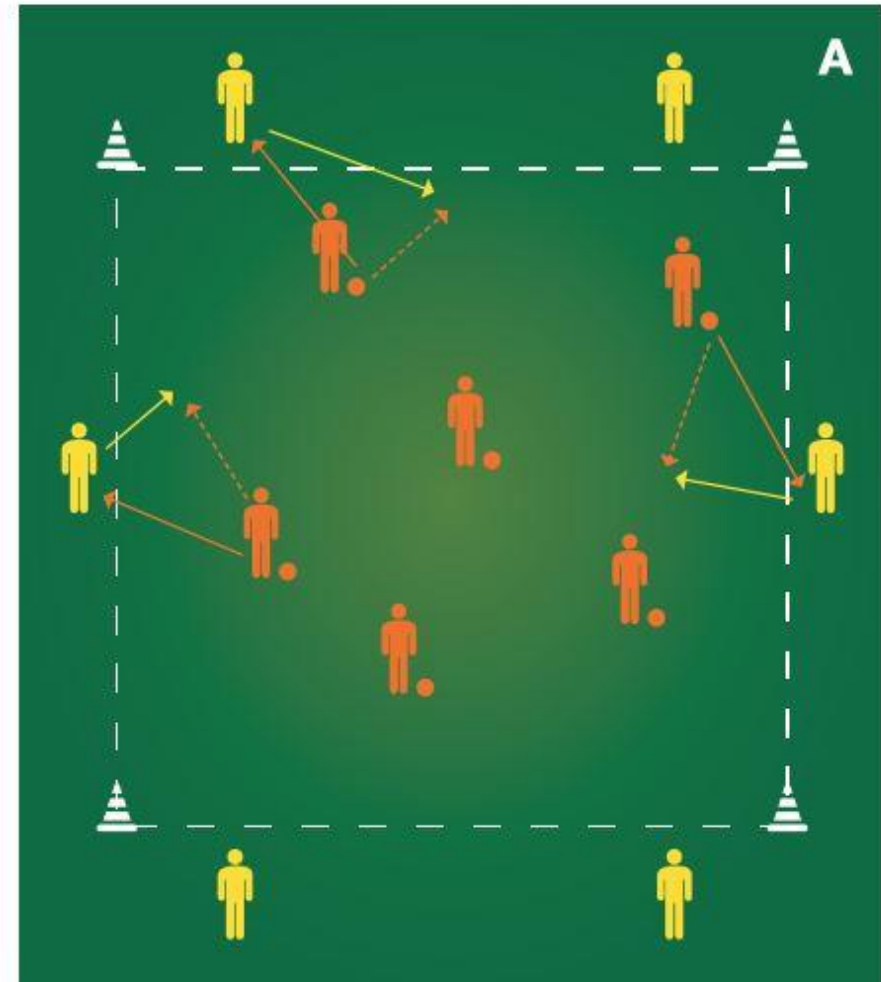
In a grid of approximately 20m x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside.

The players inside the grid dribble freely until they can pass to a 'free' player on the outside who then passes the ball back to the same player (see diagram A)

Change roles every two minutes, players must use left / right foot on coaches call i.e. 2 min left foot only; then 2 min right foot only.

Possible Coaches Remarks:

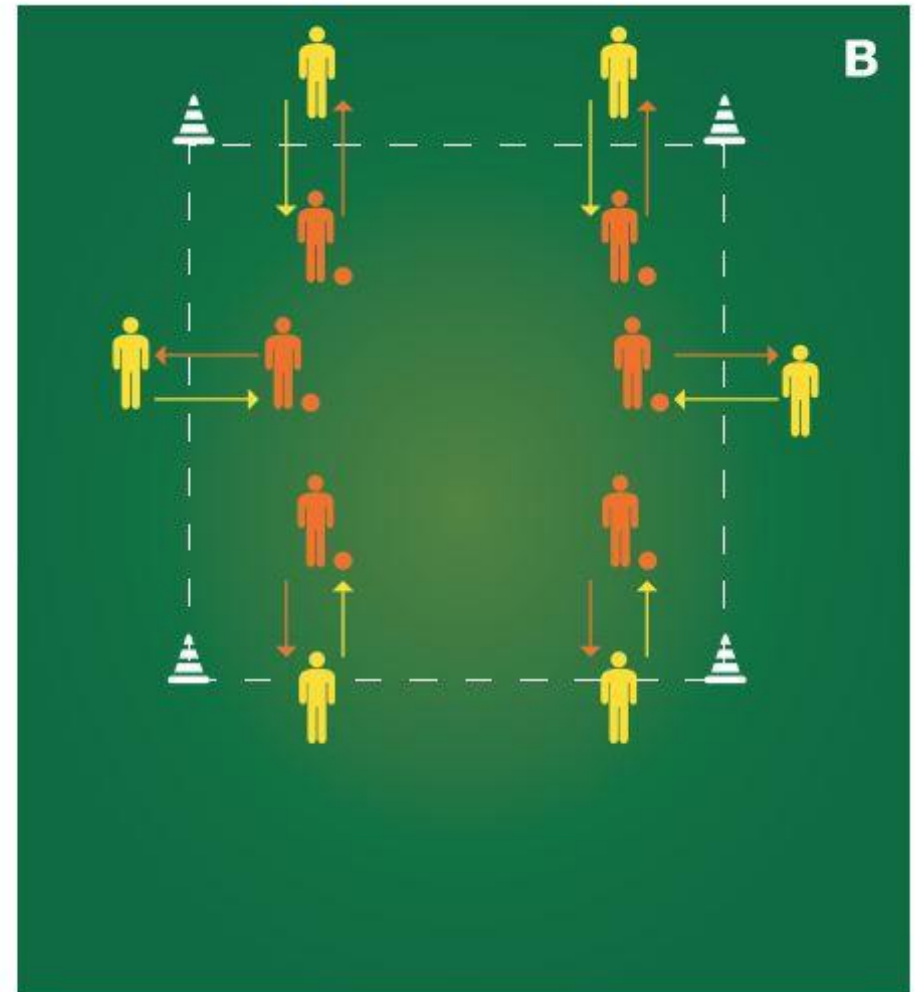
- "Only pass the ball when the passing line is 'open' and make sure someone else is not passing to that player at the same time"
- "Pass the ball precise and with the right speed"
- "Look where you run when asking for the ball back and make an angle for the return pass"



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- Next the players form pairs with one ball and position themselves at the edge of the grid, 3m on either side of the line (see diagram B)
- The players move towards each other while playing one touch passes until they have reduced the distance to 1m-2m. Then they move backwards again continuing to pass until they have reached their starting position
- Right foot only
- Left foot only
- Right-left alternately

This exercise challenges the players to work on the 'weight' and accuracy of their pass using both feet over varying distances.



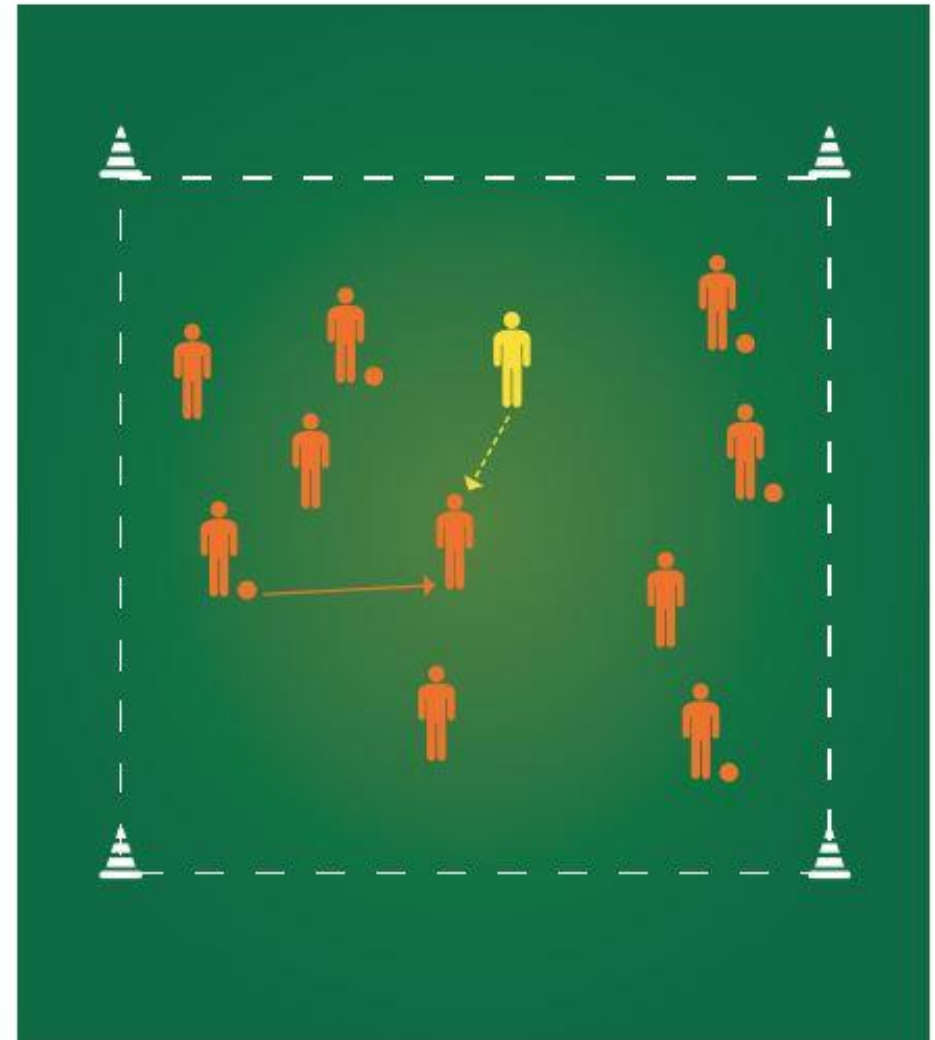
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Concluding tagging game

- All players go into the same grid we used for the previous exercises. Half of them have a ball at their feet, the others are without ball
- One player is appointed 'tagger' and carries a bib in their hand
- The tagger can only tag a player without ball. If the tagger succeeds in tagging a player without ball, both swap roles
- The players with ball can help their team-mates without ball by passing a ball to them when they are being chased by the tagger
- Any balls that roll out of the grid may not be fetched back, so the passes need to be accurate.

Variations to make easier or more difficult:

- 2 or more taggers
- More (or less) players with a ball



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2. Skill training component - Positioning games

Depending on the ability of your players, choose any of the 3 'basic' positioning games i.e. 4 v 1; 3 v 1 and 4 v 2. All have similar objectives but with varying degrees of resistance and complexity.

See diagrams on the right:

A. 4 v 1 (grid size 10m x 10m – 15m x 15m)

B. 3 v 1 (depending on the level of the players)

Possible Coaches Remarks:

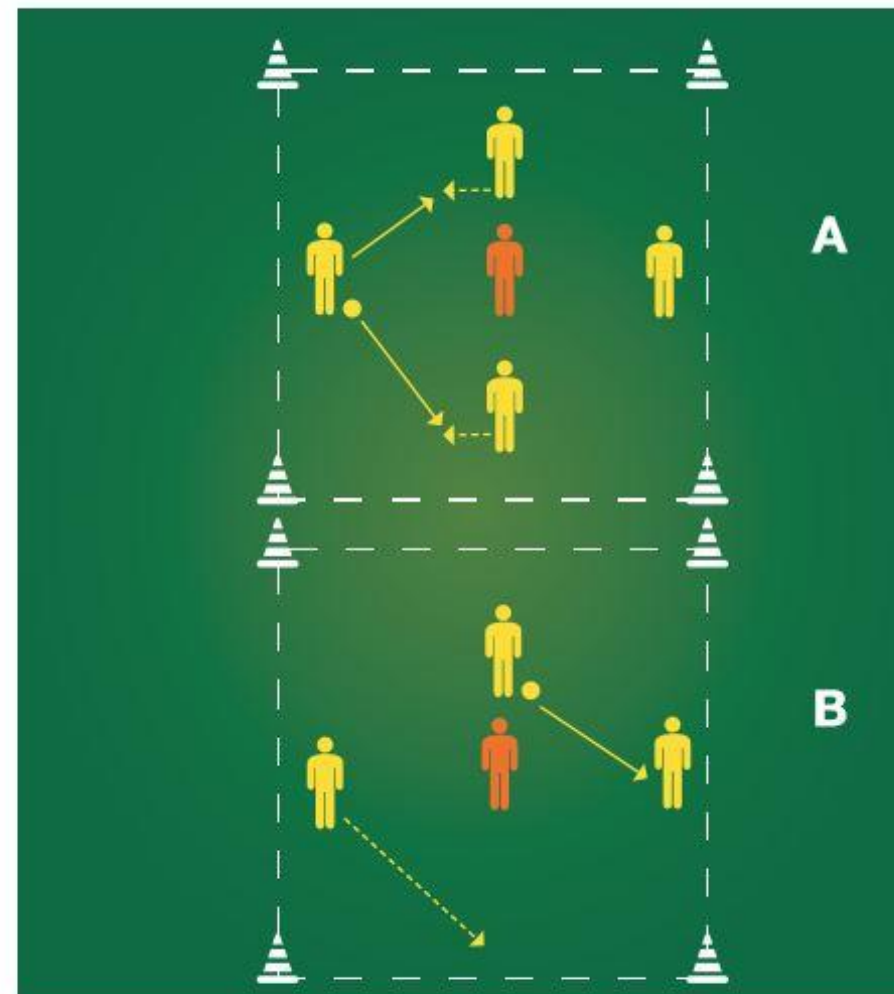
"The player on the ball must always have a player to their left and right that they can play to"

"But do not stand in the corners, your angle is much smaller if you do that"
With 3 v 1 this means that "you have to move each time the ball moves"
(see diagram B)

"Position yourself in a way that you can see the whole grid"
("with your back to the line")

"Play the ball to the proper foot of your team-mate (i.e. away from the defender) and with the proper speed and precision"

Please note that 3 v 1 asks for a lot of running and is therefore quite exhausting for players this age. Use regular drink breaks to allow for recovery



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4 v 2 (diagram C) grid size 12m x 12m – 15m x 15m depending on level of players

Possible Coaches Remarks specifically for 4 v 2:

"Now the player on the ball must always have a player to their left, right and in between that they can pass to"

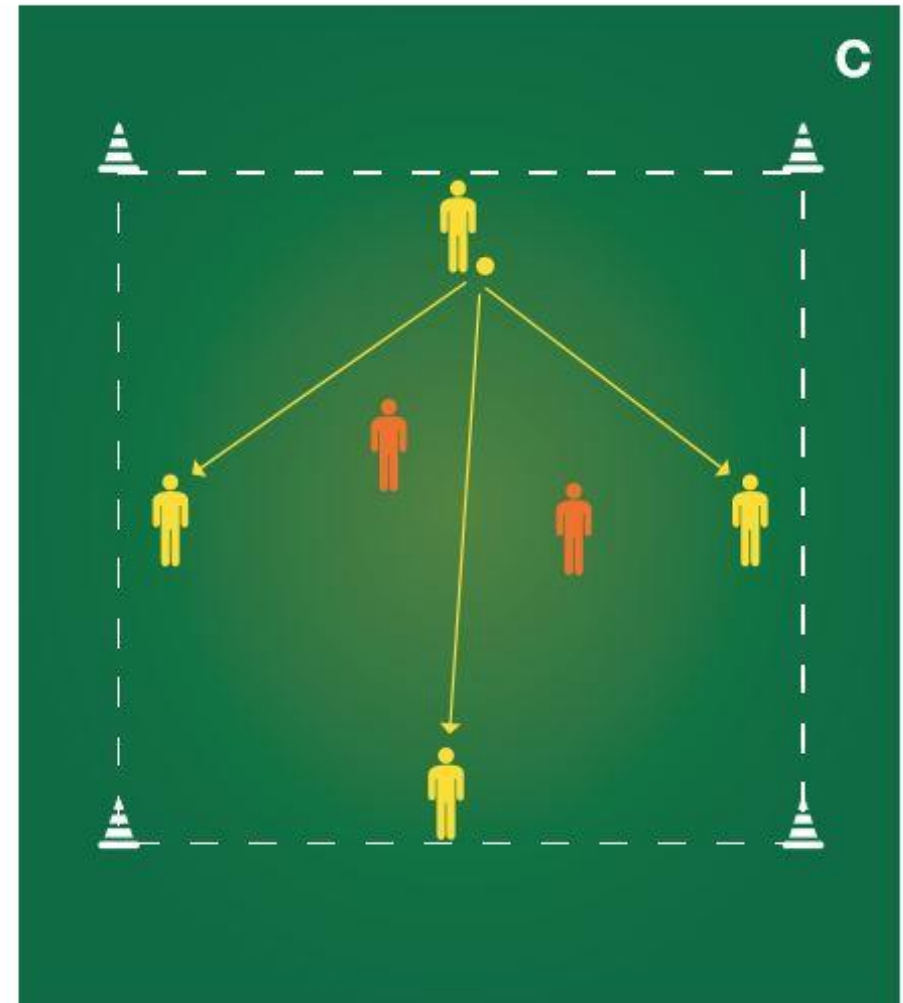
"Especially look to pass through the 2 defenders, that's the most important pass! We call that the killer pass"

Step up:

Make the grid smaller

Step down:

Make the grid bigger



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3. Skill game

- 4 v 4 with 4 neutral players (walls) on a pitch of approximately 20m x 30m
- 4 small goals placed as shown (2m wide)
- The team in possession of the ball can use the wall players (8 v 4)
- Rotate teams after 3 min or after each score: scorers stay on
- Depending on level of the players: 2-3 touches max in order to get an emphasis on passing

Possible progressions:

- Wall players must play the ball direct
- Goals count as double if scored by a so-called **3rd man combination** (see diagram)

