

**COACHING CLINIC SESSION 7:
PASSING AND SUPPORT
FEBRUARY 3, 2009**

Skill Practice: 3 v 1 Midfield Build Up

OBJECTIVE: How many passes can you get in 1 minute?

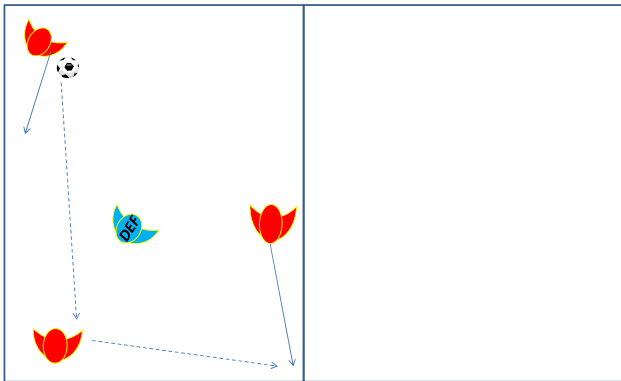
FACT: Good Midfielders make 80% of their passes in a game. 8/10 is a good result in this session.

1. Ball Movement
 - a. Early
 - b. Accurately
 - c. Quickly
2. Angle and Distance
3. Body Shape
4. Quality of Pass
5. Change of Rhythm (Tempo)

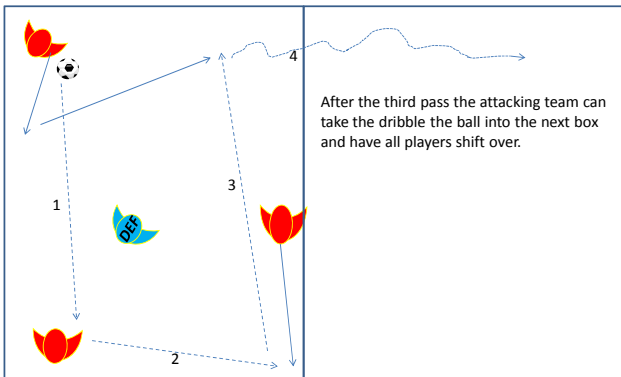
Progression:

1. Limit the amount of touches on the ball
2. Every time you give it away you lose a point (each player starts with 10 points). At the end of 1 minute, how many passes have you given away?
3. After 3 passes, switch the play into the next grid
 - a. Player should be half turned (sideways on) and ready to take first touch into the next grid
 - b. supporting players need to provide options immediately by getting into the next grid

3 V 1



3 V 1



SEQUENCE PASSING

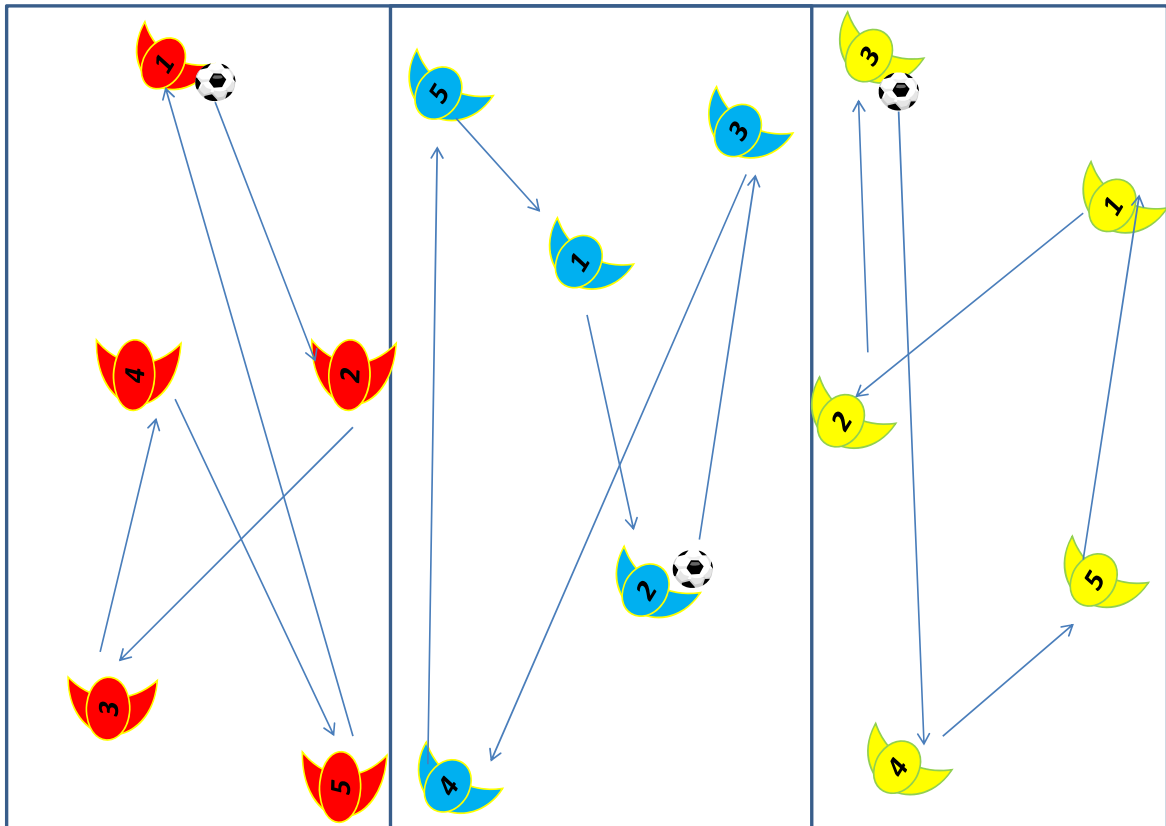
Split the team up into three groups of equal numbers and number them from 1 – 6 (depending on the number of players available).

- Split the playing surface into thirds
- Players pass the ball sequentially from 1 to 2 to 3 to 4 to 5 to 6 back to 1
- All players must be moving at all times

Progression 1: Before receiving the ball, you must check towards the ball and call your number (key factor : verbal communication and eye contact)

Progression 2: Call the next players number before receiving the ball (awareness of field)

Progression 3: Short – Short – Long sequence. First and second pass is short, third pass is always long



- Progression 4: Using all thirds of the field, all three groups will continue to pass the ball sequentially around the field
- Progression 5: All three grids need to be occupied
- Progression 6: Short – short – long sequence
- Progression 7: All three colours pass amongst themselves: Yellow to Red to Blue to Yellow.
- Progression 8: Continue to add balls into the grid and see how many balls you can build up to with the players passing the ball comfortably amongst each other

