



North Carolina Youth Soccer Association



Name: Andrew Donnery

Topic: Passing and Control

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • 25 x 20 yds • 6 Balls • 6 white, 6 gray • Players with the ball pass then move into space ready to receive the ball. • Keep the players moving , swap roles after 3 mins • Play for about 10 - 15 mins 	<ul style="list-style-type: none"> • Accuracy of pass • Weight of pass • Disguise of pass • Timing of pass • Pass to feet • Pass to space • Control surface and body position
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> • 20 x 30 yds • 10 Balls (1 being used at a time) • 5 white, 2 gray • The white team tries to keep possession of the ball. • The two gray players try to get the ball. • If the gray get the ball they get a point. 	<ul style="list-style-type: none"> • Accuracy, weight, disguise & timing • Control surface • Control the ball to the safe side. • Don't pass to players who have no options.
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> • 20 x 30 yds • Possession, keep the ball 3 (white) v 3 (gray) using 2 neutral players (black) • Limit number of touches (1, 2, 3), then open up play. • Add restrictions on touches 	<ul style="list-style-type: none"> • Accuracy, Weight, Disguise & Timing • Type of pass – different surfaces. • Don't watch your pass. • Movement off the ball • Communication • Play the ball to the safe side of the man. • Move to the side and check. • Create space before you receive the ball.
<p>MATCH CONDITIONED GAME</p>	<ul style="list-style-type: none"> • 70 x 50 yds • 6 v 6 • Formation 2 defenders – 1 midfielder – 2 attackers and a goalkeeper • No restrictions on players • Field and teams are setup to aid session 	<ul style="list-style-type: none"> • Correct shape of team • Selection of passes – to feet or space • Keep possession - Speed of play
<p>COOL DOWN</p>	<p>Players jog, shake limbs, stretch and take on fluids</p>	