

Passing Under Pressure Warm Up

Written by James Baxter

Set Up



10 mins



9 players



9 balls



9 bibs



4 cones

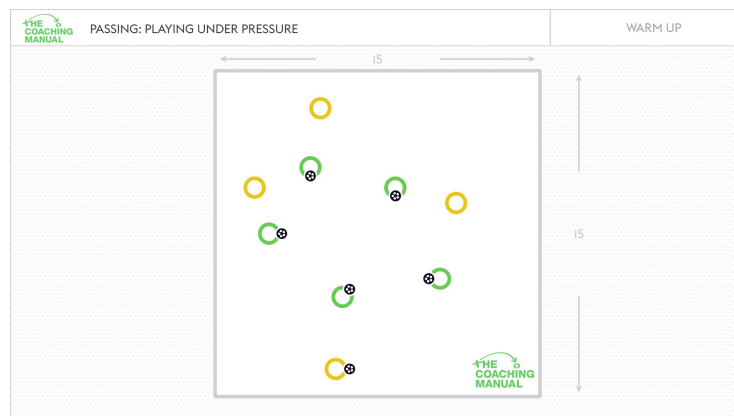


15x15 area

2 teams, 1 team (Oranges) have a ball each and dribble around the area attempting to block passing lines as Greens attempt to pass and move around the area. Rotate roles of players.

Key Coaching Points

- Awareness of ball, space, team mates & opposition
Players should know where the space is to move into, where their team mates are for support and where the opposition is to create space to receive the ball.
- Movement to create angles to receive
Short sharp 2 yard movements to create an angle to receive the ball.
- Communication
This is important for players to talk on the pitch and give instructions for example 'TURN'.



Practice Animation

Make it easier:

1. Take away a defender, this will give the passing team more time on the ball
2. Allow players to have more touches on the ball before passing.

Make it more challenging:

1. Limit the passing team to 2 touches
2. Add more defenders

Passing Under Pressure Technical Practice

Written by James Baxter

Set Up



20 mins



9 players



3 balls



9 bibs



25 cones

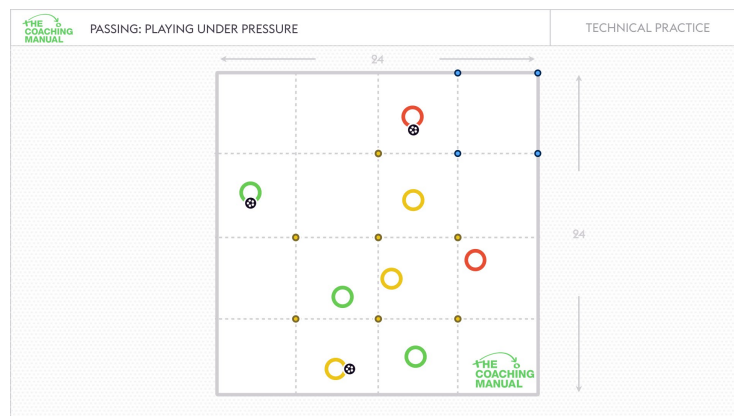


24x24 area

3 Teams of 3 players with 1 ball per team. Players with the ball must pass through a minimum of one small square. Players without the ball should move to areas which will create opportunities for the passer to meet his or her objective.

Key Coaching Points

- Quick Passing & Combinations
Encourage players to play in 1 or 2 touches to speed up the play
- Movement to create angles to receive
Players need to be in a space where they can receive a pass
- Pass away from pressure
Play the pass away from the on coming defenders to relieve the pressure



Practice Animation

Make it easier:

1. Create a "safe zone" (blue square). Now there is 1 team without a ball (defending team). Teams in possession can enter the safe zone with the ball for 3 seconds. The defending team will attempt to win possession of the ball and dribble into the blue safe zone to score one point. The team that lost possession then becomes the defending team.

Make it more challenging:

1. Make the area smaller
2. Add more players to the session

Wave Passing Practice Progressing into Skill

Written by James Baxter

Set Up



20 mins



10 players



4 balls



10 bibs



25 cones

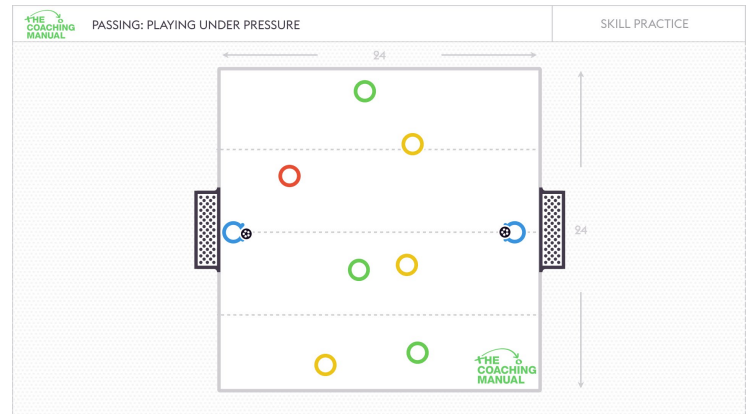


24x24 area

Each team must move the ball from one end of the area to the other and the ball must be touched in each of the channels. The ball is then passed to the Goalkeeper, returned and then the team moves in the opposite direction.

Key Coaching Points

- Quick passing & combinations
Play of 1 or 2 touches to speed up play and encourage player to play one twos to speed up combination play
- Movement to create angles to receive
Move into space to create a passing line to receive the ball
- Width & depth
Make the pitch big to relieve the pressure on the ball



Practice Animation

Make is easier:

1. Do not add the play maker into the session
2. Allow the players to take more touches on the ball to slow down the exercise

Make it more challenging:

1. Add defenders into the exercise so the attacking team have to play quickly
2. Limit the amount of touches the team can take before playing to the GK, for example; 5 touches maximum.