



COVID Session - Passing/Moving to Support

Category: Tactical: Possession
Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Passing Pattern (15 mins)

Objective: Increased understanding of movement off the ball in order to retain possession

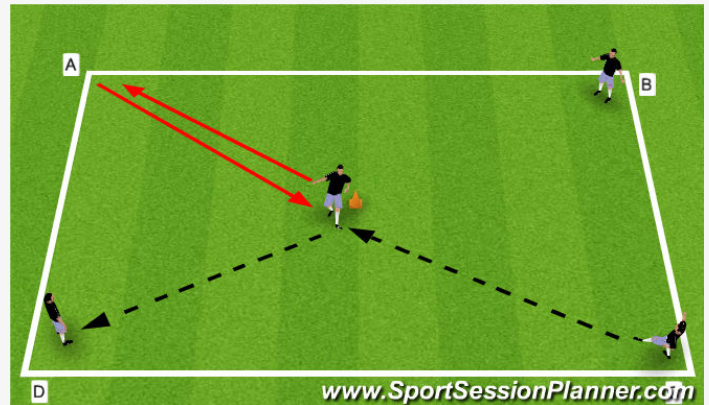
Focus: Body shape off the ball, receiving across the body to play forward

Action:

- Player A checks into the middle of the square to receive a pass from Player C
- Player A receives a pass across their body in order to play next pass towards Player D
- Player A then back peddles to original position, opening up the central channel for Player B to begin the same movement and pattern
- After multiple repetitions/competitions, coach should change the direction of the pass

Competition:

- Two groups compete against each other doing the same pattern
- 1pt for every pass to central player
- Optional Progression: Minus 1pt if central player doesn't receive across body



Rondo Game (15 mins)

Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Action:

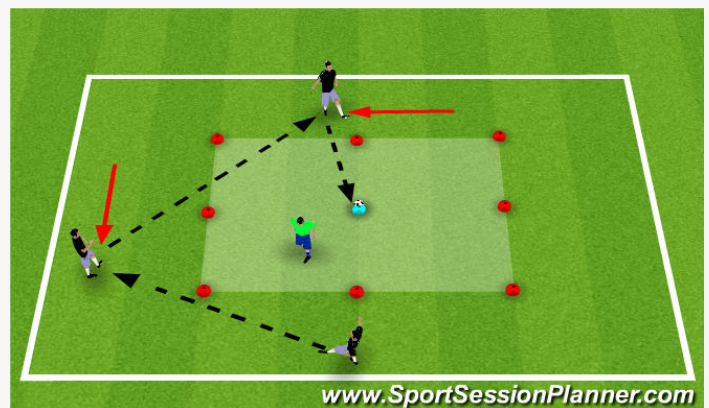
- 1 square (roughly 10m x 10m)
- Total of 4-5 players (can expand to 6 if central square is split in half)
- 3-4 players.... one on each side
- 1 defender inside
- Can expand to 4v1 if numbers don't allow for two groups
- Can add 2nd defender inside (split central square in half to help social distance)

Action:

- 1-3 touch keepaway (no other number of touches allowed)
- Offensive players can only pass to adjacent side of square
- Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession.
- Offensive players must receive passes across their bodies and with the inside of foot!
- Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
- Defender must go 100%. (or whatever trainer sees fit)
- Switch defender every 30-45 seconds

Competition

- Have 2 grids going at once
- Each team sends a defender over to the other grids
- Teams have 45 seconds to hit the central ball off the cone
- 1pt for every 4 passes or Hit Ball off Cone



2v1 Zonal Game (15 mins)

Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Action:

- Goals can be scored from either the first or second attacking zone (how many points from each zone can be varied)
- If attacking player (2) receives, he/she has 3 seconds to score
- Only passes below knee-height are allowed
- The ball starts in either of the 1st zones - switch starting team after each ball

