

SUPERSTARS

PASSING SESSIONS

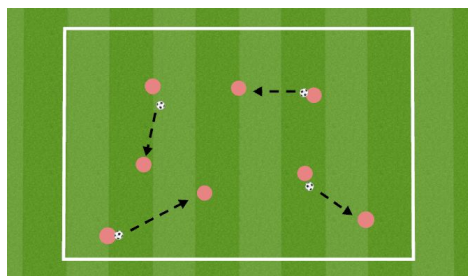


PASSING BASICS-1

Category: Technical: Passing & Receiving
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

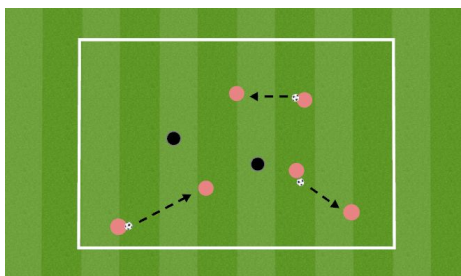
UNOPPOSED (10 mins)



DESCRIPTION
BALL BETWEEN TWO
PASS AND MOVE, GET THE BALL AGAIN
OFF SOMEONE ELSE
CHALLENGE STRONGER INDIVIDUALS
TO PLAY OFF WEAKER FOOT

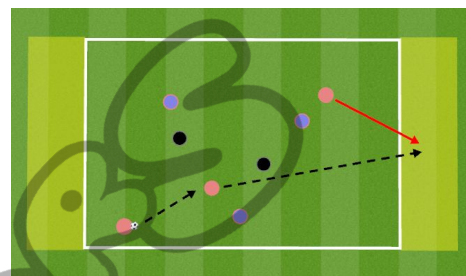
COACHING POINTS
STANDING FOOT PLACEMENT
FOOT CONNECTION, WHICH PART OF
FOOT
WEIGHT OF PASS

OPPOSED (15 mins)



DESCRIPTION
ADD DEFENDER IN
IF DEFENDER WINS BALL SWAPS WITH
PLAYER
COACHING POINTS
AWARENESS OF WHERE DEFENDER IS
PASS APPRECIATION
PLAYING INTO THE SAFE SIDE OF
TEAMMATE
MOVEMENT AFTER PASS TO MAKE
ANGLE

GAME (15 mins)



DESCRIPTION
2 TEAM GAME PLUS 2 FLOATERS
ONE BALL
DIRECTIONAL
SCORE BY PASSING BALL INTO END
ZONE
FLOATERS PLAY FOR TEAM IN
POSSESSION

COACHING POINTS
ALL OF THE ABOVE

SUPERSTARS

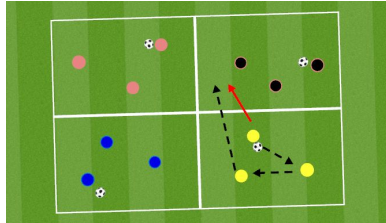


PASSING 2- PASSING INTO SPACE

Category: Technical: Passing & Receiving
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

UNOPOSED (10 mins)



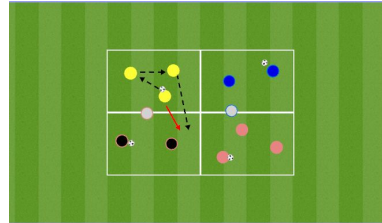
DESCRIPTION

- SPLIT BOX INTO 4 ZONE, EVEN
- SPLIT OF PLAYERS BETWEEN ZONE
- PLAYERS PASS THE BALL BETWEEN THEMSELVES
- ON COACHES SHOUT THE PLAYER IN POSSESSION PASSES THE BALL INTO THE BOX TO THE RIGHT AND ONE PLAYER RUNS ONTO THE PASS
- THAT PLAYER THEN PASSES THE BALL WITHIN HIS NEW TEAM

COACHING POINTS

- WEIGHT OF PASS
- AWARENESS OF WHERE PLAYER IS RUNNING TO
- FOOT STRIKE, WHERE ON THE FOOT WHERE ON THE BALL

OPOSED (15 mins)



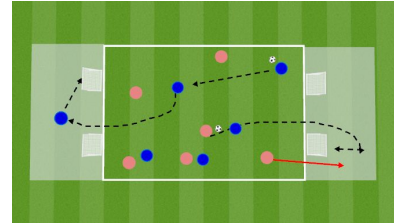
DESCRIPTION

- ADD DEFENDER THAT CAN ONLY WORK ALONG THE CENTRE LINES
- CAN INTERCEPT THE PASS ACROSS BOXES BUT CAN'T ENTER A BOX
- IF DEFENDER WINS BALL-SWAPS OVER
- PROGRESSION, BOX DECIDES WHEN THEY ARE GOING TO PLAY INTO NEXT AREA

COACHING POINTS

- AWARENESS OF DEFENDERS POSITION
- SPEED OF PASS AND GOOD CONNECTION
- TYPE OF PASS? LIFTED/ LIFTED OVER DEFENDER

GAME (20 mins)



DESCRIPTION

- PICK UP MIDDLE CONES AND ADD END ZONES AND GOALS FACING AWAY FROM THE CENTRE OF THE PITCH
- MULTI BALL
- SCORE BY PLAYING INTO THE END ZONE, ATTACKING PLAYER CANNOT STAND IN THERE BUT HAS TO MAKE RUN AFTER PASS.

COACHING POINTS

- PATIENCE
- RUNS OFF THE BALL
- WEIGHT OF PASS
- AWARENESS OF DEFENDERS IN END ZONES

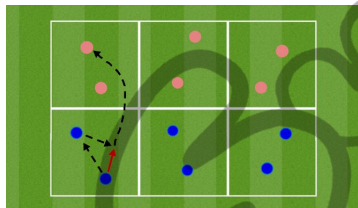


PASSING- LOFTED PASSES

Category: Technical: Passing & Receiving
Difficulty: Beginner

John Shannon, Manchester, United Kingdom
Individual-Adult Member

UNOPOSED (10 mins)



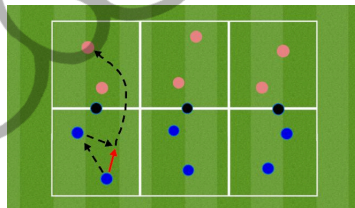
DESCRIPTION

- SPLIT GROUP INTO 2'S OR 3'S
- 1 BALL BETWEEN THE TWO SIDES
- PLAYERS PASS BALL BETWEEN GROUP AND THEN LOFTED PASS OVER WHICH HAS TO CLEAR THE HALFWAY LINE AND FIND PLAYER ON THE OPPOSITE SIDE
- PROGRESSION: FIND OPPOSITE SIDE ON THREE TOUCHES
- CHALLENGE INDIVIDUALS- WEAKER FOOT

COACHING POINTS

- TECHNIQUE, UNDER THE BALL, PART OF FOOT, BODY SHAPE ETC.
- WEIGHT OF PASS,
- WHERE TO FIND OPPONENT, TARGET AREA

OPOSED (15 mins)



DESCRIPTION

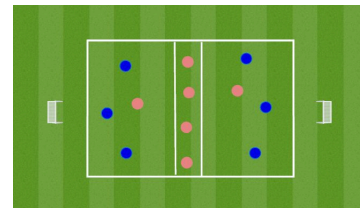
- ADD DEFENDERS ON THE HALF WAY LINE
- IF DEFENDER WINS BALL THEY SWAP
- POINT EVERY TIME THEY BEAT DEFENDER
- SWAP IF BALL GOES OUT OF PLAY

COACHING POINTS

- WHEN TO PASS
- PASS SELECTION, LOFTED VS PASS TO FEET

PROGRESSION: DEFENDER CAN PRESS OFF THE LINE

GAME (20 mins)



DESCRIPTION

- ONE TEAM DEFENDING, ONE ATTACKING
- SPLIT DEFENSIVE TEAM OVER THREE ZONES, SPLIT ATTACKING TEAM OVER TWO END ZONES
- ATTACKING TEAM CAN SCORE EITHER END
- HAVE TO PLAY THROUGH CENTRAL ZONE
- GOAL AFTER A LOFTED PASS IS DOUBLE
- 2 MINUTE GAMES THEN SWAP
- PROGRESSION- AS BALL IS SWITCHED TO ATTACKING ZONE ONE DEFENDER CAN LEAVE TO PRESS AND HELP DEFEND

COACHING POINTS

- WHEN TO PLAY FORWARDS
- HOW TO DEFENSIVE LINE WITH LOFTED PASS
- ANY OTHER TYPES OF PASS

SUPERSTARS



PASSING SESSION 4-ONE-TWO TOUCH PASSES

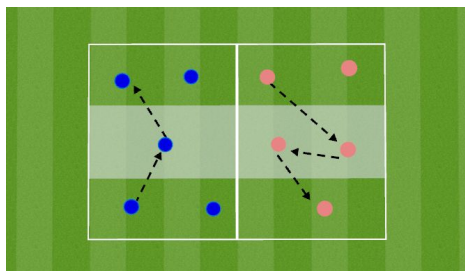
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Difficulty: Beginner

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UNOPPOSED (10 mins)



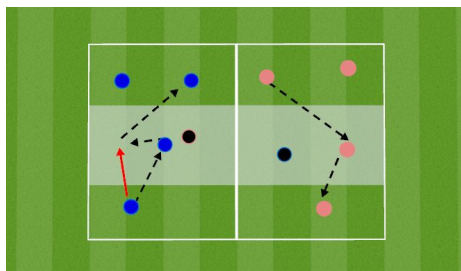
DESCRIPTION

- TWO BOXES, DIVIDED INTO THREE SECTIONS
- MIDDLE SECTIONS IS ONE OR TWO TOUCH MAXIMUM
- PLAYERS CAN MOVE FREELY, BUT HAS TO BE ONE PLAYER MINIMUM IN A SECTION
- HAVE TO PLAY INTO OPPOSITE SIDE, CAN'T PLAY BACK INTO SAME SECTION

COACHING POINTS

- WALL PASS
- ROUND CORNER PASS
- CLEVER PASSES
- BODY POSITION TO PLAY TWO TOUCH
- OPENING UP TO PLAY FORWARD

OPPOSED (15 mins)



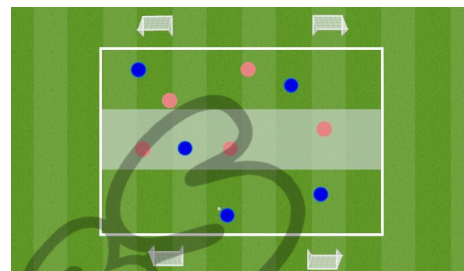
DESCRIPTION

- ADD DEFENDER PER BOX
- DEFENDER WINS THE BALL AND SWAPS

COACHING POINTS

- WHEN TO PLAY 1 VS 2 TOUCH
- SUPPORTING RUNS
-

GAME (20 mins)



DESCRIPTION

- ADD GOALS
- DIRECTIONAL GAME
- HAVE TO PLAY THROUGH MIDDLE ZONE, WHICH IS LIMITED TO ONE TOUCH INITIALLY, THEN TWO TOUCH TO PROGRESS
- PROGRESSION SCORE OFF WALL PASS

COACHING POINTS

- ALL THE ABOVE

