



Developmental - Passing (Short)

Category: Technical: Passing & Receiving
Difficulty: Moderate | Start Time: 25-Apr-2017 16:00h

Am-Club: Real Colorado
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Description

TK2K (10 mins)



Organization:
30x20 rectangle
1 player, 1 ball.

Instructions:

Players are instructed to review the previous 3 weeks TK 2K move and are then introduced to the current weeks TK 2K move of the week and will perform the move until understanding.

V: <https://www.youtube.com/watch?v=g3DONmiL05U>

L Turn: <https://www.youtube.com/watch?v=XYjAn60OUG8>

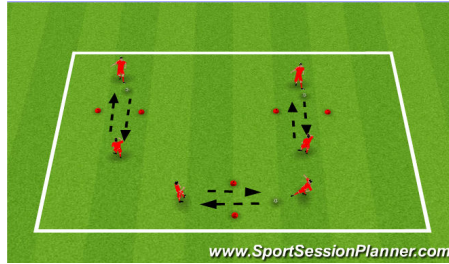
Pull Back Outside:

<https://www.youtube.com/watch?v=q7370mfZ7UA>

Pull Back Inside:

<https://www.youtube.com/watch?v=7xwGldskZOA>

1st Touch (5 mins)



Organization:
2 players
1 ball
4 cones

Instructions:

Use 2 cones to create a gate, as shown
Players decide on the distance their cones are apart (ability depending)
Pass the ball through the gate as many times as possible in set time (1 min)

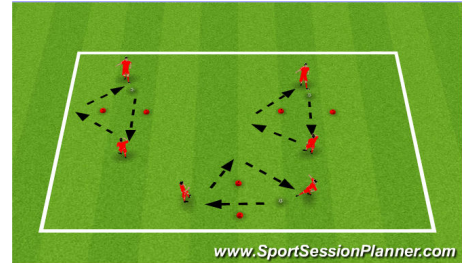
Coaching Points:

Which part of your foot do you use to pass?
How can we stand to ensure the ball travels straight through the gate?
Can you pass using only 1 touch?

Progressions:

Competition between each group, how many consecutive passes can you make through your gate? (1 min)

1st Touch On The Move (5 mins)



Organization:
2 players
1 ball
4 cones

Instructions:

Use 2 cones to create a gate, as shown
Players decide on the distance their cones are apart (ability depending)
One player is the number 1, the other is number 2
Number 1's pass between the gate
Number 2's pass outside of the gate
Switch after set period (1 min)

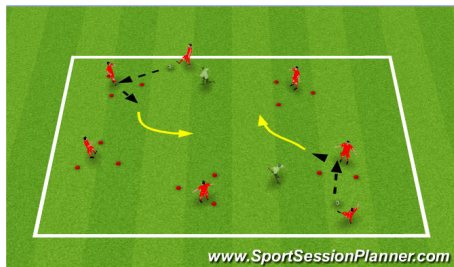
Coaching Points:

Which part of your foot do you use to pass?
How can we prepare our body to ensure the ball travels either through the gate or around it?
What can you do with your 1st touch to help make the pass easier?
Can you move the ball to the left and the right?

Progressions:

Competition between each group, how many consecutive passes can you make through/around your gate? (1 min)

Tom & Jerry (20 mins)



Organization:

Set 2x2 triangles throughout the area (2/3 less than number of players)
2 soccer balls

Instructions:

Players position themselves inside triangle, apart from 2 who have soccer balls
In order to enter a triangle, ball must be passed in
Receiving player uses 1 touch to leave the triangle

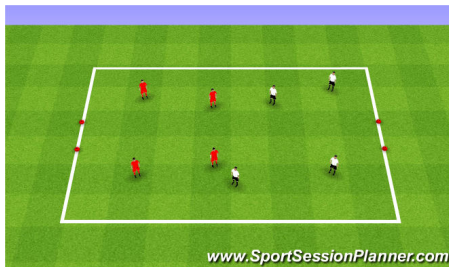
Coaching Points:

How are you letting someone know you are open and ready to receive?
Can you keep the ball moving with your 1st touch?
Use the inside of the foot to pass the ball into the triangle

Progressions:

Introduce defenders (white) to increase pressure on passes
Play as Tom & Jerry... Tom (defenders) is trying to catch Jerry's (attackers) cheese (ball)

Play (15 mins)



Organization:

30x20 yard area
2 teams of even number (if not, 1 player play as neutral - all time offense)
Soccer balls near each goal

Instructions:

Play scrimmage as per laws of game
Have players take throw-ins (correctly!)

Coaching:

Minimal - enforce correct throw-ins, corners, goal kicks