



Practice Title:

23-P1 The Defence Splitting Pass

Objectives:

This technical practice develops midfielders and defenders abilities to play penetrating passes

Duration

20-30 Mins

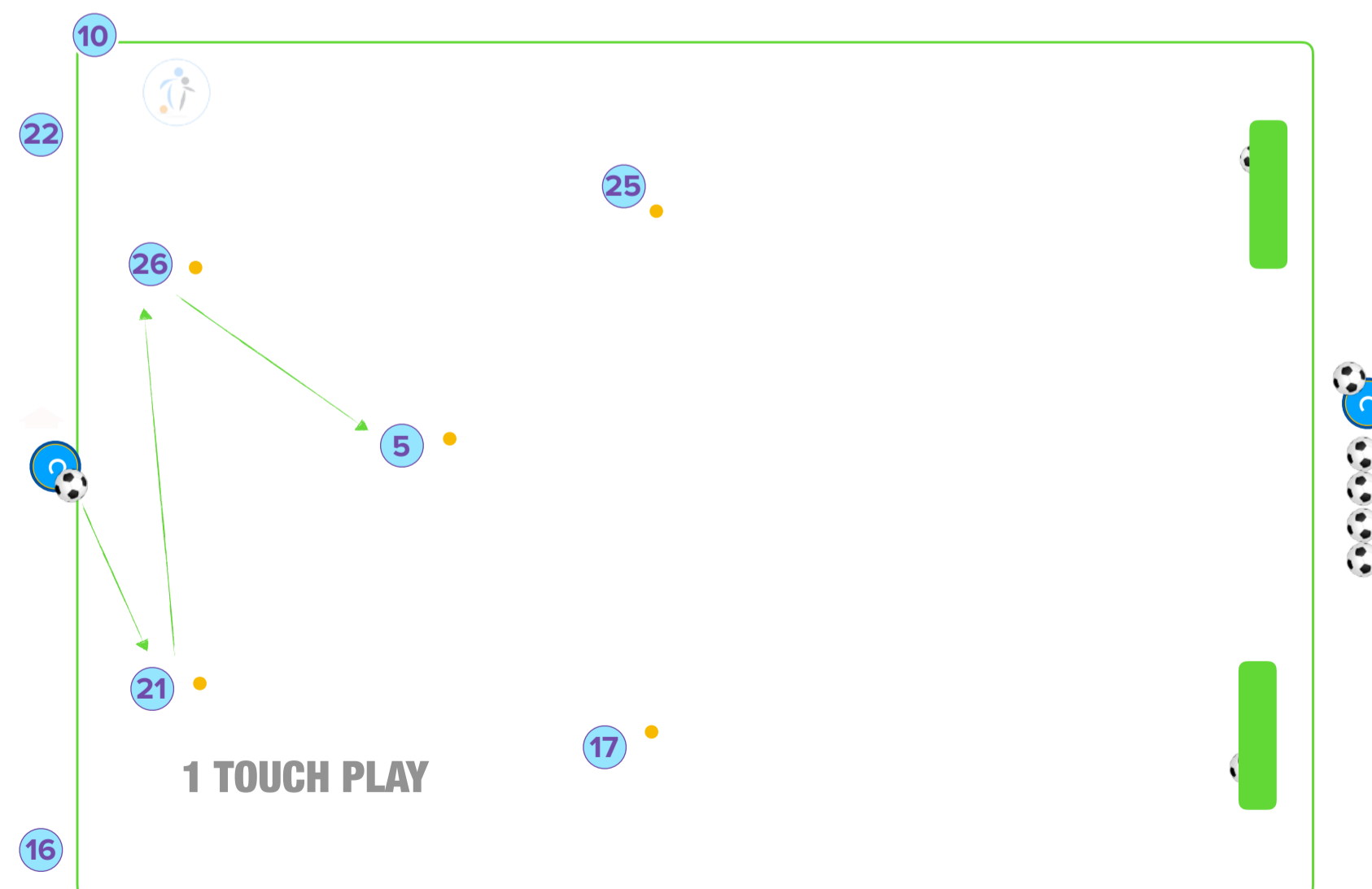
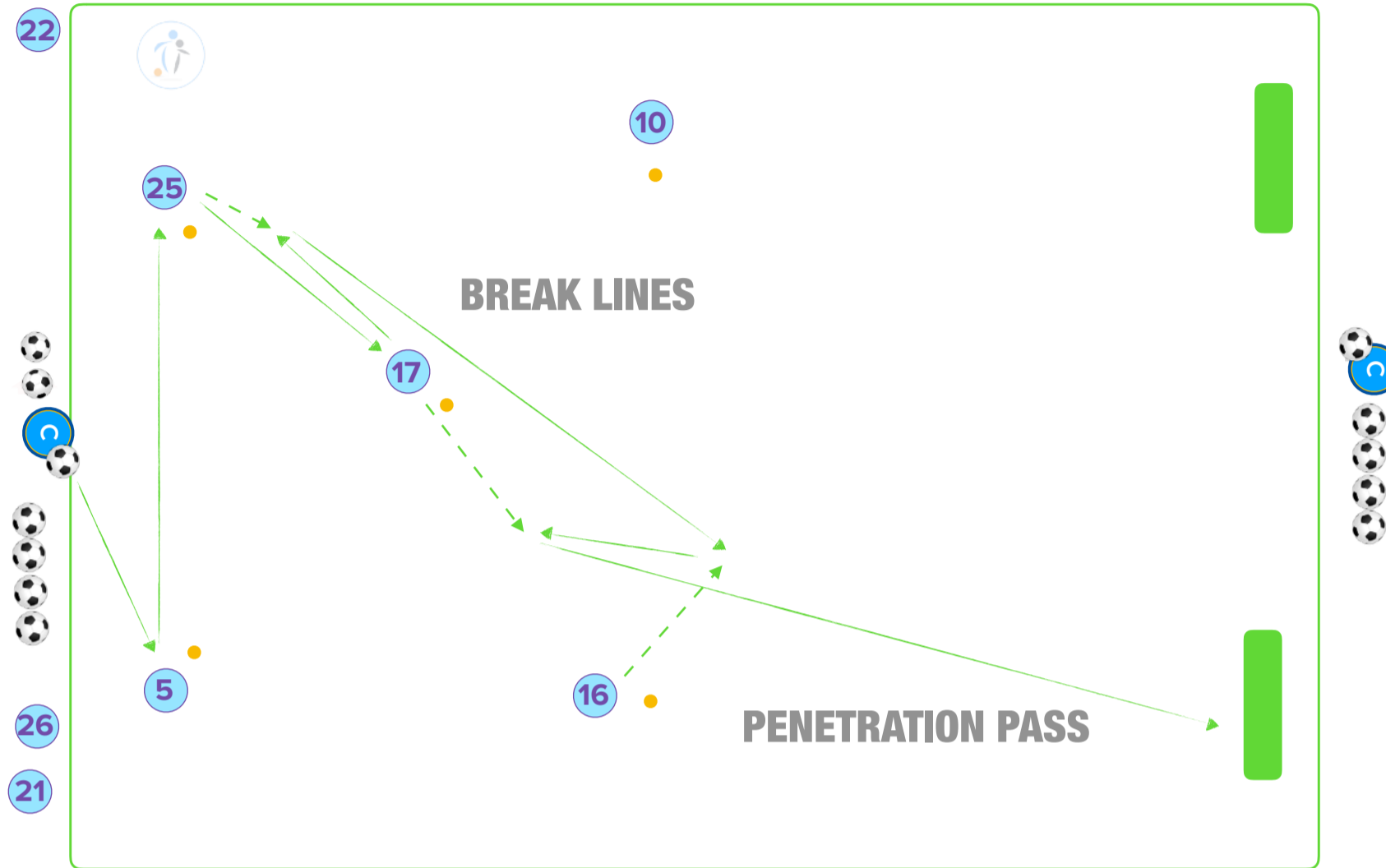
Practice Area

40 x 30 Yds

Number of Players

7-16

Work to Rest



Technical

- Passing quality
- Weight of pass
- Control

Tactical

- Movement away
- Effective support
- Position to penetrate

Physical

- Agility to pull away and move towards pass
- Accels / Decels to support

Psychological / Social

- Communicate to set or receive
- Clear spaces for teammates

Organisation:

Based on a 433, we begin with 2 central defenders and 3 midfielders set up as shown. Pass the ball into a defender who must play a simple 10 yard pass into his defensive partner, who passes into an attacking midfielder to set the CDM who must finish in one of 2 mini goals (replicating a through ball). Players follow their pass for the next sequence, with a pass played to our 2nd defender to restart.

Key Coaching Points

- Movement to and away from passes
- Weight of penetrating pass
- Communication between players to develop understanding movement

Progression 1:

Challenge individuals to play on one touch as they start to get success. Introduce individual challenges, such as playing each pass on a different foot, or developing their own combinations.

Coach Questions / Challenge

- Can you play one touch around the corner?
- Where do your teammates want the ball?
- Can you add disguise on your penetration passes?

Unit Relationships / Other Detail

This example can be worked in a 433, with centre backs and the midfield 3 connecting to split the midfield line. Our main focus on how our CDM and CM players can play through balls to what would be forward runners.

Additional / Supportive information

Ensure you have a good supply of balls and the rotation of players between each set, allows each player to play in each position. If you have more than 12 players, set up 2 playing areas.

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

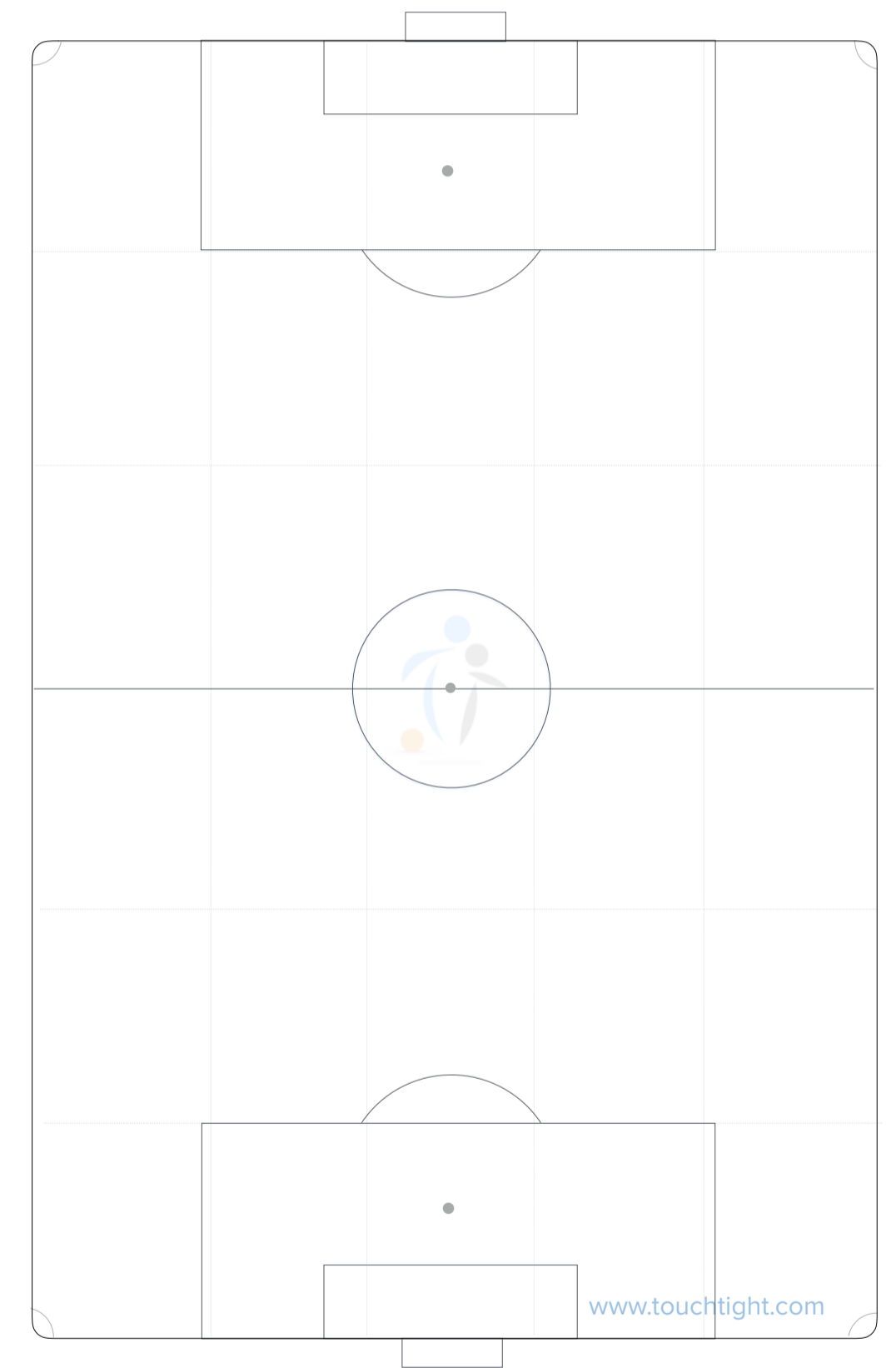
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



BIG GAME QUESTION

How will we apply this session to a game situation?

