



THEME 04:

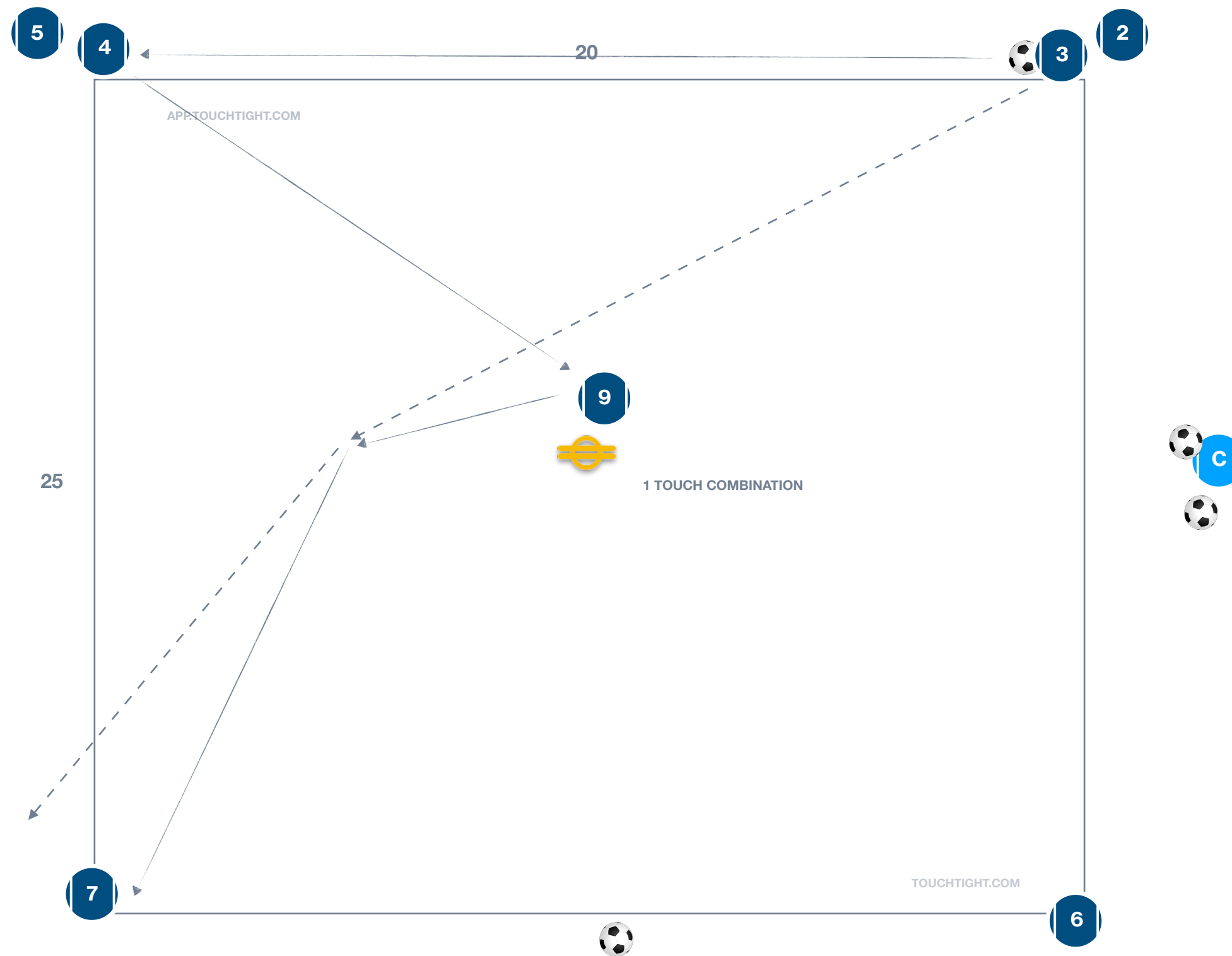
INTERCHANGING POSITIONS

PRACTICE 3: TECHNICAL PASSING

AGE GROUP: 13+



Title	Date	Start Time	Duration	No. of Players	Area Size



ORGANISATION:

This practice develops passing and movement with quick, short sharp combinations in tight spaces off the striker. With players in each corner of the square, player 1 plays a square pass to player 2, who then passes into the striker to set player 1 who crosses over with player 2. Once connected, a pass is played through to the opposite pair who will repeat the sequence in the opposite direction.

Think about further progressions including a 1-2 in the corners, around the corner passes and much more.

KEY COACHING POINTS:

Timing of movement to meet set from striker

Weight of pass into striker

Control to set oncoming support players

Intelligence to pick up sequence and adapt with progressions

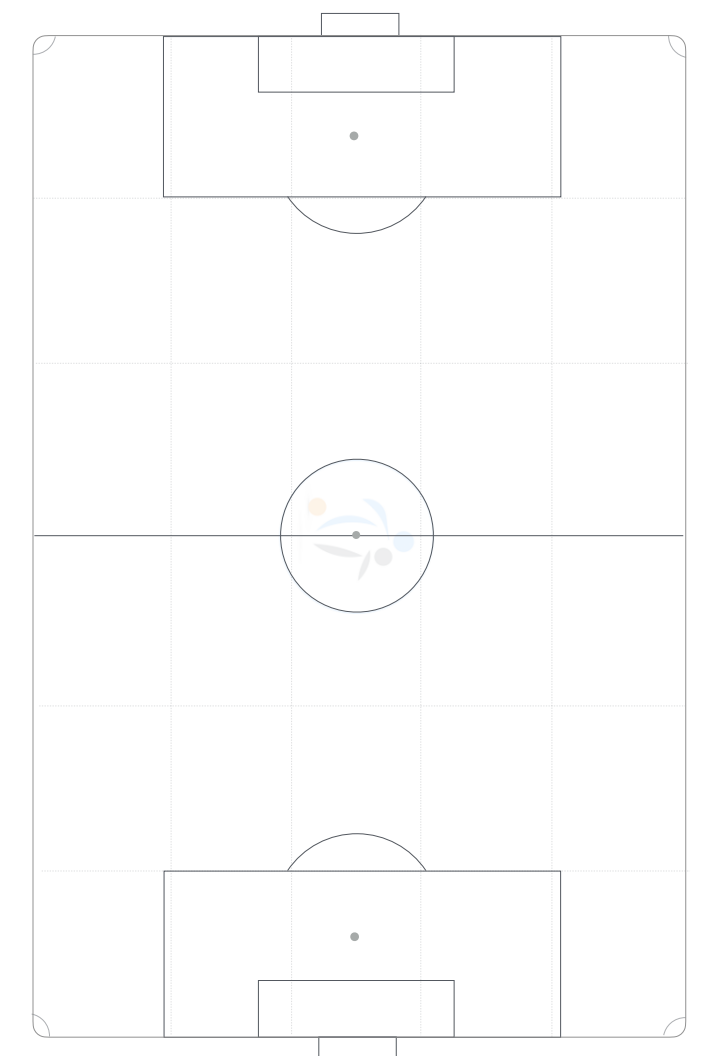
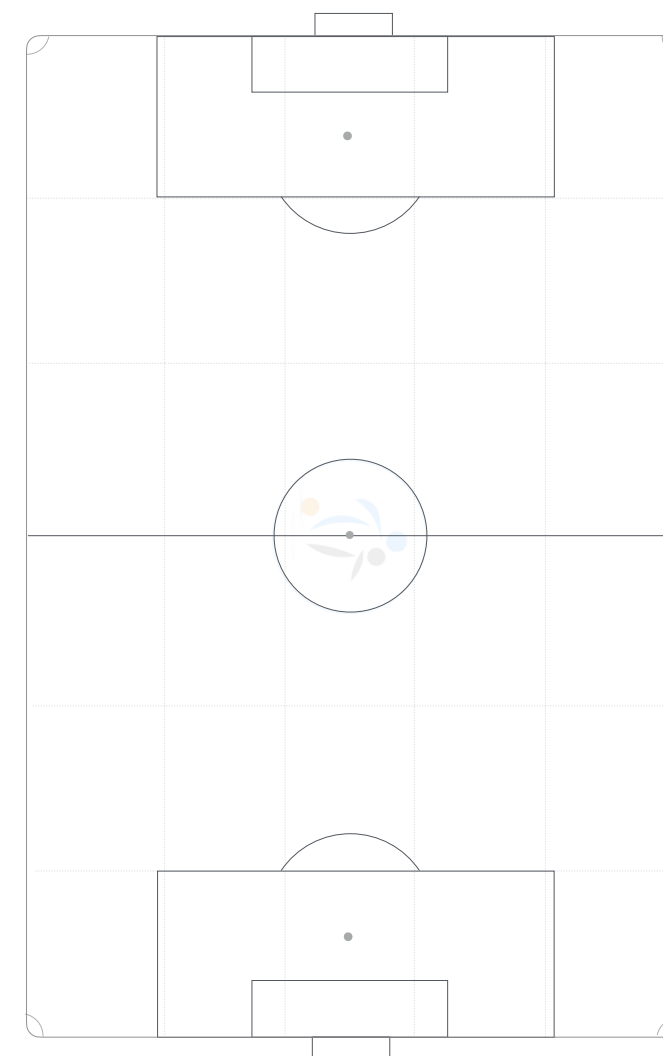
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



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

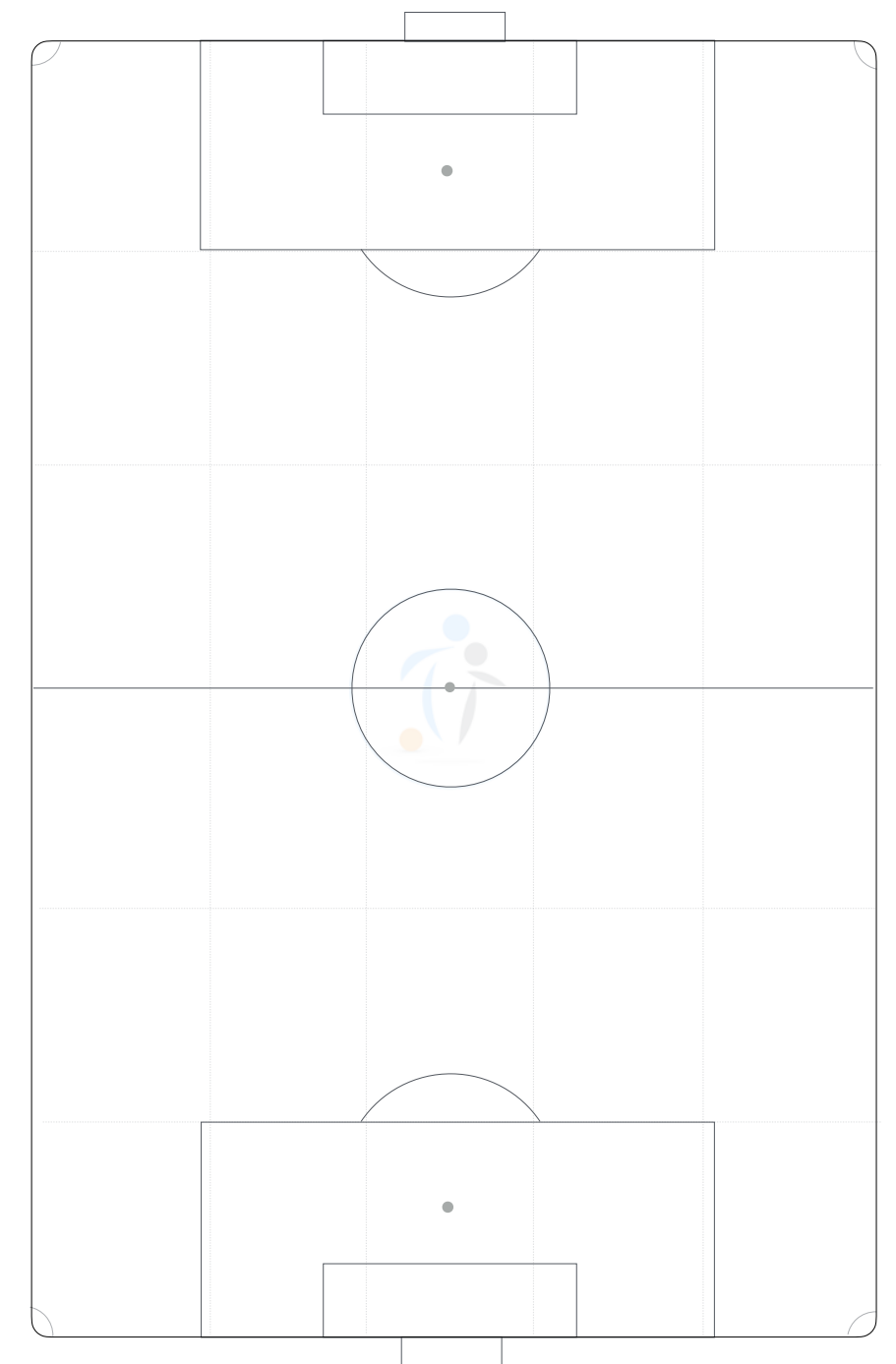
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

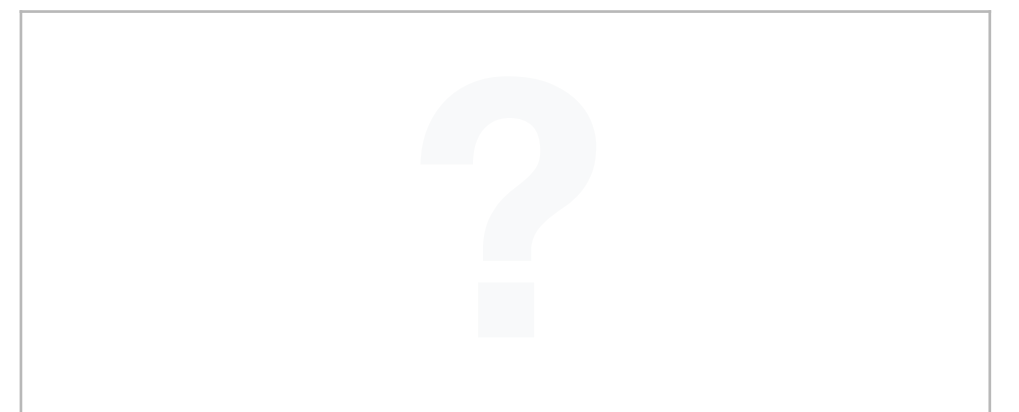
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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