

DONATED BY
DURHAM COUNTY FA COACHES ASSOCIATION

| | |
|--------------------------|-----------------------------------|
| Name of Coach: | David Cleary / Arthur Philliskirk |
| Topic of Session: | Passing and Support |

| | |
|-------------------|----------------|
| Path of Ball | Path of Player |
| R - Red Player | O - Ball |
| B - Blue Player | |
| Y - Yellow Player | |

1. Organisation

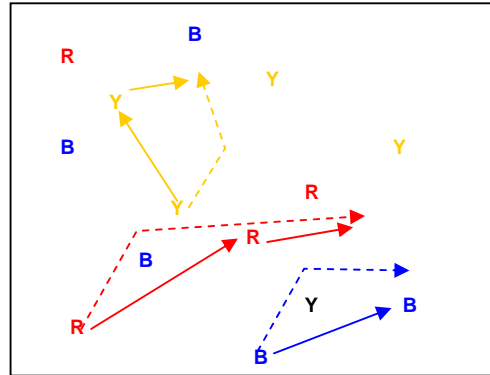
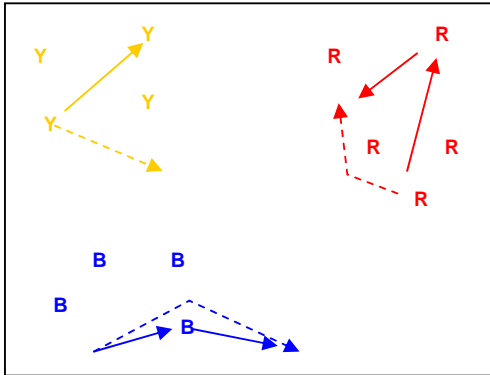
Set Up
 60 x 40
 1 Ball per group

2. Progression

Progress to groups moving around area, look to play in/around other players

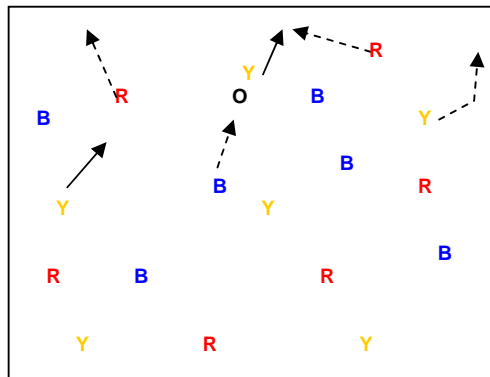
Coaching Points

- Create Space:
- o Receiving Ball on Furthest Foot
 - o Open Body
- Types of Run:
- o 1 - 2's
 - o Over Laps



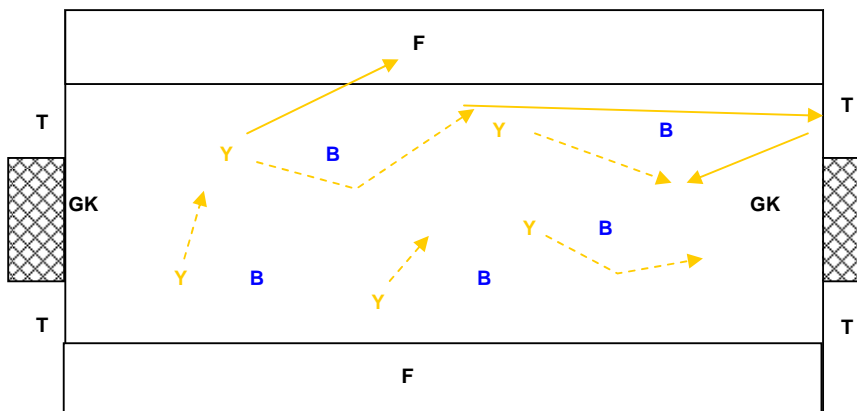
3. Colour Team Possession (Keep Ball)

- Whichever team gives ball away, become defenders.
- o Create Space – team, individuals, type of runs
 - o Selection of pass



Set Up

- o 60 x 40
- o 5 v 5 / 6 v 6 and GK's
- o Target Players limited to two touches
- o Goal can only be scored after receiving pass back from target player



Progress to

- o Target players restricted to 1 touch
- o 'Finish in the air' – volley or header

Coaching Points

- o Create Space
- o Early Forward Passing
- o Support e.g. Floaters
- o End Product