



**SESSION PLAN**

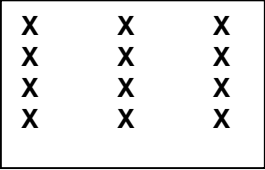
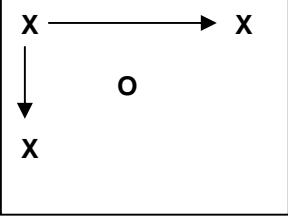
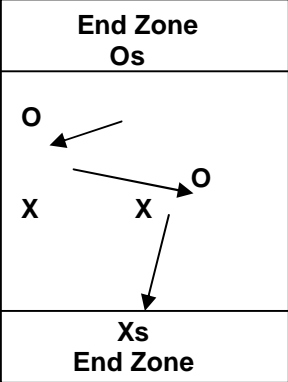
**Session Title**

**U 7 Short Passing**

**Objectives**

**To Pass Accurately Using Correct Technique**

**To Time The Pass Depending On Position of Defender**

| PHASE & ACTIVITY  | DIAGRAM  | TIME | COACHING POINTS   |
|---|--|------|---|
| <p><b>1. Warm up</b></p> <p>Ball each dribbling around the area. Use a range of commands to practice ball mastery. e.g. stop, go, change speed/direction, left / right foot dribbling.<br/><b>Elite Feet Move: Stepper</b></p> <p><b>2. Pass and move: 3 v 1</b></p> <p>3 X's keep ball away from O by passing and moving. 1<sup>st</sup> pass is free. Can condition the defender to 2 foot jumping as opposed to running<br/>4 passes = 1 goal<br/>Defender steals and dribble out of area = 1 goal<br/>Rotate after 3 minutes</p> <p><b>3. Conditioned Scrimmage 3 v 1 or 2 v 2 (+2 support players in End Zone)</b></p> <p>Score by passing into opposite End Zone to the support player. He / she then passes in to open team mate. Only the support player is allowed in End Zone.<br/><b>Variation:</b> On receiving a 'scoring' pass the endzone player dribbles into play and one of his players drops to the endzone.<br/><b>Progression:</b> Pass back and switch with End zone player (who has more space and better vision)</p> <ul style="list-style-type: none"> <li>• On pass back any player can switch</li> <li>▪ Must make 3 passes before scoring</li> <li>▪ 3 touches only</li> </ul> <p><b>4. 'Coached' 4 v 4 Scrimmage</b></p> |    |      | <p>Head up<br/>Close control<br/>Laces: Bend knee with toes pointing up<br/>Cushion the ball</p> <p><b>On toes to receive the ball!</b><br/>Point non contact foot towards target</p> <p>Strike ball with inside of foot ankle locked and knee bent</p> <p>Step into ball</p> <p>Follow through the pass<br/>Weight over ball<br/>Look before passing</p> <p><b>Weight of the pass</b></p> <p>Timing of the pass<br/>Angle and distance of support<br/>Communication</p> <p>Pass back under pressure<br/>Ball should be played in quickly from the EndZone players.</p> <p>Quick movement to find space</p> |