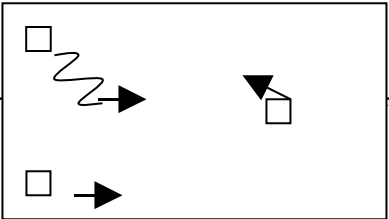
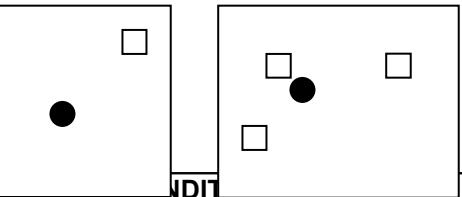
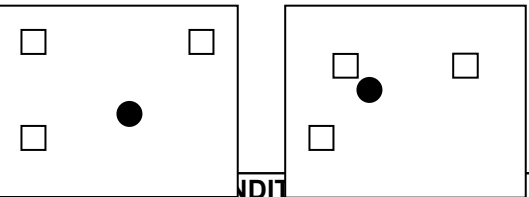
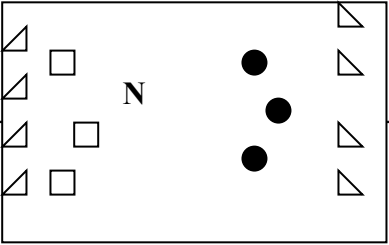




Name: Tony Marino Topic: Passing – movement without the ball

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Groups of three in a 15-x-12 yard area – passing and moving</li> <li>Emphasis on players without the ball looking for space to receive the ball in.</li> <li>Players w/o ball should move so player w/ball can see them.</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Player receiving should open hips up to the field to see other 2 players</li> <li>As ball is rolling between players, all should be talking. “turn” “here” “pass”</li> <li>If player is open, and he/she wants it, demand it! “Ball!”</li> </ul>
	<ul style="list-style-type: none"> <li>3v1 in a 15x15 area (smaller for older ages)</li> <li>3 players try to play keep away</li> <li>If defender touches the ball he/she is no longer in the middle</li> </ul> <p><b>Progressions: 1. The defender MUST WIN the ball to get out of the middle. 2. If outside players complete 10 passes defender is in for another turn.</b></p>	<ul style="list-style-type: none"> <li>Head up to read game</li> <li>2 players w/o ball should be in adjacent corners to support</li> <li>As defender gets closer, so should supporting players</li> <li>Support stays wide to create clear passing lanes away from defender</li> </ul>
 <p>If defender keeps distance, so does support</p> <p>Tight defending, close support</p>	<ul style="list-style-type: none"> <li>Play 3v3 + 1 in a 15-x-25 yard area</li> <li>Players score by passing through either of the two goals on the endlines</li> <li>Keep score!</li> </ul>	<ul style="list-style-type: none"> <li>Do not stand in someone’s passing lane, or route to a goal.</li> <li>Always be looking around to see options</li> <li>Pace of pass matches situation:            Long Distance = Hard pass            Short Distance = Short pass</li> <li>Keep ball very close to foot in traffic</li> <li>Keep ball on foot farthest from defender</li> </ul>
 <p>4v4</p>	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with player’s ability to move without the ball in order to provide support to the player with the ball</li> </ul>

