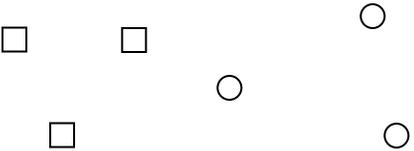
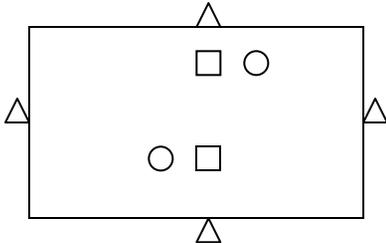
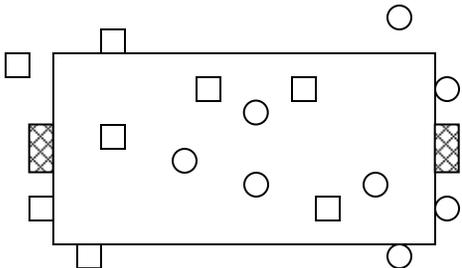
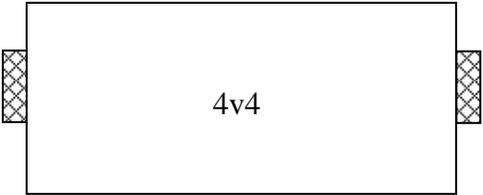




Name: Matt Callahan

Topic: Passing – Combination play

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Ball between three players – moving and passing Emphasis on creative combinations <p>Progressions: Specify what surface must be used to pass the ball. Limit touches. Have them do different combinations (wall pass, overlap, take over, double pass).</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy Follow through in direction of target Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 2v2 in a 20-x-15 yard grid with four neutral players Teams try to score points by reaching a predetermined number of passes Whichever team scores more points in a minute wins Active players and neutrals switch roles after a minute <p>Progressions: Teams get a point for completing a wall pass.</p>	<ul style="list-style-type: none"> Good technique Good pace Accurate passes Run initiates the pass
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 5v5 (four field players and a GK) in a 36-x-44 yard area Both teams have four extra players on their offensive third of the field Every five minutes the outside and inside players switch positions Goals count double when they are scored after a combination with one of the outside players <p>Progressions: Have the outside people leave and play 4v4. The inside people should continue to play 4v4.</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace Timing of run – only when 1st attacker has ball under control and is ready to pass Timing of pass – played when teammate is ready to receive it Disguise of pass – no telegraphing Angled passes – not easily intercepted
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 with no restrictions on players Teams score by shooting into goals 	<ul style="list-style-type: none"> Observe to see if session has improved passing ability