

## Session Summary

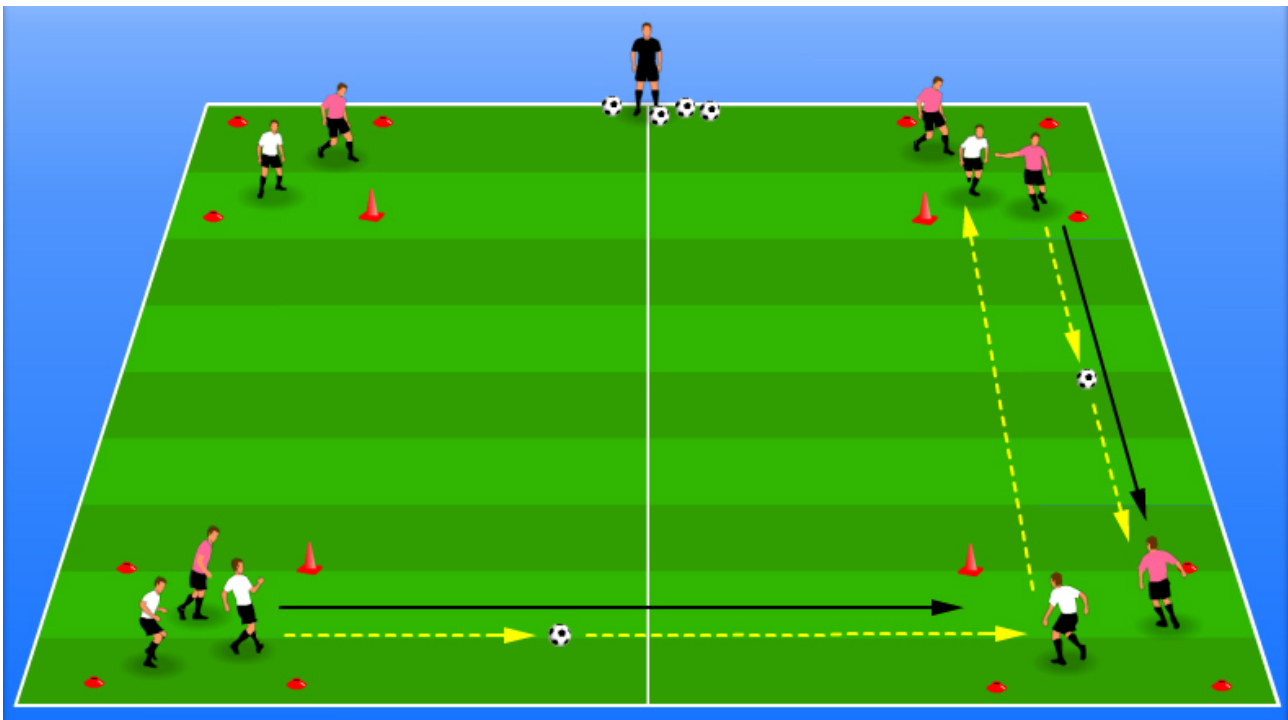
<b>Session:</b>	<b>PASS AND MOVE SQUARE PRACTICE</b>		
<b>Date:</b>	-	<b>Coach:</b>	Ian Knapp (ianknappuk@googlemail.com)
<b>Duration:</b>	15 - 20 mins	<b>Equipment:</b>	Balls, bibs, cones
<b>#Players:</b>	10	<b>Age Group:</b>	U7 - U17

## Introduction

This square practice is great as it can be made really really simple for younger or less able players, with a whole host of extra complexities added in once your players can handle it.

## Setup

- A large square (side dependent on age / ability - players need to be able to pass the length of one side of the square).
- 4 smaller squares marked off in the outside corners of the larger square.
- Split the players into 2 groups of 5, with different coloured bibs for each. Each corner of the square has one player of each colour, but in 2 opposite corners, you add one extra player so one corner has 2 whites and one pink, with the opposite corner having 2 pinks and one white (see diagram below).
- One ball per team (starts with one of the players in a corner where their team is doubled up)
- Coach with more footballs to the side.



## Rules

- Each teams begins play from whichever corner has 2 of their players in.
- Teams pass round the edge of the square, to whichever team mate is in the next corner. One team goes clockwise, the other goes anticlockwise.
- Once a player has passed the ball to their team mate, they follow their pass and take up a position in the next corner.
- This should mean one player from each team is constantly moving, to take up a free space where they just passed the ball to.
- If a ball flies off somewhere, the coach fires a new one in to whichever corner has two players in so we can continue.
- Players must be aware of the other team passing in the opposite direction and try to avoid colliding with each other.

### Progressions & Variations

- If it is too difficult, create 2 squares and have each team working on a separate square, so they don't get in each other's way. For younger players, this might be a good way to start in fact.
- Make the square smaller or larger, depending on whether you want to practice long or short range passing.
- Turn the square into a rectangle to allow both long and short range passing practice in the same exercise.
- If you have more or less players, double up in some other corners and have the players take turns being the active player.
- Introduce a central player to bounce the ball off (see the "Pass and Move Square 2" exercise for an example of this).

## 5 Key Coaching Points / Challenges

- Can you receive the ball on your back foot, with your body shape such that you can see both the player passing to you and the player you are about to pass to?
- Weight, type and accuracy of pass. Where does the receiving player want the ball and with what power do they want it? Not behind them, not too high, too hard or too soft.
- First touch - where is your first touch taking the ball so that you can play the next pass effectively.
- Communication - verbal and pointing to show where you want the ball.
- Awareness - play with your head up - know where your team mates and the other team are at all times. If you don't do this, you will collide with people / balls will collide with each other.

## Key Coaching Points (FA's 4 Corners)

### Technical

- **Body shape** - receive across your body onto your back foot to give yourself the best chance of playing the next pass quickly.
- Passing to the **correct foot** of the receiving player.
- **Weight** and **type** of pass
- **First touch** - take the ball where you want it to go so you can make the next pass.
- Play with your **head up** - know where your team mates / the other team are at all times.

### Physical

- **Speed of play** (quick is usually better, but if no option, hold the ball up and then play)
- **Body shape**
- **Agility** to reach the ball, control it and pass it on.

### Psychological

- **Communication**
- **Thinking ahead** - decide what you're going to do next BEFORE the ball has arrived with you
- **Decision making** - what type of pass.
- **Awareness** - being mentally alert to pass and then move quickly on to the next corner.
- **Awareness** of where everyone is on the pitch (your team mates and the other team)

### Social

- Working as a **team**
- **Encouraging** others and not being negative
- **Communication**
- Have **fun!**