

Session Summary

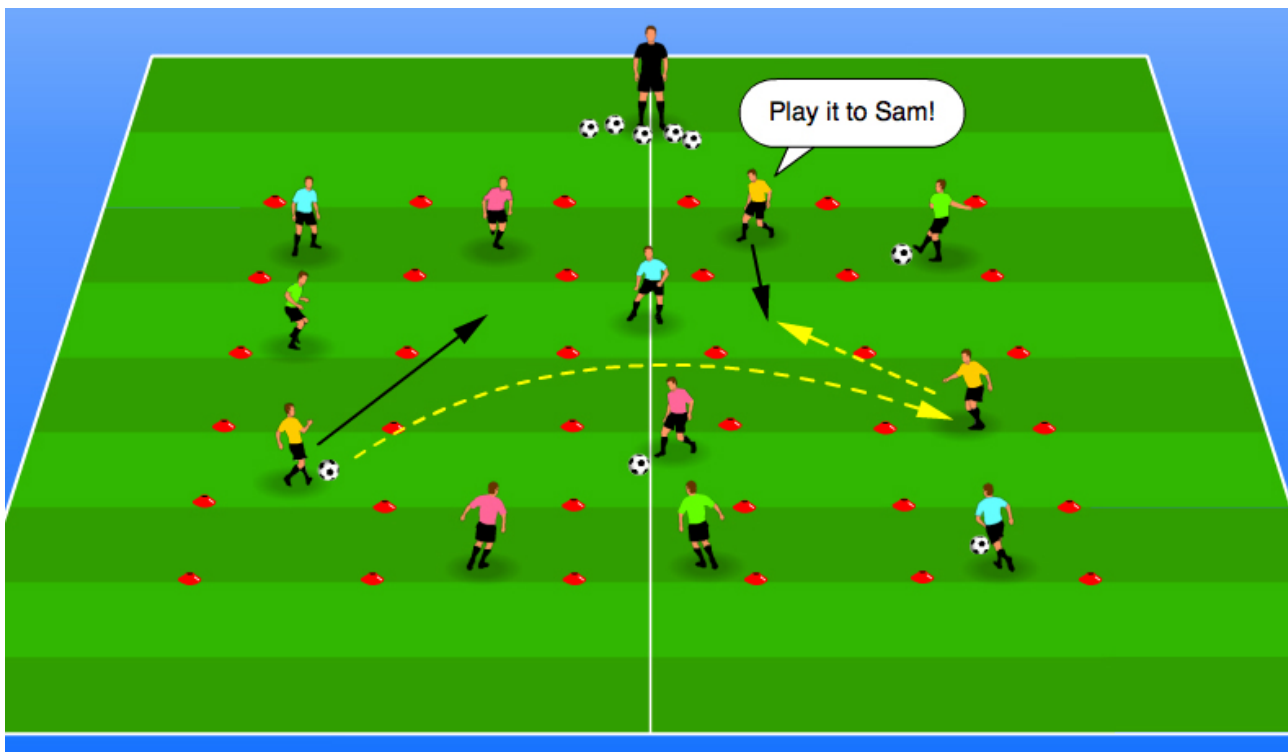
Session:	PASS AND MOVE GRID		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	15 - 20 mins	Equipment:	Balls, 4 colours of bib, cones
#Players:	Any	Age Group:	U8 - U17

Introduction

This is a grid practice that focuses on movement off the ball, different types of pass, communication and linking up with other players in a way that mirrors what they might experience in a match. It makes for a great warm up at the start of a session based around any passing topic, switching play etc.

Setup

- A coned grid of 8 x 8 yard squares. Size of grid dependent on number of players.
- Teams of 3 or 4 players, each team in different coloured bibs. One ball per team.
- Each player in each team given a number from 1 to 3 or 4, depending on how many in the team.
- Coach with more footballs to the side.



Rules

- Each group of 3 players moves around the grid and passes the ball between them in a particular order. 1 plays it to 2, 2 plays it to 3 and so on until back to 1 again.
- Players **MUST** move to a new, empty square as soon as they've played a pass.
- Encourage players to use the full grid and not to just stay in small areas. We want a variety of passes - long, short, aerial, on the floor, driven, outside of foot, curled with the instep etc...

Progressions & Variations

- Give each number player a specific type of pass to try. This can be specific to what that player needs to work on most, so all the 1s have to play a driven pass, all the 2s an aerial pass and so on.
- Remove the numbered order and allow players to pass to anyone on their team with any type of pass.
- Have the players try to create game-realistic situations, perhaps a long ball across the grid from central midfielder to winger, the the winger then looking to lay off to the full back, who plays a driven pass in to the striker. Lots of similar examples - get the players thinking about how a passing sequence might look in a game.
- Give one group the job of being defenders who try to win the balls off the other groups. If they win a ball they can either then move on, or they can become a passing group, whilst the group who just lost the ball become defenders. This can be introduced without telling the other groups you're doing it, so they have to figure out for themselves why players are suddenly stealing their footballs - interesting to see who is switched on.

5 Key Coaching Points / Challenges

- Weight, choice (type) and direction of pass - can you pick the best pass in any given situation and give the receiving player the best chance of being able to play their next pass quickly?
- Body shape when receiving / first touch. Can you take the ball where you want it so you can play your next pass effectively. Use feet, chest, thigh to control the ball.
- Movement - after you've played the ball, can you move into a new square in the grid to be an option?
- Communication - tell the player on the ball what to do with it (verbal or pointing).
- Awareness - play with your head up - know where your team mates / opponents are.

Key Coaching Points (FA's 4 Corners)

Technical

- **Body shape** - receive on the half turn / across your body to play forwards.
- **First touch** - where do you want to take the ball to play an effective pass?
- Passing to the **correct foot** of the receiving player.
- **Weight and type** of pass (aerial, driven, lofted, cushioned etc.)
- **Controlling the ball** - with left or right foot, chest, thigh...
- **Movement** off the ball
- Play with your **head up** - know where your team mates / opponents are at all times.

Psychological

- **Communication** (tell the player on the ball what to do with it)
- **Thinking ahead** - decide what you're going to do next **BEFORE** the ball has arrived with you
- **Reading cues** - what is the movement or body shape of your team mates telling you is going to happen next?
- **Decision making** - what type of pass, who to pass to if progressed to more players / optional long passes.
- **Deciding** to hold the ball up and wait to pass if no pass is on because opponents are in the way.
- **Awareness** - being mentally alert to where the other players are.
- For the defenders, **communicating** as a team to win the ball back.

Physical

- **Speed** of play (first time pass if it's on or do you need to take a touch or hold the ball up if no options?)
- **Body shape**
- Strength - if defenders introduced then holding them off and **shielding** the ball.

Social

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