

Session Summary

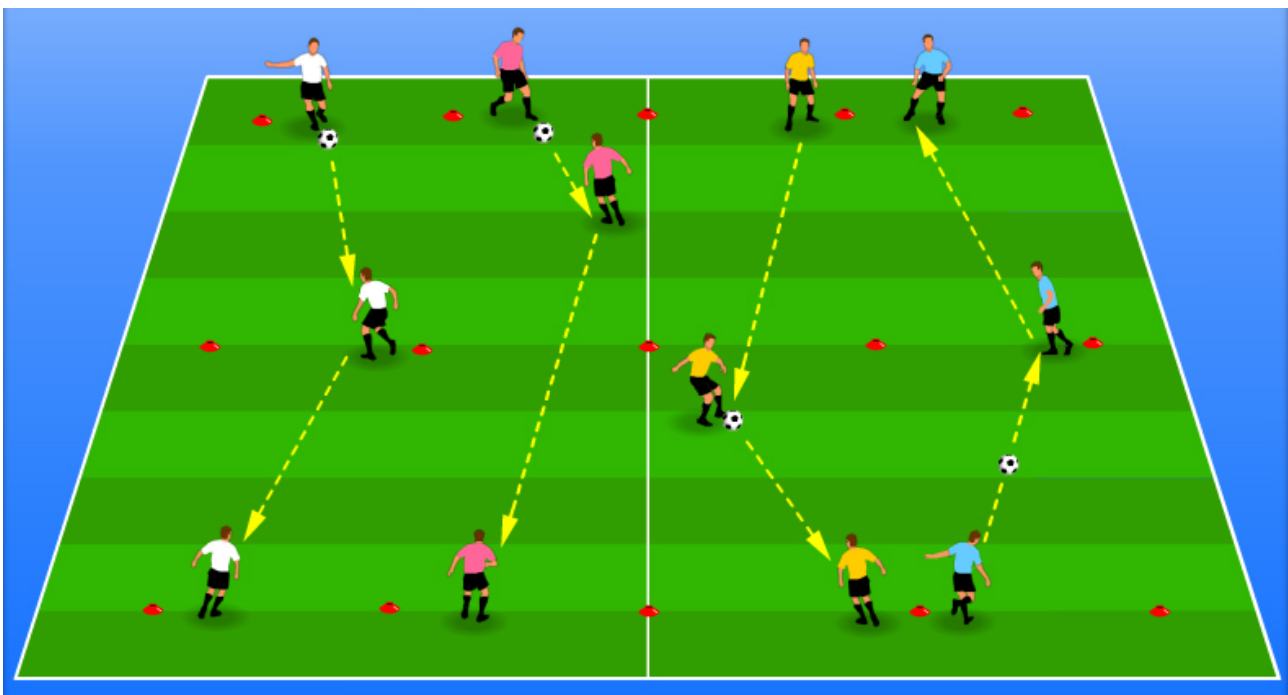
Session:	PASSING WARM UP		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	15 - 30 mins	Equipment:	Balls, 4 colours of bib, 15 cones
#Players:	Any	Age Group:	U7 - U14

Introduction

This passing warm up starts simple, for younger / less experienced players but can be expanded upon to include a wide range of coaching points around link up play, providing an angle for a pass, different types of pass (short and long range), communication and movement off the ball. By adding defenders we create pressure for the players and make the practice more game-relevant.

Setup

- Several 25 x 10 yard rectangles marked out with cones. Enough rectangles for 3 players per rectangle, so 12 players = 4 rectangles etc.
- Each rectangle has one player at each end and one central player.
- One ball between 3 in each rectangle.
- Coach with more footballs to the side.



Rules

- Each group of 3 players passes the ball from one end of the rectangle to the other, always going through the middle player (to start with).
- End players stay at each end of the rectangle and the central player roams anywhere they like within their rectangle to be a good passing option.
- Coach plays a new ball in if existing ball flies off a long way, so as to keep things moving.
- Rotate player roles regularly so all get a turn being the central player.

Progressions & Variations

- Responding to cues - end players can choose to do a turn or a trick before playing their pass back in to the central player. This is a sign for the other end player and the central player to switch roles.
- Play in one or two touch.
- Encourage using both feet or insist on use of a particular foot (different for different players)
- Allow end players to go long and pass to the other end player sometimes (mix it up)
- Have 4 players per rectangle with 2 central players who can combine (bounce pass, one-two etc.) before playing to the other end.
- Introduce one or two defenders whose job it is to try and win the ball from any of the groups.
- Allow players to move up and down the area and not be locked in their rectangles = traffic of other players / more awareness required to know where your team mates are.

5 Key Coaching Points / Challenges

- Body shape of central player - can they open up their body and receive the ball on their back foot to play forwards? Can their body shape allow them to see both of the end players?
- Weight and direction of pass - can the pass give the receiving player the best chance of being able to play their next pass quickly?
- Movement of central player - after they have played the ball, can they move into a new space to receive the next pass? Mix it up - go long, come short, but always being on the half turn to play forwards.
- Communication - tell the player passing to you where you want the ball (can be verbal or by pointing).
- Play with your head up - know where your team mates are at all times.

Key Coaching Points (FA's 4 Corners)

Technical

- **Body shape** of central player - receive **on the half turn** / across your body to play forwards.
- Passing to the **correct foot** of the receiving player.
- **Weight** and **type** of pass (aerial, driven, lofted, cushioned etc.)
- **First touch** - take the ball where you want it to go so you can make the next pass. Might be controlling with left or right foot, chest, thigh...
- **Movement** off the ball
- Play with your **head up** - know where your team mates 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
- Mental **concentration** - if progressing to cues from other players signalling a change of role, be on your toes for this.
- **Decision making** - what type of pass, who to pass to if progressed to more players / optional long passes.

Physical

- **Speed** of play
- **Body shape**
- If defender introduced then holding them off and **shielding** the ball.

Social

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