

Name: Matt Callahan Topic: Short Passing Date:

FUNDAMENTAL – WARM UP	ORGANIZATION Ball between three people – moving and passing Encourage players to increase speed of play towards end of exercise	KEY COACHING POINTS Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy
	Progressions: Specify what surface must be used to pass the ball. Limit touches. Specify type of pass.	 Follow through in direction of target Push pass=less than 25 yards
MATCH RELATED ACTIVITY O A	 Play 3v1 in a 15-x-12 yard area Three attackers start off in area Three defenders stand outside of area Ball is rolled into area, coach starts his watch, 1st defender runs to try to steal ball When defender steals ball he must run back and tag hand of next defender, new ball is served, repeat After all three balls have been stolen, teams switch roles Team that possess' longest wins 	 Good technique Proper accuracy Proper pace
MATCH RELATED ACTIVITY N O O O N	 Play 4v4 plus 2 in a 40-x-20 yard area Neutral players on long sidelines Neutrals only have one or two touches Team that can string together the most consecutive passes in a four-minute time period wins Progressions: Add goals at each end, teams play to goals. The neutral players become goalies. Teams score 2 points for 7 consecutive passes and 1 point for a goal. 	 Good technique Proper accuracy Proper pace
MATCH CONDITION GAME 4v4	 Play 4v4 No restrictions on players 	Observe to see if session has helped with passing ability