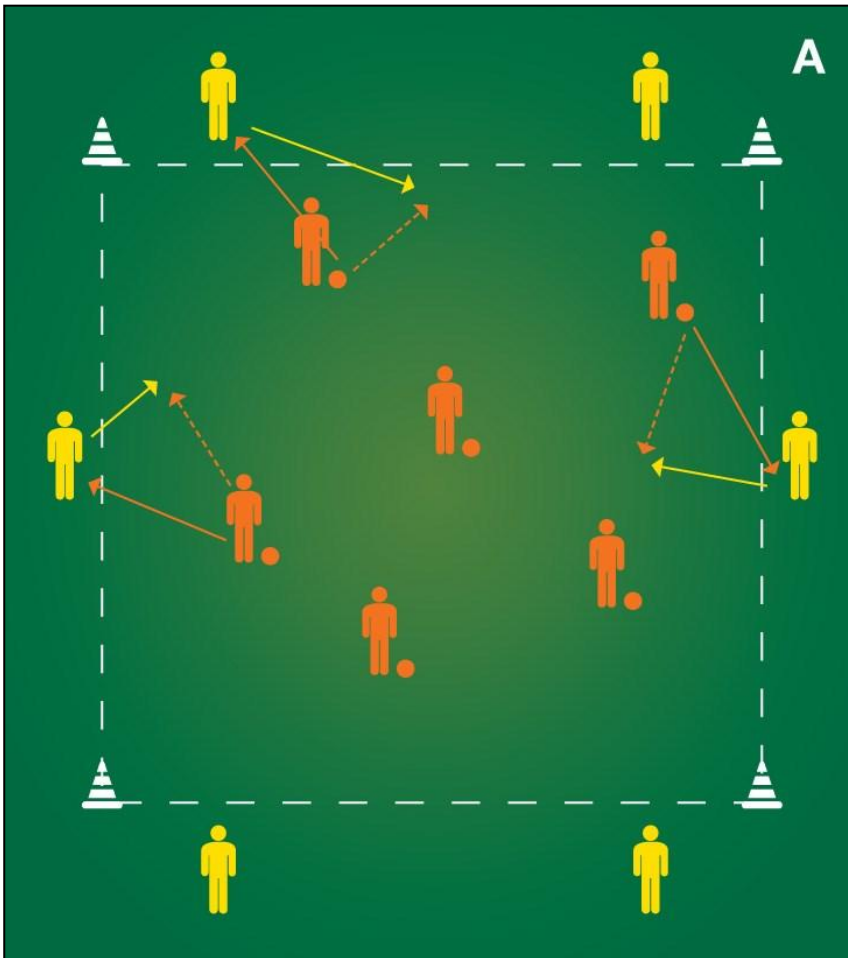


SAP: Striking the ball - Session 1 (short passing)

Skill Introduction (15 – 20 minutes total))

Introduction (5 – 7 minutes)



In a grid of approximately 20m x 20m (dependent on group size) half of the players position themselves outside the grid without a ball and the other half with a ball inside.

The players inside the grid dribble freely until they can pass to a ‘free’ player on the outside who then passes the ball back to the same player (see diagram A).

Change roles every two minutes, players must use left / right foot on coaches call i.e. 2 min left foot only; then 2 min right foot only.

Possible Coaches Remarks

“Only pass the ball when the passing line is ‘open’ and make sure someone else is not passing to that player at the same time”

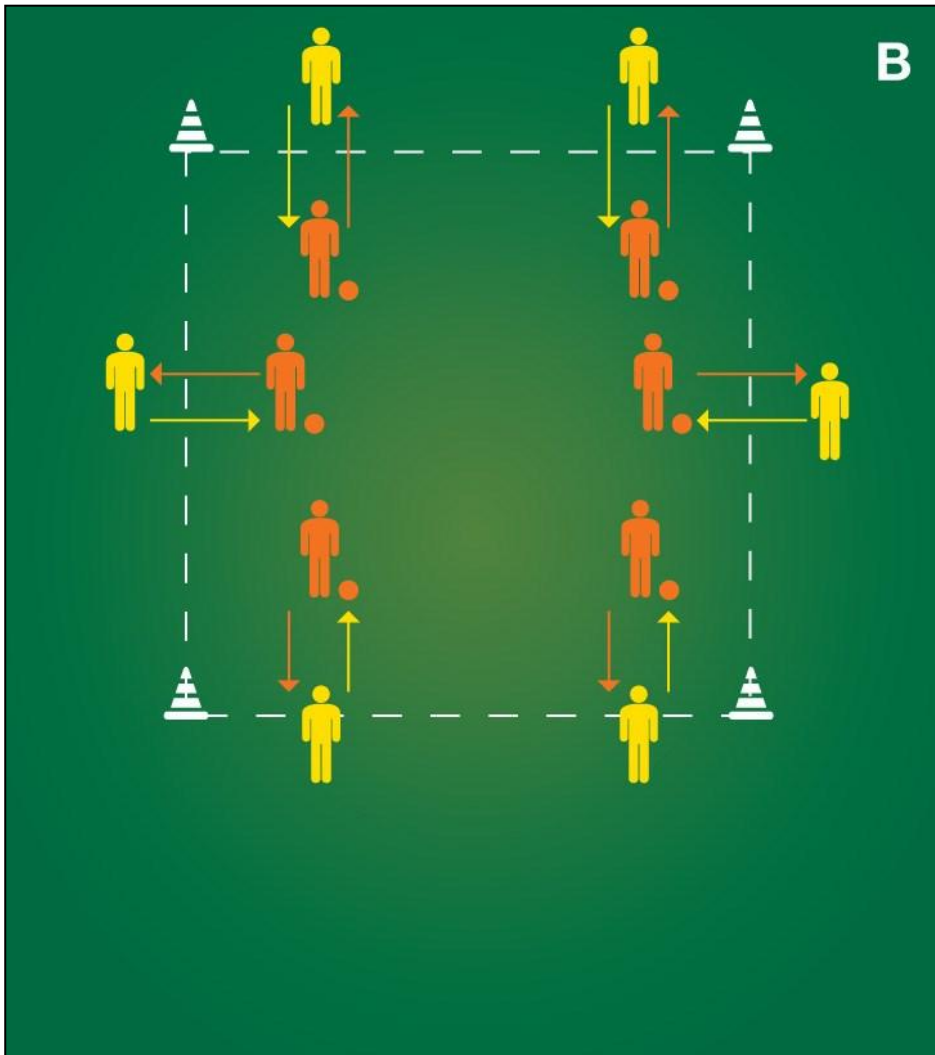
“Pass the ball precise and with the right speed”

“Look where you run when asking for the ball back and make an angle for the return pass

SAP: Striking the ball - Session 1 (short passing)

Skill Introduction (15 – 20 minutes total))

Progression (5 – 7 minutes)



Next the players form pairs with one ball and position themselves at the edge of the grid, 3m on either side of the line (see diagram B)

The players move towards each other while playing one touch passes until they have reduced the distance to 1m-2m. Then they move backwards again continuing to pass until they have reached their starting position

Variations: Right foot only
 Left foot only
 Right-left alternately

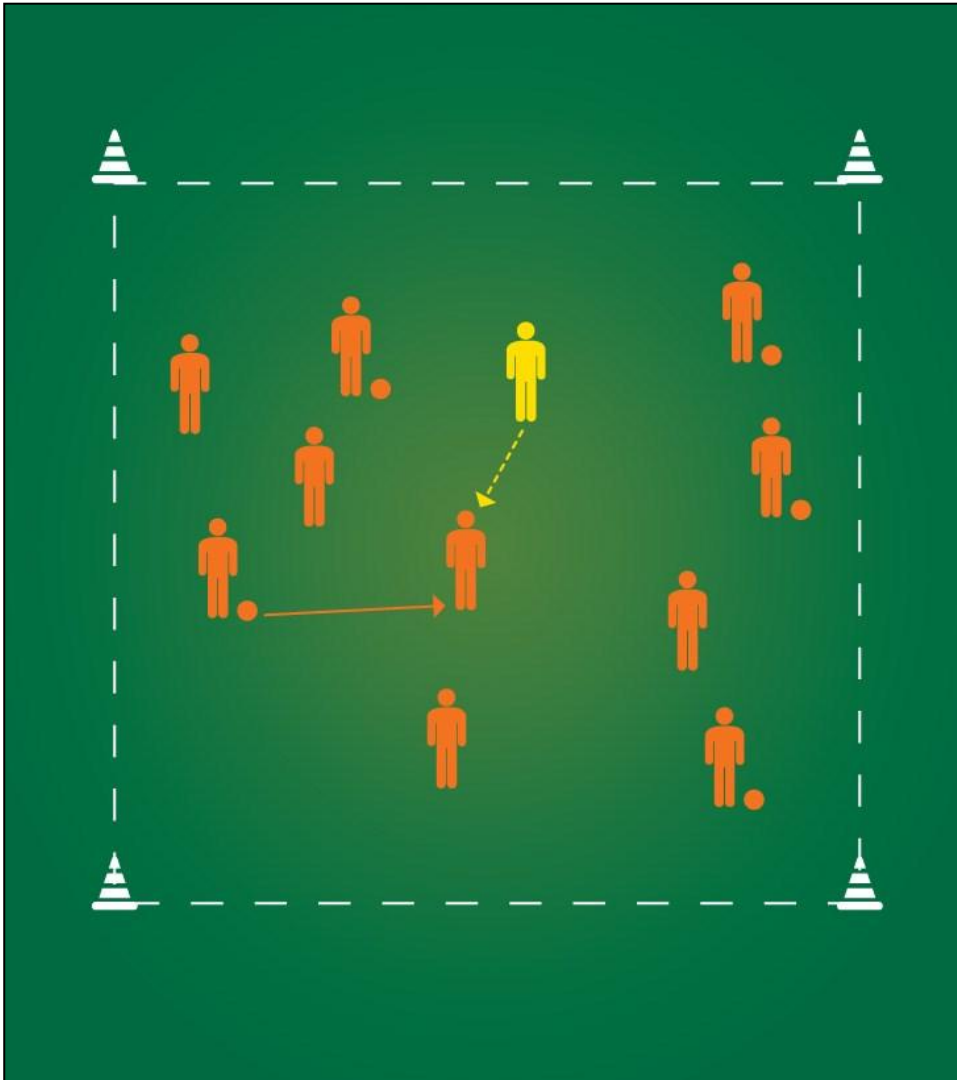
Notes on this Exercise

This exercise challenges the players to work on the ‘weight’ and accuracy of their pass using both feet over varying distances

SAP: Striking the ball - Session 1 (short passing)

Skill Introduction (15 – 20 minutes total))

Concluding Game (5 – 7 minutes)



All players go into the same grid we used for the previous exercises. Half of them have a ball at their feet, the others are without ball

One player is appointed ‘tagger’ and carries a bib in their hand

The tagger can only tag a player without ball. If the tagger succeeds in tagging a player without ball, both swap roles

The players with ball can help their team-mates without ball by passing a ball to them when they are being chased by the tagger

Any balls that roll out of the grid may not be fetched back, so the passes need to be accurate.

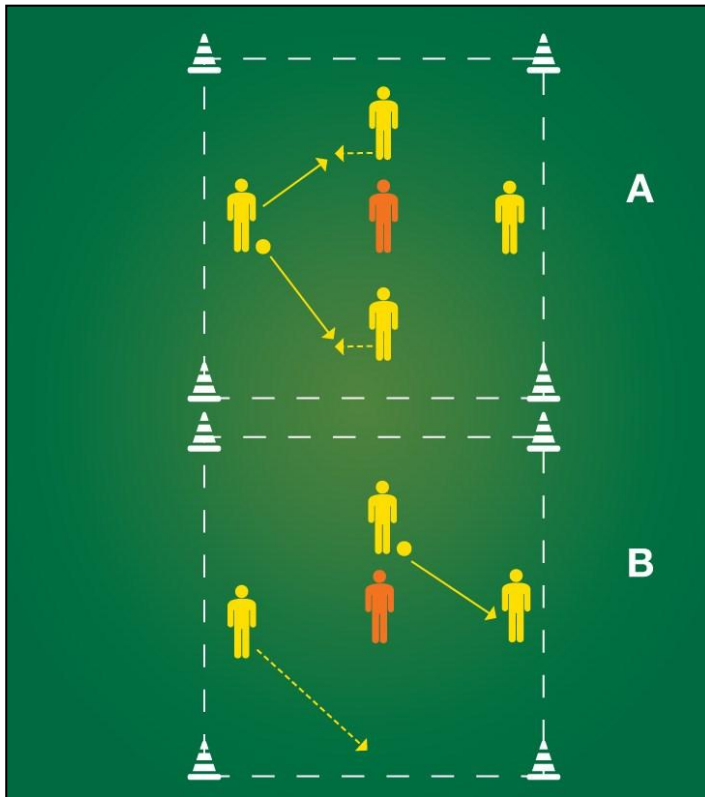
Variations: 2 or more taggers

More (or less) players with a ball

SAP: Striking the ball - Session 1 (short passing)

Skill Training (25 – 30 minutes)

Variation 1: 3 or 4 v 1



Depending on the ability of your players, choose any of the 3 ‘basic’ positioning games i.e. 4 v 1; 3 v 1 and 4 v 2. All have similar objectives but with varying degrees of resistance and complexity.

See diagrams: A. 4 v 1 (grid size 10m x 10m – 15m x 15m)

B. 3 v 1 (depending on the level of the players)

Notes on this exercise

Please note that 3 v 1 asks for a lot of running and is therefore quite exhausting for players this age. Use regular drink breaks to allow for recovery

Possible Coaches Remarks

“The player on the ball must always have a player to their left and right that they can play to”

“But do not stand in the corners, your angle is much smaller if you do that”

With 3 v 1 this means that “you have to move each time the ball moves” (see diagram B)

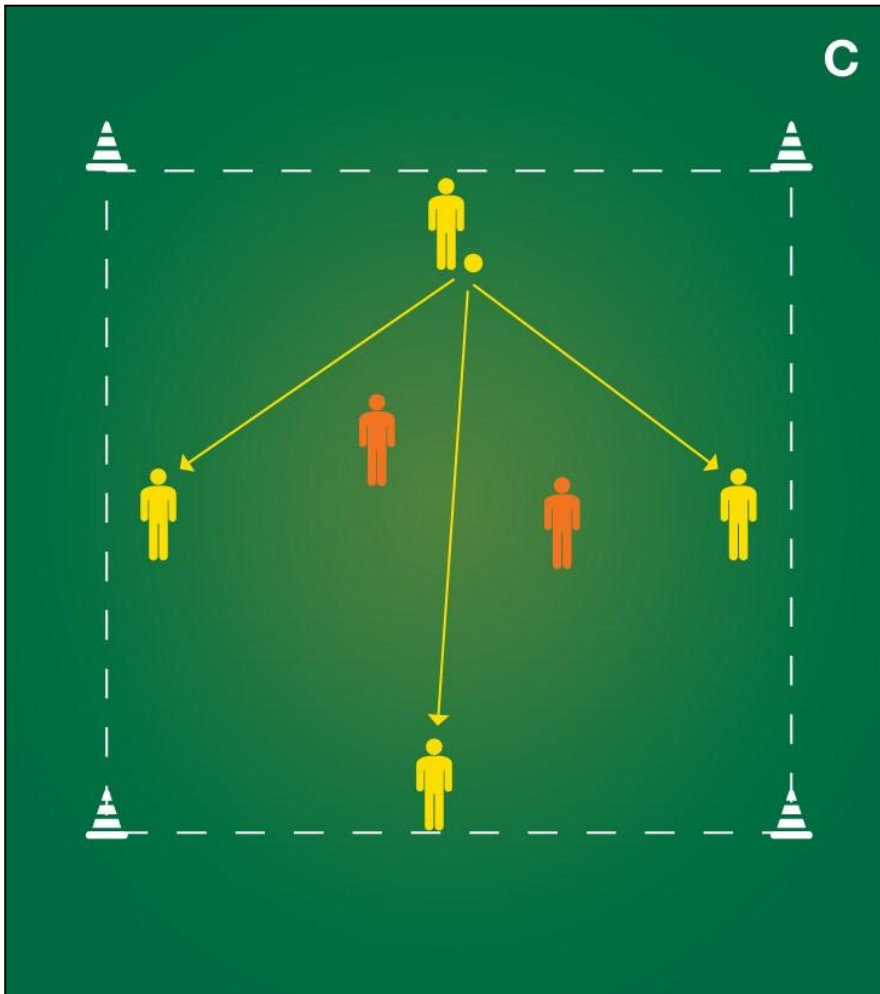
“Position yourself in a way that you can see the whole grid” (“with your back to the line”)

“Play the ball to the proper foot of your team-mate (i.e. away from the defender) and with the proper speed and precision”

SAP: Striking the ball - Session 1 (short passing)

Skill Training (25 – 30 minutes)

Variation 2: 4 v 2



4 v 2 grid size 12m x 12m – 15m x 15m depending on level of players

Step up

Make the grid smaller

Step down

Make the grid bigger

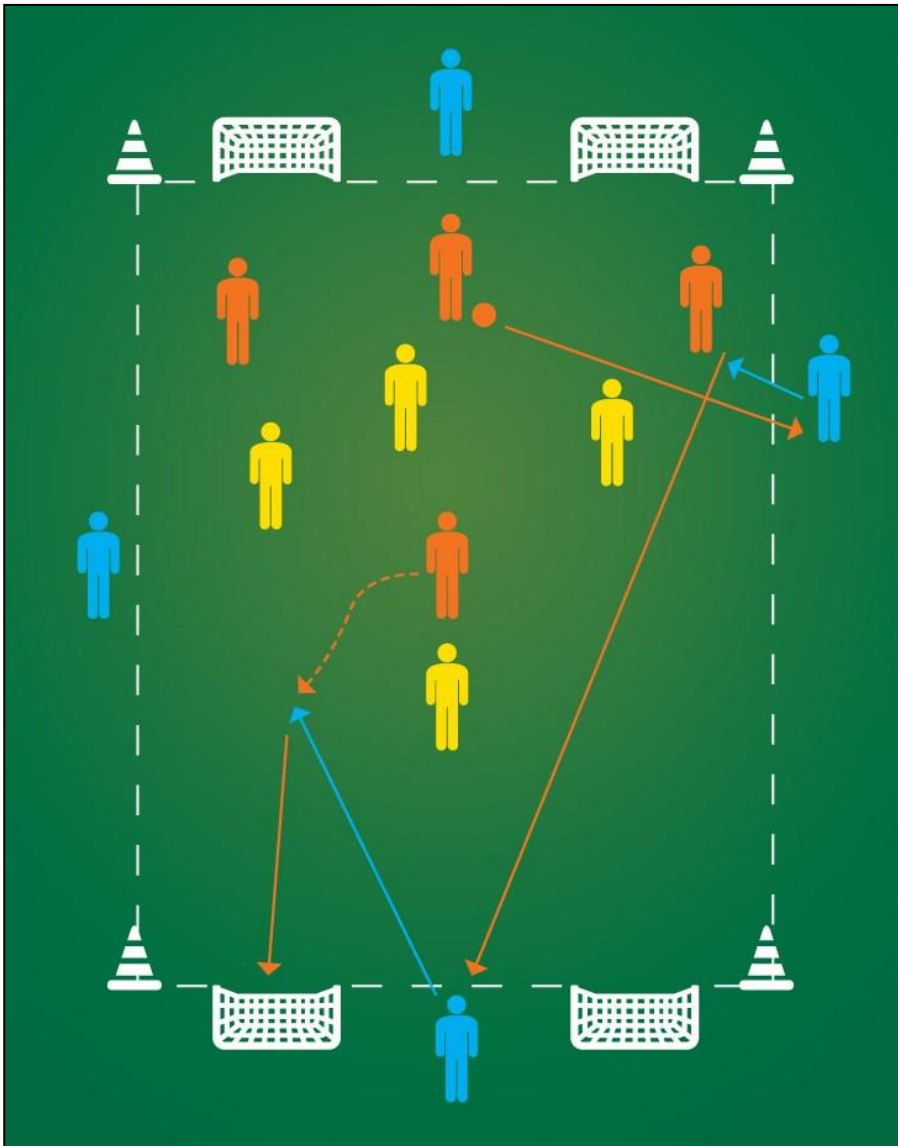
Possible Coaches Remarks

“Now the player on the ball must always have a player to their left, right and in between that they can pass to”

“Especially look to pass through the 2 defenders, that’s the most important pass! We call that the killer pass

SAP: Striking the ball - Session 1 (short passing)

Skill Game (20 – 25 minutes)



4 v 4 with 4 neutral players (walls) on a pitch of approximately 20m x 30m

4 small goals placed as shown (2m wide)

The team in possession of the ball can use the wall players (8 v 4)

Rotate teams after 3 min or after each score: scorers stay on

Depending on level of the players: 2-3 touches max in order to get an emphasis on passing

Variations

Wall players must play the ball direct

Goals count as double if scored by a so-called 3rd man combination (see diagram).