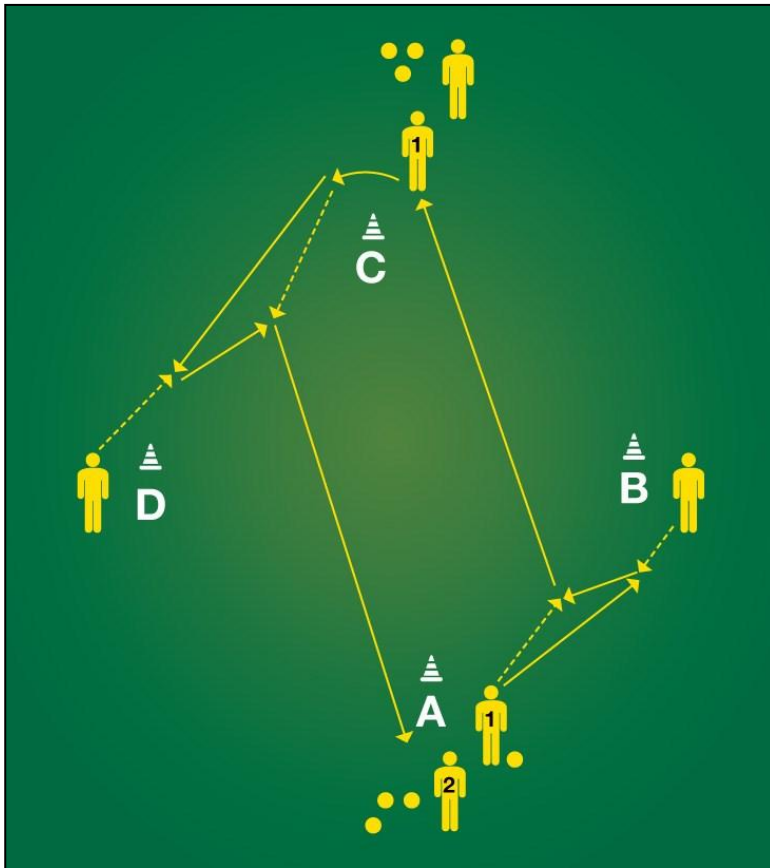


# SAP: Striking the ball - Session 2 (the “killer pass”)

**Skill Introduction (15 – 20 minutes total).** Part 1 Introduction (7 – 10 minutes)



6 players are positioned as shown, distance between the cones 7m-8m.

The passing exercise starts with player #1 at cone A passing the ball to the feet of the player at cone B (who moves away with a dummy run as if getting away from an imaginary defender, then checks back to the ball to receive it).

B bounces back to A1 who plays the killer pass to the first player at cone C. C1 moves the ball (1st touch) and passes to the player at cone D (2nd touch) and the same pattern is repeated.

All players involved move to the next cone after completing their action/pass (from cone A to B; B to C; C to D and D to A). Every 2-3 minutes: change the direction (use other foot).

## Possible Coaches Remarks

“More accuracy, play the ball to your mate’s right/left foot”

“Play the ball with more speed”

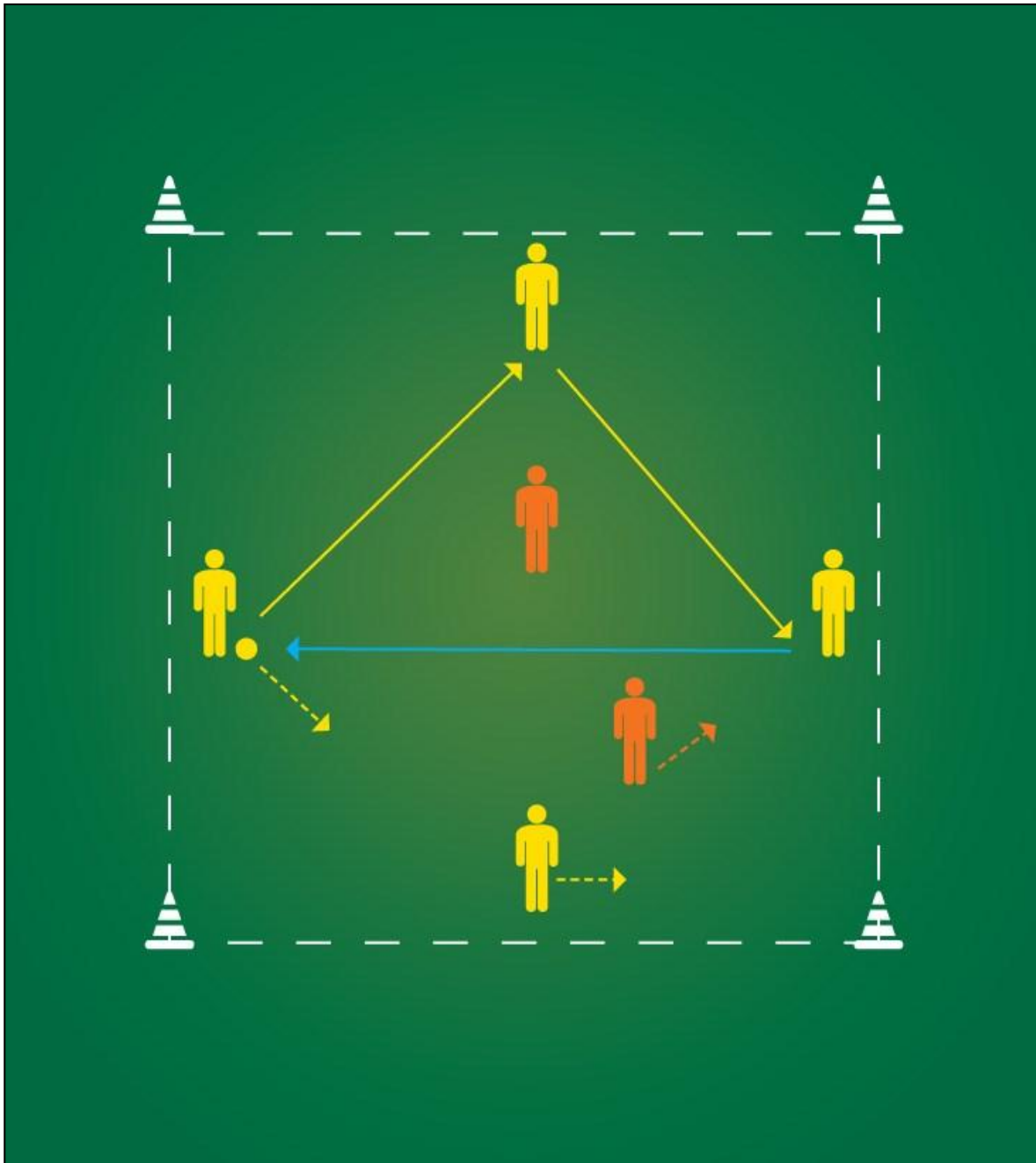
“Communicate, time your action”

## Variation for advanced players

Use 2 balls, starting with A1 and C1 simultaneously

## SAP: Striking the ball - Session 2 (the “killer pass”)

Skill Introduction (15 – 20 minutes total) Part 2 Introduction (7 – 10 minutes)

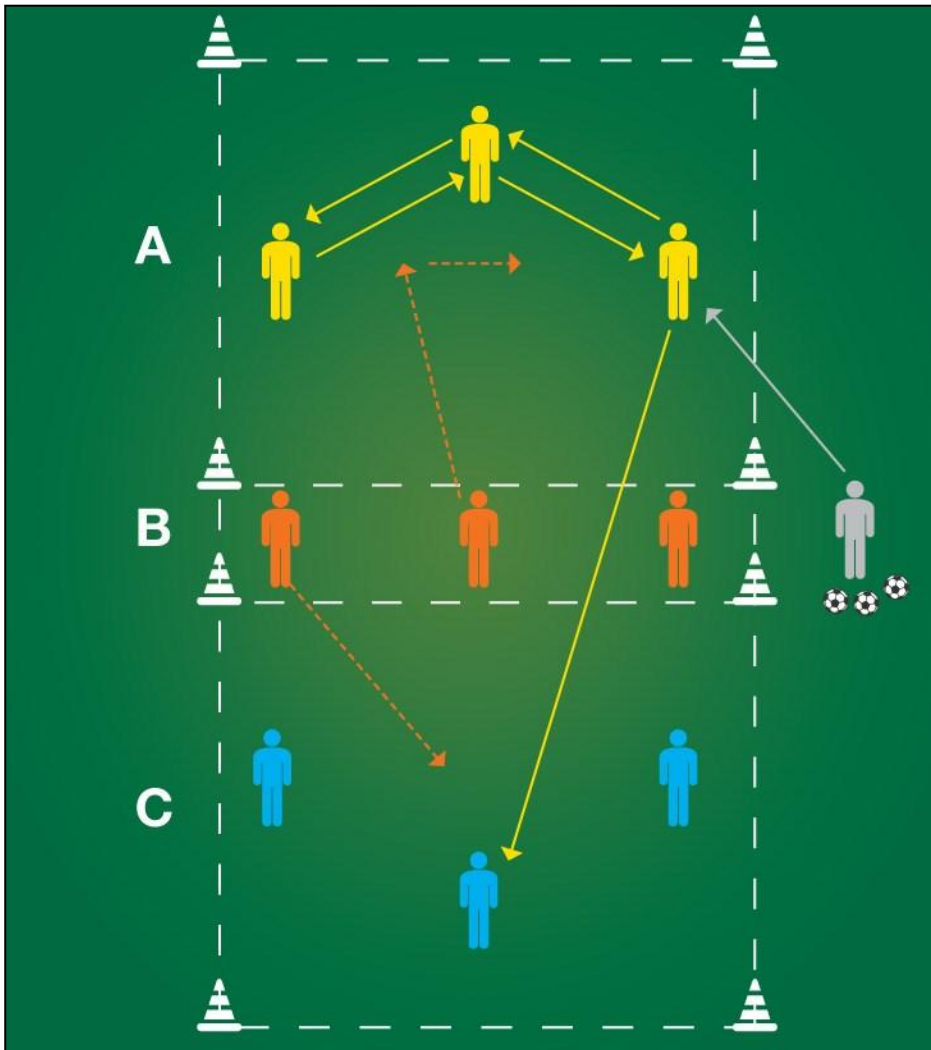


“Count how often you can play a successful killer pass (between the defenders)”

Every 2 minutes change of defenders and start again

## SAP: Striking the ball - Session 2 (the “killer pass”)

### Skill Training (25 – 30 minutes):



3 v 1 killer pass positioning game with 9 players.

#### Organisation

Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B).  
Three teams of 3 players with different colour bibs, one team in each grid as shown.

The coach is positioned with the balls centrally, next to grid B.

The coach starts the game with a pass to a yellow player in grid A. At that moment one orange player from grid B sprints into grid A to defend/win the ball:

3 v 1 in grid A.

Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C. Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B.

If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.

## **SAP: Striking the ball - Session 2 (the “killer pass”)**

### **Step up/down**

Make the grids bigger/smaller

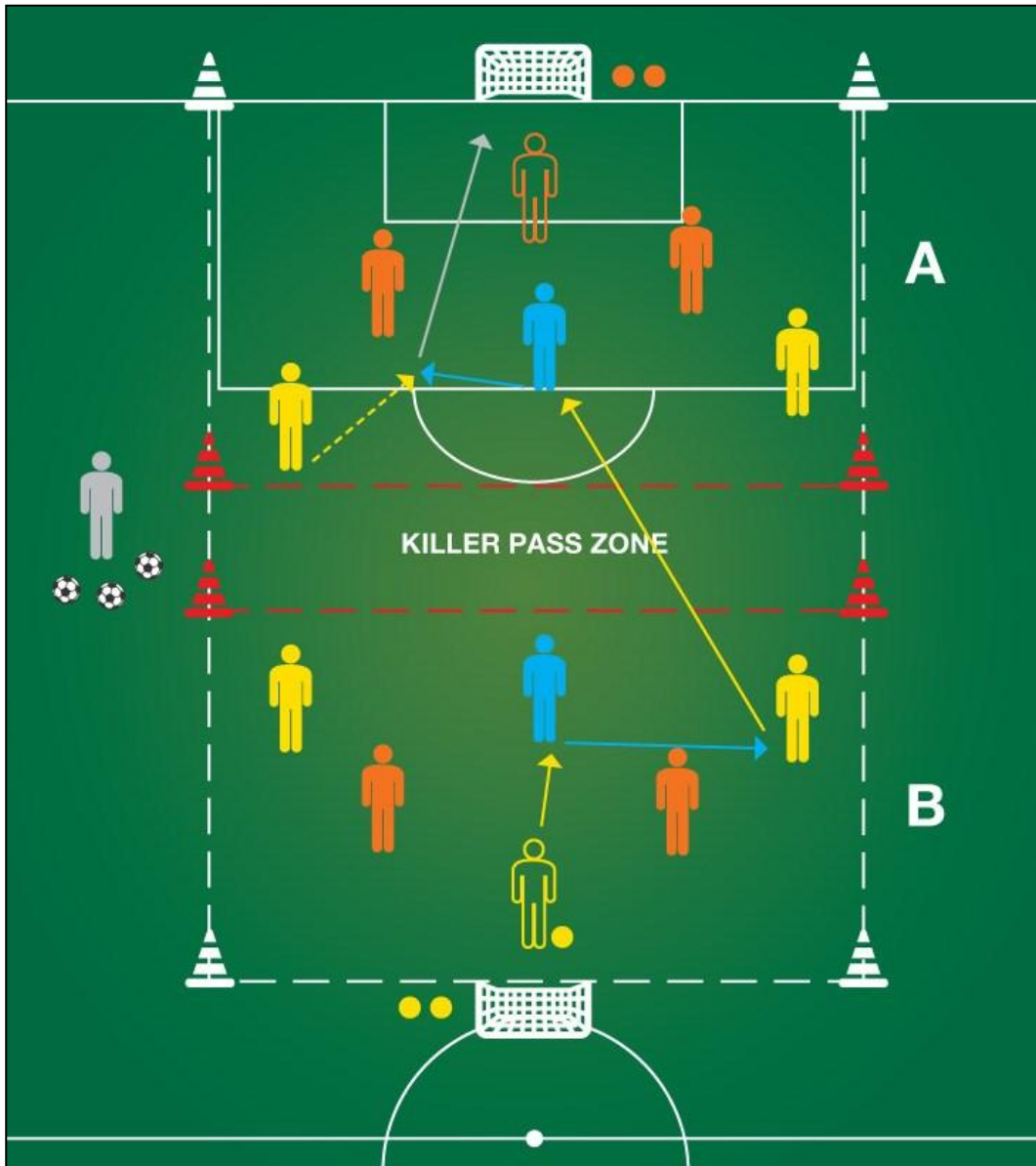
Free or limited touches (2-3) in 3 v 1

Killer pass: only on the ground or lofted pass allowed as well

Make easier: 6 players (2 per grid: 2 v 1) or harder: 12 players (4 per grid: 4 v 2)

## SAP: Striking the ball - Session 2 (the “killer pass”)

### Skill Game (20 – 25 minutes):



5 v 5 (include goalkeepers) + 2 ‘neutral’ players on a 40m x 50m pitch with big goals, divided in two grids (A & B) by a 5m ‘killer pass zone’ (see diagram). 2 defenders + goalkeeper and 2 attackers in each half as well as a ‘neutral’ player (‘joker’ shown in blue). All players must stay in their designated grids.

The game starts in grid B with yellow + the joker playing 4 v 2 against the 2 oranges. They must try to play a ‘killer pass’ through/across the middle zone to a yellow player or the joker in grid A. If the orange players intercept the ball they can score immediately.

The yellow players + joker in grid A try to score against the 2 orange defenders + goalkeeper (3 v 3). If they score the game starts again in grid B. If they lose the ball to orange, the game continues/re-starts in grid A with orange + joker playing 4 v 2 against the 2 yellow players. Players to change roles/grids every 3-5 minutes.

# **SAP: Striking the ball - Session 2 (the “killer pass”)**

## **Step up**

2 touches only in 4 v 2

No jokers: 2 v 2 (or 3 v 3) + goalkeepers

## **Step Down**

2 jokers per grid

Make grids A & B bigger

## **Possible Coaches Remarks**

“Focus on properly playing 4 v 2 first”

“Look for the right moment to play the killer pass”

“The right moment is when you are facing forward and make eye contact with the player(s) you want to pass to”