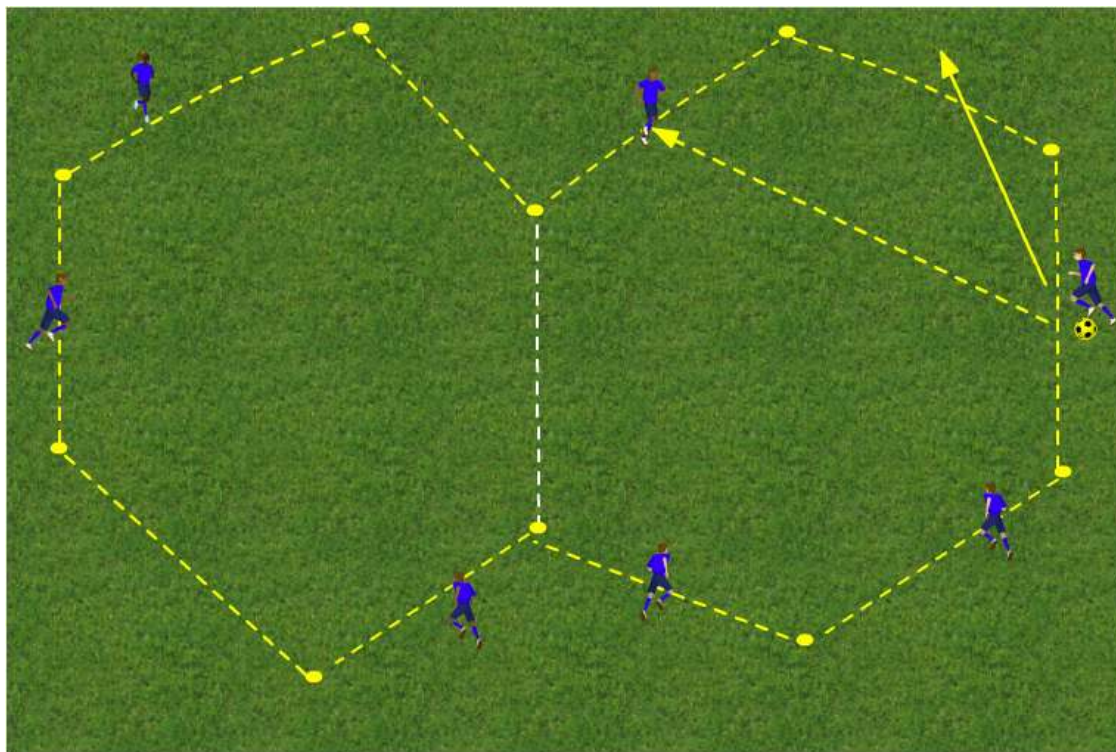


A PRACTICE TO IMPROVE THE TECHNIQUE OF SHORT PASSING

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



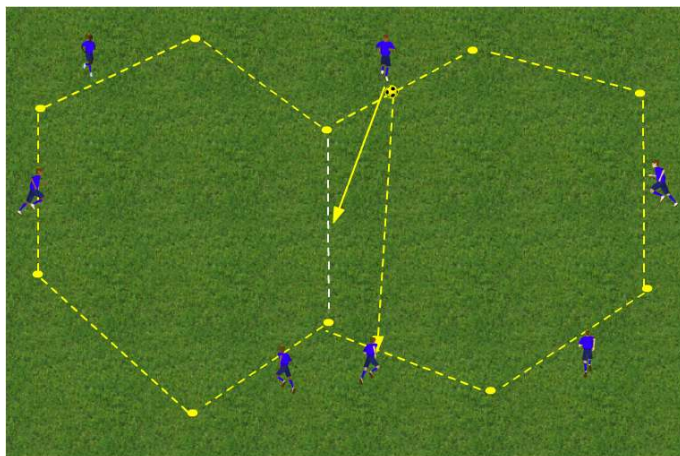
ORGANISATION

There are a total number of 14 players, split into two groups of 7 players. Mark out Two six sided shapes marked with cones, with a central dividing line, in white. The size of the six sided shapes can be changed to suit the age and ability of the players, but each side of the shape should be between 5 – 15 yards. Position 4 players, with a ball on the outer edges of one of the area and 3 located on the outer edges of the other area. The objective is for the players to use various short passing techniques and to pass and move to a free side of the area. The players are encouraged to be on their toes, to control the ball out of their feet, select the correct and most appropriate short passing technique and to move to a free side of the area after their pass. It is important that the players communicate well and play with their heads up. When a player gets on the middle line of the two areas, they turn with the ball and repeat the practice in the other area.

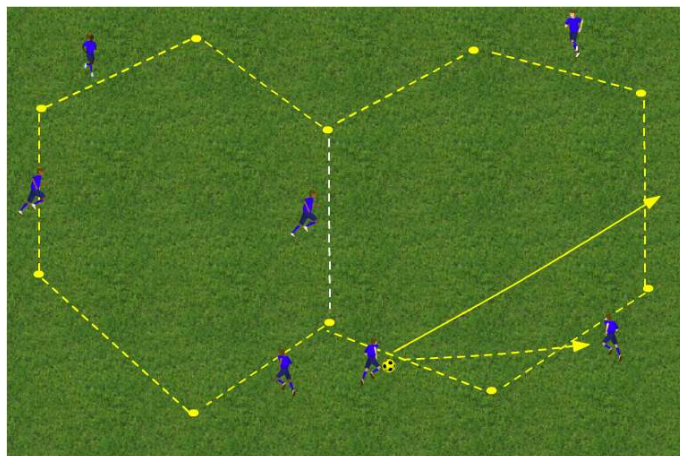
KEY TECHNICAL ASPECTS

*Get in the line of the pass *Control out of the feet – ready to make the pass
 *Head up to picture the pass *Select and use the correct short passing technique, inside of foot, outside of foot, reverse pass *Consider the timing and weight of pass *Movement after the pass to a free area – always looking at the ball *Communication – both verbal and using body language *Turning with and without the ball on the central line.

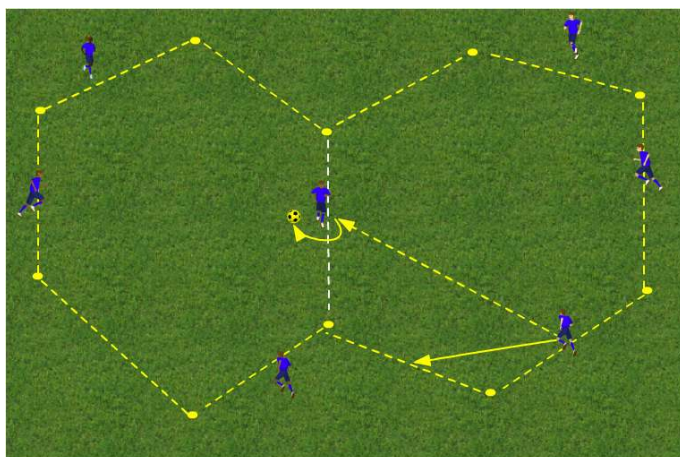
Progression # 1 – Pass accurately and move to a free area



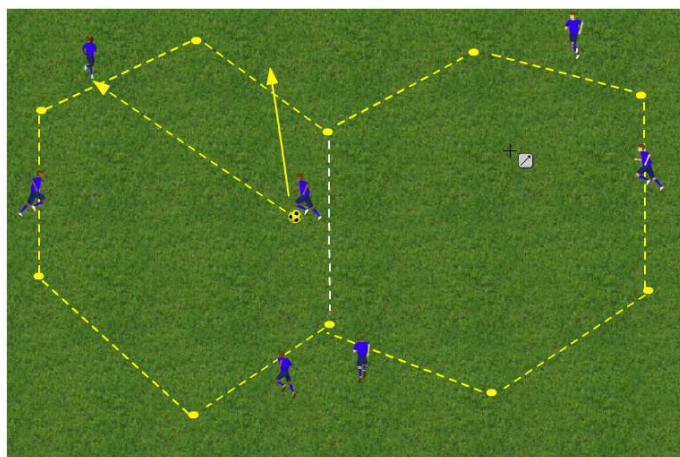
Progression # 2 – Pass, move and always watch where the ball is. Movement to support the passer



Progression # 3 – Pass to the player in the middle who turns with the ball



Progression # 4 – Pass and move in the other area. Repeat practice.



PROGRESSIONS

Condition the practice to one touch – first time passing *Condition the practice to two touches – each player must control the ball, and then pass *Make the area bigger and smaller to test different short passing techniques *Progress to a skill by adding defenders.

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