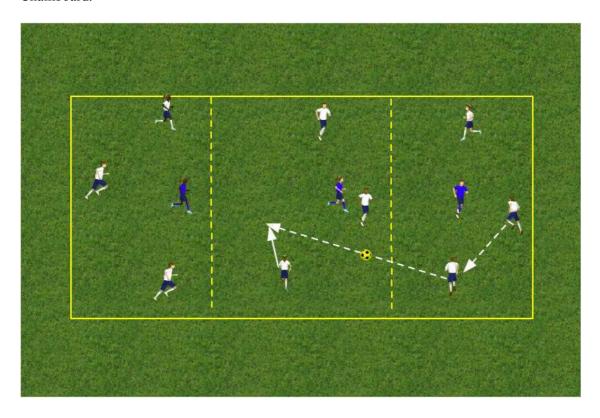


A PRACTICE TO IMPROVE THE SKILL OF FORWARD PASSING

The following practice has been designed using <u>www.grassrootscoaching.com</u> Coaches Chalkboard.



ORGANISATION

Mark out an area of 40 x 20 yards, with 2 x 10 yard grids at either end. The area can be adjusted to suit the age and ability of the players. There are a total of 12 players. To start the session, position 3 attacking players in either end grid and 3 in the middle grid. There are 3 defenders, who can go where they want to defend. Whenever a ball is passed from one grid to another one player from the grid the ball has been passed from and one player from the middle area must rotate positions.

The practice starts with the ball in one of the end grids being passed forward to a runner from the middle area.

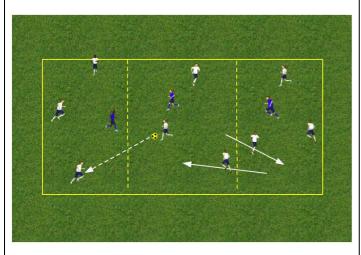
KEY TECHNICAL ASPECTS

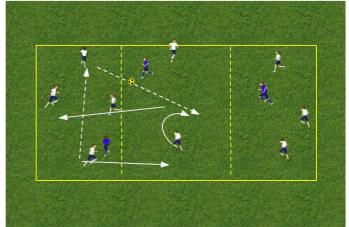
Assess defenders position *Head up to assess passing options *Decision on the correct technique for the forward pass *Timing, weight and accuracy of pass *Straight passes for diagonal runs, or diagonal forward passes for straight runs *Timed runs to provide targets for the forward pass *Accuracy and weight of pass *Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward *Support for the passer to provide options *Communication between players



Progression # 1 – The presence of the defenders will dictate the type and timing of the forward pass and supporting run. As the ball is passed a player from the end area rotates position with a player from the middle area. The ball is now passed to into a free supporting player in the opposite area

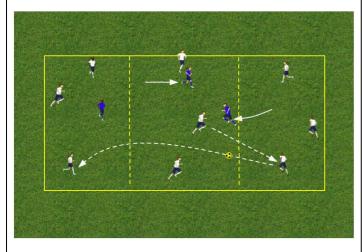
Progression # 2 - The position of the defenders might ensure the ball is passed sideways or backwards to a supporting player before it can be passed forward. Again, the receiving player will need to time their run to receive the pass. At times the pass might have to be to feet rather than always into space.

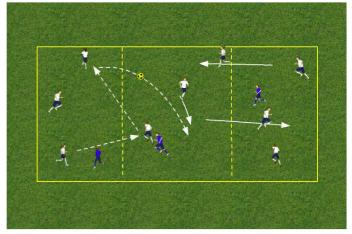




Progression # 3 – At times a defender may well try and pressure the ball and the passer will need good supporting options. There may be opportunities for a long first time pass directly to the opposite end area. Players rotate positions after the pass

Progression # 4 – The attacking team should have the confidence to pass to feet to players who are marked, this will create opportunities for good support behind the ball and third man runs in front of the ball. Again the players rotate positions





PROGRESSIONS

Condition players to two touches *Progress to a game

<u>www.grassrootscoaching.com</u> is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.