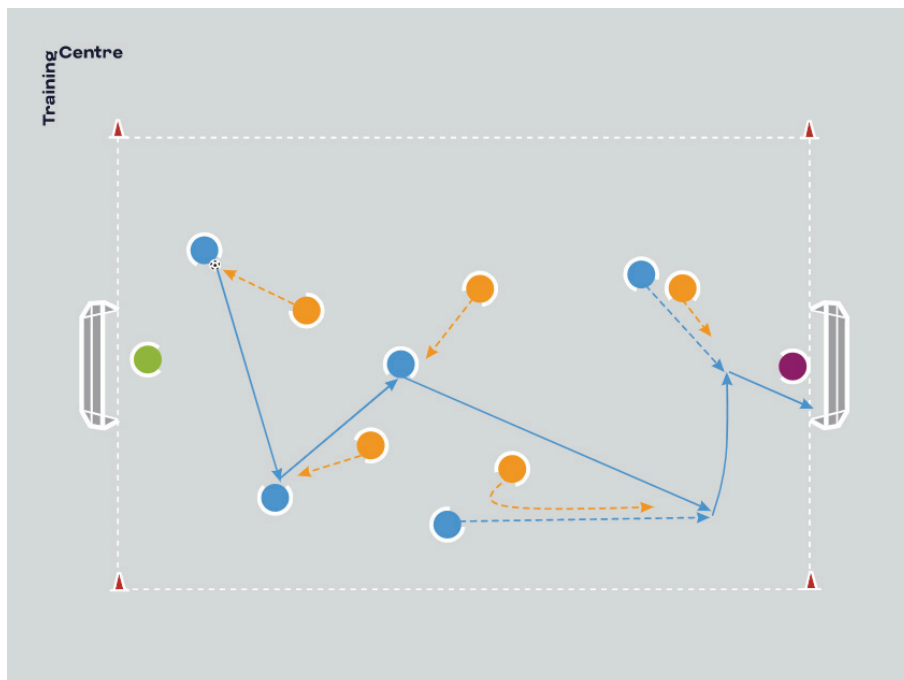


Pass and offer, pass and move

WARM-UP: THROW AND CATCH



Organisation

- Two equal teams play throw and catch on a mini-pitch
- When they are close enough to the goal, they can score with a volley or header
- The player with the ball cannot run with it, so team-mates must provide support
- Focus on quality of passing and techniques for scoring

Ways to make the exercise easier

- Start the game with no goalkeepers; outfield players can try to block shots

Ways to make the exercise harder

- Add goalkeepers
- Add a three-second rule while on the ball

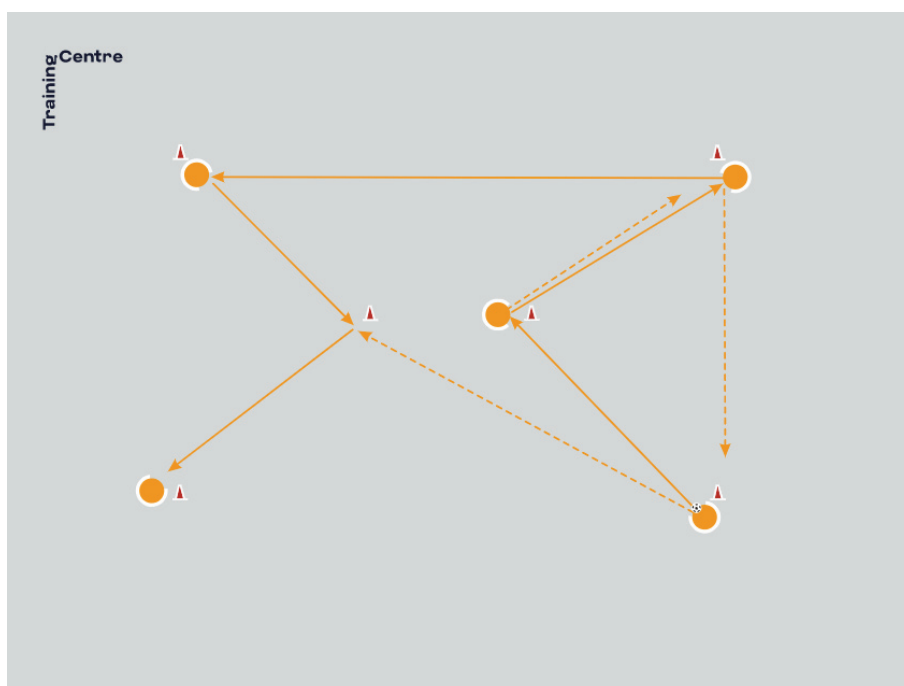
Great questions to ask the players

- How can you support the player on the ball? Show me
- Can you call for the ball?
- Can you be creative when you have an opportunity to score

Safety tips

- Create safe zones between pitches

SKILL DEVELOPMENT: PASS AND MOVE



Organisation

- Organise groups – maximum of six players per group
- Spread them out in an area – all players begin on a cone and there is one empty cone
- After each pass, the player must run straight to the empty cone
- Make a race between groups to complete a particular number of passes
- You can put conditions on the types of pass

Ways to make the exercise easier

- Start with throw and catch to help players understand the movement

Ways to make the exercise harder

- Condition the types of passes – different parts of the foot, number of touches, etc.
- Tell the players to accelerate to the spare cone as fast as they can

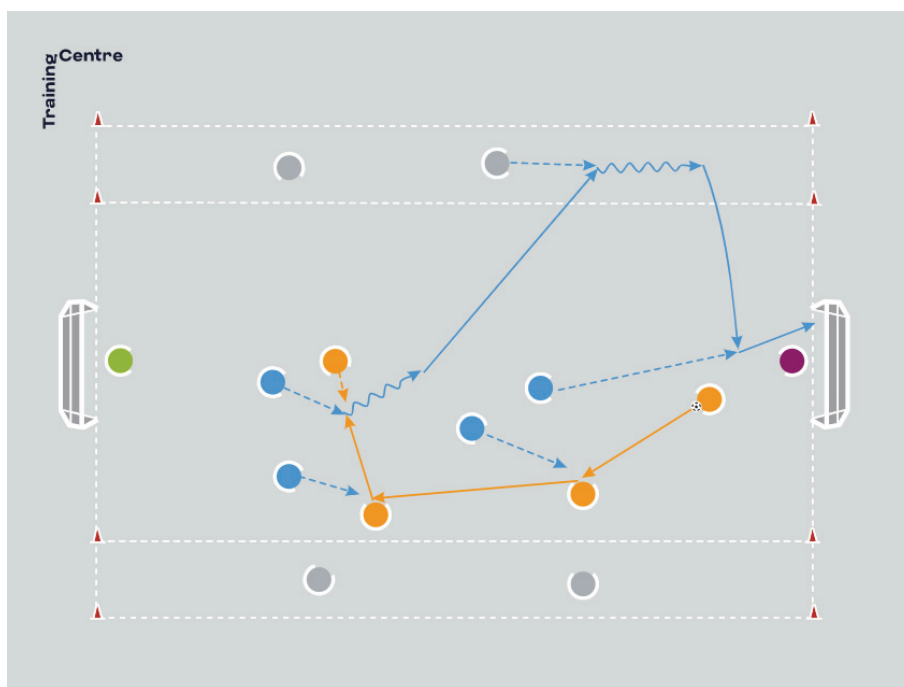
Great questions to ask the players

- Can you think about what makes a good-quality pass?
- Can you show me what this looks like?
- Can you try to plan your next pass before the ball arrives at your feet?

Safety tips

- The players should keep their heads up when running to the spare cone

GAME APPLICATION: 5V5 PLUS FOUR PIVOT PLAYERS



Organisation

- 5v5 match with four pivot players on the sidelines
- The team in possession can pass to the pivots, creating a 9v5
- Encourage players in the middle to use the extra players to keep the ball
- Remind the players that the purpose of the game is to score – they should play forwards when they can
- Rotate the players, so they all get to play as pivots
- The pivot players should always try to return the ball to the team in possession

Ways to make the exercise easier

- Start with throw and catch
- Have no goalkeepers

Ways to make the exercise harder

- Restrict the number of touches on the ball
- Have only one pivot on each side

Great questions to ask the players

- Why is it important to use the extra players?
- How can you try to make space as a team?
- Can you try to make forward passes?

Safety tips

- Create safe zones between pitches