

Title: Passing & Rotation Work

Phase: 1, Begin The Attack

Age: Foundation Phase

Intensity: Medium

Technical

- Passing Quality (Short)
- Setting Quality
- Angles and First Touch

Tactical

- Angles to Receive
- Timed Runs to Receive
- Game realistic movements

Physical

- Ball Protection
- Speed
- Balance

Psychological

- Decision Making
- Communication
- Organisation

Area Size: 30x30 Area

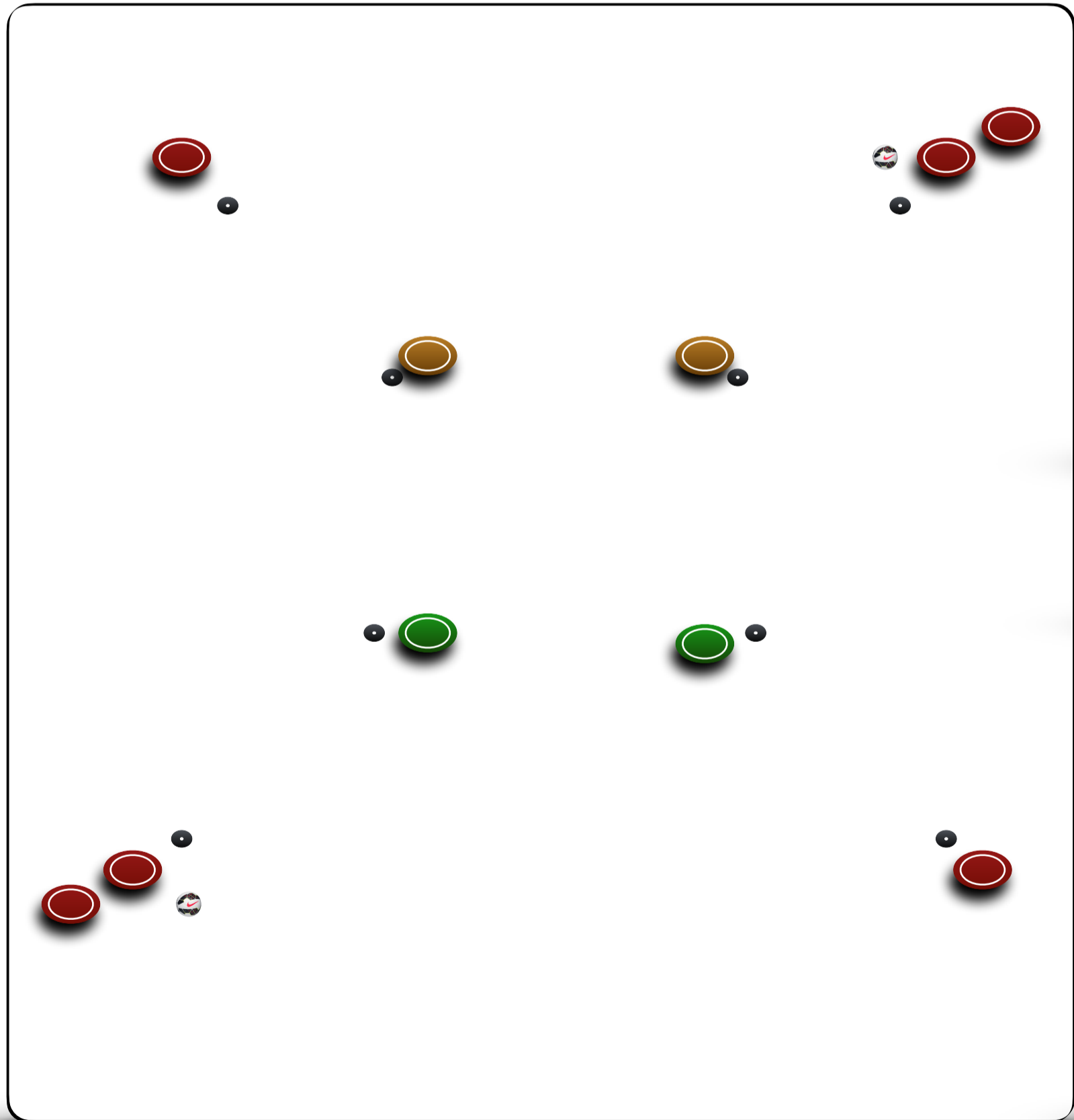
Players: 10 +

Duration: 20 Minutes

Session

Set Up / Organisation

Key Coaching Points



- 1) 30x30 Area
- 2) 10x10 Area
- 3) Age Specific goals (for later progression)

- 1) Quick Passing and rotations
- 2) Angles to receive
- 3) Crossing and Finishing Principles

Progressions

Player Challenges

- 1) Change the direction of the practice to suit both feet
- 2) Add in goals at either end to build it into a function practice
- 3) Bring in defensive players instead of mannequins/cones (game realism)

- 1) Are you able to drive the ball at speed to dictate the session tempo?
- 2) Can you combine and rotate affectively in central areas?
- 3) Are you able to transfer the messages into realistic situations?

Reflective Practice

What Went Well...

- _____
- _____
- _____

What Needs Changing...

- _____
- _____
- _____

Future Considerations...

- _____
- _____
- _____

