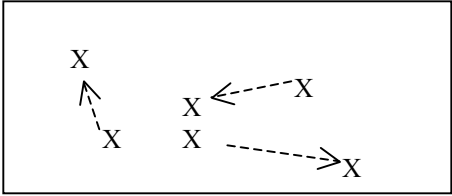
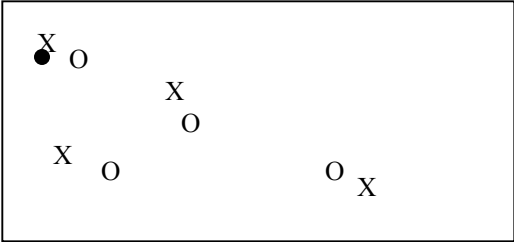
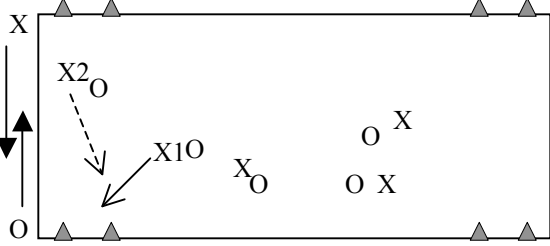



**Name:** Arsenal - Jason McClanathan

**Topic:** Passing

**Date:** \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

<p><b>Fundamental - Warm Up</b> 15 min.          Passing using the following Techniques:          -push pass (using the inside of foot, striking the center of the ball)          -driven pass (using the laces, striking the center of ball)          - lofted pass (using the area of the laces, striking the bottom middle of the ball)</p>	<p><b>Organization</b></p> 	<p><b>Key Coaching Points</b>          Players passing in pairs while moving          -weight of the pass          -accuracy of the pass          -correct technique          -eye contact          -communication</p>
<p><b>Match Related Activity</b> 20 min.          4 v 4 game of possession no goals          -can limit number of touches          -age is a major consideration when selecting which pass to present to a player (U-9 are too young for a lofted pass!)          - can add a third team of four so teams are 8 v 4</p>		<p>- players selecting the proper pass in the proper situation (short distance, push pass / long distance / driven or lofted pass)          - other types of pass chip inside / outside swerve</p>
<p><b>Match Related Activity</b> 20 min.          6 v 6 game of possession with 4 goals          - can move to number up or numbers down to pressure players</p>		<p>- (X1) passes to (X2) to run onto, the correct technique should be the push          - the pass should have the correct weight and accuracy</p>
<p><b>Match Condition Game</b> 40 min.          11 v 11 game</p>		<p>-open play          -reinforce set topic for technique          - allow time for teams to play without coaching to see if topic has been achieved</p>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	