

Session Plan

Session plan no. 1
Date: 6th March 2000
Name of group of players: U14 Girls, Coach Thorn
Time available for session: 1 Hour

Title of topic: **Passing and Control**

Topic objectives i.e. key factors

1. Body position to pass/receive the ball
2. Correct passing/control technique
3. Communication
4. Supporting your team-mates
5. Choosing best passing/control option

19.30-19.45 Warm up with skills Across the field and back again.

Organization Set out a 30 by 30 area and group the players in pairs, facing each other 5 yards apart with one ball per pair. X1 passes the ball over 5 yards to his partner, who stops the ball with the sole of their foot while running backwards. X1 follows the ball and repeats the practice, across the field and back. This can be progressed to X1 serving the ball with the hands to the head chest or volley.

1. Quality of pass/control.
2. Lock the ankle when volleying back.
3. Correct choice of control.
4. Both players must be on their toes and alert.

19.45-20.05 Passing and Control, 3v1

Organization In a 15 by 15 areas, groups of 4 (3 attackers 1 defender) play 3v1 keep ball in the confines of the area. When a player is obstructed from play by the defender she should be looking to move to the vacant corner to create a second passing option.

1. Attackers must pass with accuracy, timing, disguise and correct pace.
2. Try to wrong foot the defender.
3. Communicate, attackers should be calling for the ball when they are in space.

20.05-20.20, Transition Game

Organization Set a 30 by 40 yard area and station 6 players in each half of the grid with one ball per practice. X team has possession of the ball and passes the ball to the opposing team (y), when y receives the ball, x team can send three players into the opposing area to defend. A goal is scored when the attacking team completes 5 consecutive passes. Repeat in opposite direction.

20.20-20.30 Small sided games

With no goalkeepers and small goals. To promote passing and controlling the ball, if a team puts together 5 passes they get an extra two points onto their score.