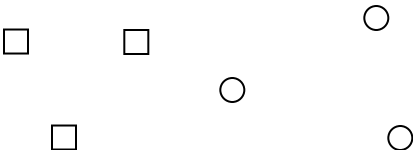
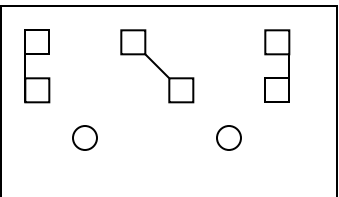
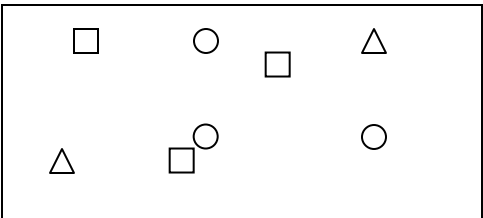
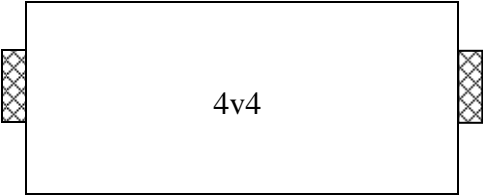




Name: Matt Callahan

Topic: Short Passing – Outside of foot Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing <p>Progressions: Specify what surface must be used to pass the ball (more of an emphasis on the outside of the feet)</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Point the striking foot down and in ▪ Ankle locked ▪ Knee of kicking foot over ball ▪ Support foot is behind the plane of the ball to allow room for kicking motion ▪ Strike through the upper half of the ball to keep it low
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Up to seven two player teams run while holding hands in a 50-x-40 yard area ▪ Two hunters use one ball, kicking it at the other two player teams using the outside of their foot ▪ When a pair gets struck they become hunters too ▪ Last surviving teams wins 	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 3v3 plus 2 neutrals in a 40-x-30 yard area ▪ Players are restricted to only using the outside of their feet <p>Progressions: Remove the outside of the foot restriction. Add a goal at each end; teams get 2 points for 7 consecutive passes and 1 point for a goal. The neutral players each join a team so it is 4v4.</p>	<ul style="list-style-type: none"> ▪ Good technique ▪ Good pace ▪ Accurate passes ▪ Run initiates the pass ▪ Passes should be played on angles so they are not intercepted ▪ Use disguise when passing – do not telegraph the pass
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 with no restrictions on players ▪ Teams score by shooting into goals 	<ul style="list-style-type: none"> ▪ Look for good team shape ▪ Watch for proper technique ▪ Observe to see if session has helped with passing technique