



2015-08-03 Proactive Passing

Category: Technical: Attacking skills
Skill: U16

Pro-Club: Canada's Women's Excel Program
Mike Ayyash NSREX, Bedford, Canada

Screen 1 (10 mins)

Technical Warm up - Proactive Passing

Duration 10 minutes

Grid size 10x20

Objective: Technical and Physical Activation

Organisation:

2 lines of pairs facing the centre of the rectangle - 2 players in the middle

Detail:

Player in possession passes ball into the middle - players in the middle connect a pass then pass back to the opposite player running in and spin out to get into the back of the other line

Passing players run into the middle to become the central passers and the sequence continues from the other end

Coaching Points:

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to team mates



Screen 2 (20 mins)

Individual - Foundation Stage - Global Skills - Proactive Passing Mini Game

Duration 20 minutes

Objective - Improve the players ability to pass accurately and with a purpose

Organisation:

30 wide x 20 long - 3 goals (3 feet wide) at the end lines

4v4 in the middle plus a target player for each team

Detail:

Team in possession tries to score by passing to the target through any of the 3 goals

Target must receive and dribble to another gate before passing back to opposite team who then try to find their target

Progression:

To score, team in possession must find the target between one goal, receive it back and dribble or pass to a teammate through any of the other 2 goals

Coaching Points:

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession
- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to team mates



P4 - SSG

Individual - Foundation Stage - Global Skills - Proactive Passing SSG

Objective: Coach players how, when & where to Progress, Switch play or retain possession

Duration - 20'

(Rotate Players every 3'-4')

Organization:

- 8v8 + 2 GK's on each half of the pitch

- 3-2-3 Formation for each team (Position players in same role as in 4-3-3)

- Directional Game

- LOTG apply - Offside is half way line

- Each Coach has their own team and make it competitive!!

Progressions:

- AVP Competition (Last 8')

Coaching Points:

- Plays safe side passes and leading passes allowing team mates to turn or maintain possession



- Variation of short and long passes to be unpredictable
- Plays on minimum touches to provide more space and time to team mates