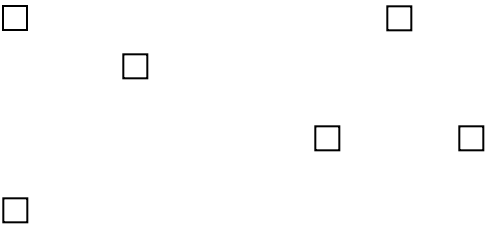
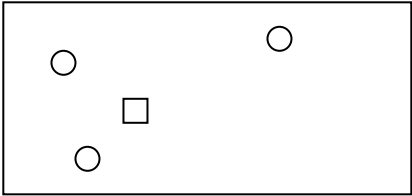
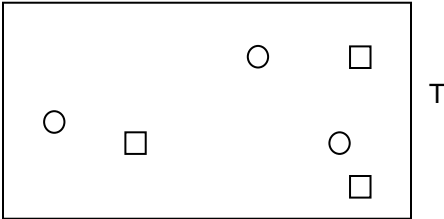
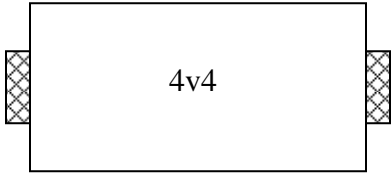


Name: Jeff Hopkins

Topic: Passing

U14

<p><b>Fundamental: Passing in 3's</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> <li>▪ Short passing</li> <li>▪ Long passing</li> <li>▪ Passing with outside of foot</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate angle and distance                             <ol style="list-style-type: none"> <li>1) Toe Up (side of foot) Toe down (instep)</li> <li>2) Ankle locked</li> <li>3) Follow through</li> <li>4) Body shape</li> <li>5) Pace and Accuracy</li> </ol> </li> </ul>
<p><b>Match Related: 3v1</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3v1 in 15x20 grid</li> <li>▪ Player who makes mistake defends</li> <li>▪ Progress to 4v2 or 5v2</li> </ul>	<ul style="list-style-type: none"> <li>▪ Surface selection</li> <li>▪ Body shape</li> <li>▪ Balance</li> <li>▪ Pace of pass</li> <li>▪ Accuracy of pass</li> <li>▪ Players in good supporting positions</li> <li>▪ Numbers awareness</li> </ul>
<p><b>Match Related: 3v3 to Targets</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3v3 + Targets in a 40-x-25 yard area</li> <li>▪ Teams score by playing the ball to one of the neutral targets on each line</li> <li>▪ 5 Passes = 1 point</li> <li>▪ First team to 5 goals wins or play for a set period of time (i.e. 5 minutes)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Possess the ball to look for an opportunity to score</li> <li>▪ Players in good supporting positions</li> <li>▪ Correct technique</li> <li>▪ Pace and accuracy</li> <li>▪ Communication</li> <li>▪ Good team shape</li> <li>▪ Look expansive</li> <li>▪ Mobility off of ball</li> </ul>
<p><b>Match Condition: The Game</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4+ GK's</li> <li>▪ 5 passes = 1 goal</li> <li>▪ No conditions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the team possess the ball well</li> <li>▪ Technical application of passing in the game</li> </ul>