



Chaotic Passing

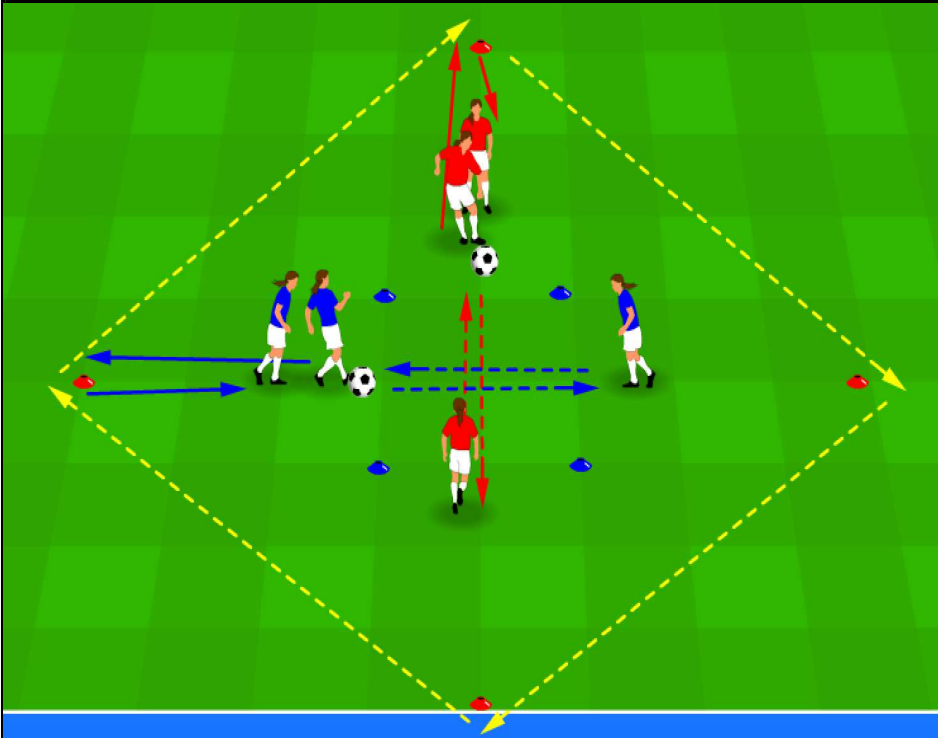
Session Focus

Passing in a chaotic setting.

Session Objective

1. Develop a player's ability to pass the ball.
2. Develop a player's awareness of what is going on around them.
3. Develop a player's instincts to move into new space after passing a ball.

Activity



Set Up

Playing Area

Full half on an indoor pitch

Cones

8 Cones

Balls

2 soccer balls

Goals

None

Pinnies

None

Coaching Points

1. Quality Passing (connect the pass)
2. Explosive movement after making the pass
3. Awareness of what is going on around you
4. Communication with teammates.

4 Areas of Development

Psychological

After performing an action, developing an awareness of what is going on around them.

Social-Emotional

Development of a player's ability to communicate with their teammates and work together in a group setting.

Physical

Ability to run in different directions
Forwards, Backwards, Laterally

Technical-Tactical

Development of a player's ability to pass the ball under internal pressures.

Organization

Set Up the activity as pictured above, 4 cones creating a 5x5 box, then 10 - 15 yards out from the box, set up cones to create a diamond.

Round 1 - Pass Across, Run around the cone (of the diamond) on the same side as your line.

Round 2 - Pass Across, Run around the cone (of the diamond) that is from the line across from you

Round 3 - Pass Across, Rotate to the Left Cone (of the diamond)

Round 4 - Pass Across, Rotate to the Right Cone

Round 5 - Pass Across, Rotate to Left Cone, Clockwise Passing of Outside Ball

Round 6 - Pass Across, Rotate to Right Cone, Counter-Clockwise Passing of the Outside Ball.

Progressions

Add in 2 balls on the outside grid which would require a great deal of decision making on when to pass and when to hold onto the ball. Also, all decisions will need to make at a quicker rate (increased speed of play).