



Description

Organisation (Practice Layout & Transition)

Screen 1

Topic: Receiving and Passing the ball (15 m)

Explanation: Technical Practice - One station (6~7 players).

Y drill:

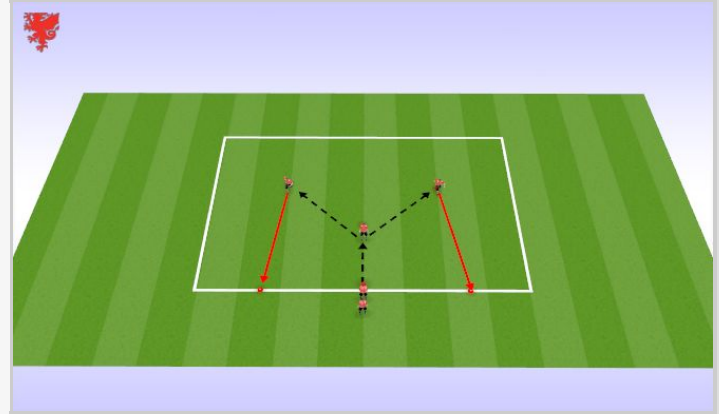
Players stand with the start position of Y. Practice started with a vertical pass to a player in the middle and moves.

The player should perform a good half-turn and make a pass to either left or right.

When the player chooses to go left, the next player should go right

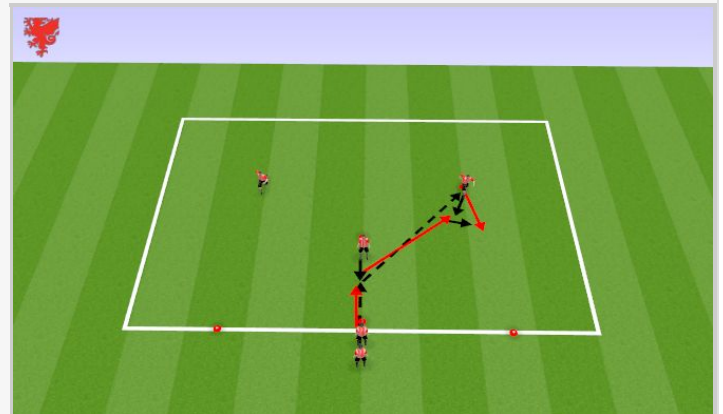
Coaching Point:

- 1) Good turning and receiving skills
- 2) Good passing skill
- 3) Good communication
- 4) Good combination



Screen 2

Progression 1 & 2



Screen 3

Topic: Receiving and Passing the ball (25 ~ 30m)

Explanation: Possession game (3 teams of 4 players + GK)

20x25 pitch area

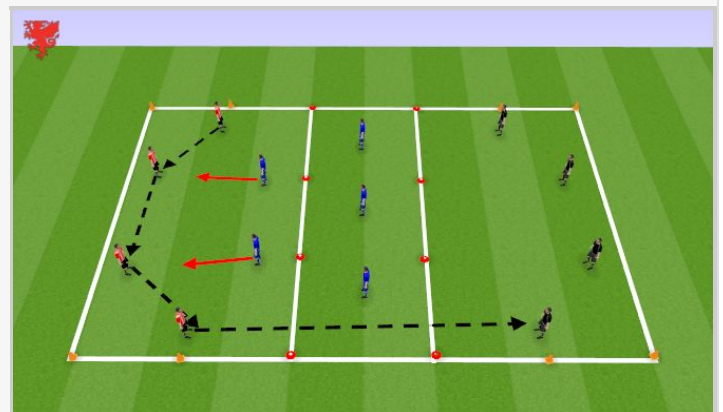
3 teams of 4 or 5 players

Should make 3 passes and switch the ball (1 point)

For defending teams, only 2 or 3 players can press, and when getting the ball back, pass to the coach (1 point)

Coaching Point:

- 1) Make the area big
- 2) Angle all the time
- 3) Body shape, check the shoulder (Scanning)



SSG



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?
