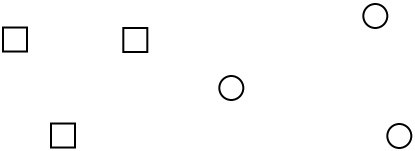
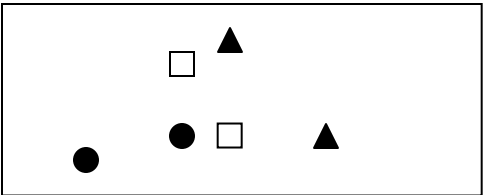
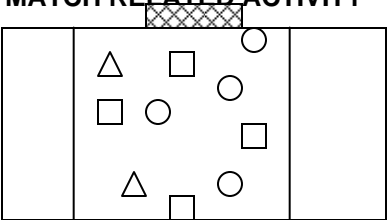
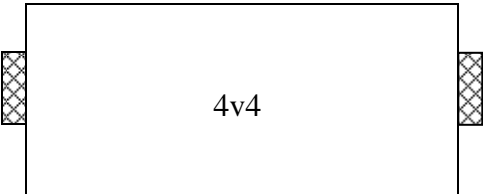




Name: Matt Callahan

Topic: Short Passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between four players – moving and passing ▪ Pass with: <ul style="list-style-type: none"> ○ Outside of foot ○ Heel and bottom of foot ○ Everything ○ Lift ball over imaginary defenders 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Plant foot pointed at target ▪ Kick with inside of foot ▪ Wide surface=accuracy ▪ Follow through in direction of target ▪ Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 2v2v2 	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace ▪ Timing of run – only when 1st attacker has ball under control and is ready to pass ▪ Timing of pass – played when teammate is ready to receive it ▪ Play to feet in tight spaces
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Play 4v4+2 inside the penalty box ▪ Play to zones ▪ Are neutral players 	<ul style="list-style-type: none"> ▪ Good technique ▪ Proper accuracy ▪ Proper pace ▪ Timing of run – only when 1st attacker has ball under control and is ready to pass ▪ Timing of pass – played when teammate is ready to receive it ▪ Disguise of pass – no telegraphing ▪ Angled passes – not easily intercepted
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + GK's 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