



# North Carolina Youth Soccer Association



Name: Andrew Donnery

Topic: Passing and Control

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• 25 x 20 yds</li> <li>• 6 Balls</li> <li>• 6 white, 6 gray</li> <li>• Players with the ball pass then move into space ready to receive the ball.</li> <li>• Keep the players moving , swap roles after 3 mins</li> <li>• Play for about 10 - 15 mins</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy of pass</li> <li>• Weight of pass</li> <li>• Disguise of pass</li> <li>• Timing of pass</li> <li>• Pass to feet</li> <li>• Pass to space</li> <li>• Control surface and body position</li> </ul>
	<ul style="list-style-type: none"> <li>• 20 x 30 yds</li> <li>• 10 Balls (1 being used at a time)</li> <li>• 5 white, 2 gray</li> <li>• The white team tries to keep possession of the ball.</li> <li>• The two gray players try to get the ball.</li> <li>• If the gray get the ball they get a point.</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy, weight, disguise &amp; timing</li> <li>• Control surface</li> <li>• Control the ball to the safe side.</li> <li>• Don't pass to players who have no options.</li> </ul>
	<ul style="list-style-type: none"> <li>• 20 x 30 yds</li> <li>• Possession, keep the ball 3 (white) v 3 (gray) using 2 neutral players (black)</li> <li>• Limit number of touches (1, 2, 3), then open up play.</li> <li>• Add restrictions on touches</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy, Weight, Disguise &amp; Timing</li> <li>• Type of pass – different surfaces.</li> <li>• Don't watch your pass.</li> <li>• Movement off the ball</li> <li>• Communication</li> <li>• Play the ball to the safe side of the man.</li> <li>• Move to the side and check.</li> <li>• Create space before you receive the ball.</li> </ul>
	<ul style="list-style-type: none"> <li>• 70 x 50 yds</li> <li>• 6 v 6</li> <li>• Formation 2 defenders – 1 midfielder – 2 attackers and a goalkeeper</li> <li>• No restrictions on players</li> <li>• Field and teams are setup to aid session</li> </ul>	<ul style="list-style-type: none"> <li>• Correct shape of team</li> <li>• Selection of passes – to feet or space</li> <li>• Keep possession - Speed of play</li> </ul>
<p>COOL DOWN</p>	<p>Players jog, shake limbs, stretch and take on fluids</p>	