

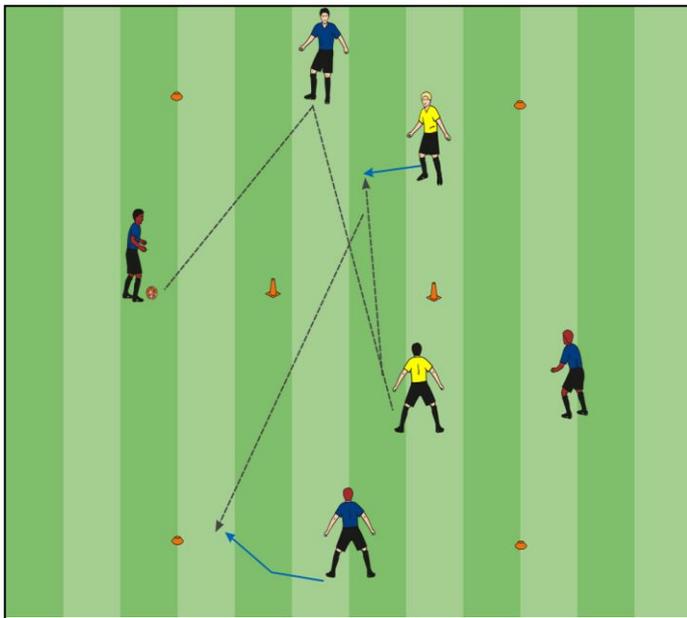
COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR

Topic: Technical Passing Activities to Help Midfield Combination

Training Objectives:

The session is ideal for a Technical/Tactical Training Session (Workload of 85%-65%) or a Technical/Tactical Recovery Session (Workload of 75%-50%). It is focusing in the technical execution of midfielders combining as well as tactically understanding



Organization

Grids are 20 x 8 with a 4 yard gate in the middle
Groups of 6 or (Can be executed with a group of 5) Ball starts on the outside, dropped back to a target player, he passes to the highest midfielder in the middle of the grid who drops it back to pass through to the next target player. Target player then drops of to wide player, who lays it back and pattern continues.

Coaching points

Weight of Pass, Playing to the correct foot, Getting in line to receive the pass, checking shoulders, Timing of movement, distance of supporting angles

Progression

Target Player and Bumper player on the outside switch during the flow of the passing pattern.

Organization

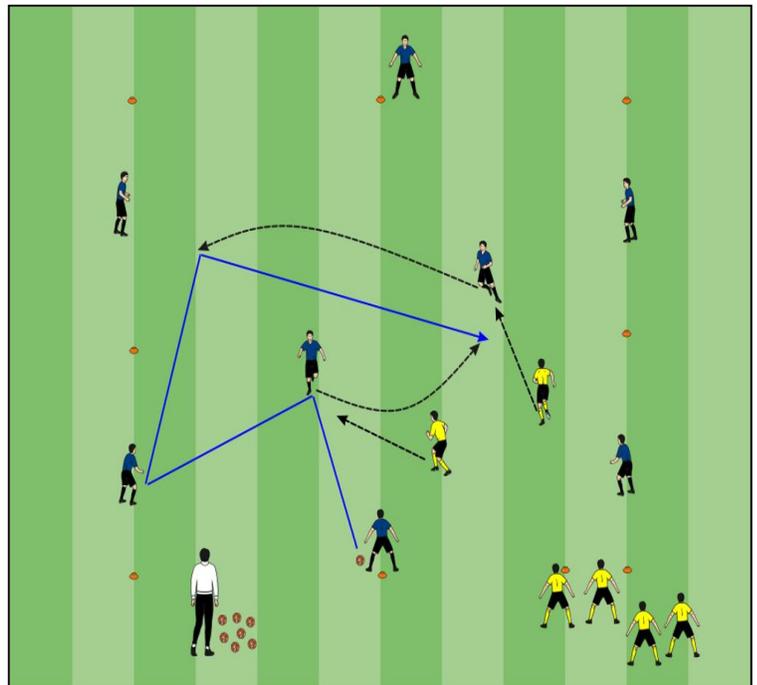
28 x 20 yard grid. 6 attacking players on the outside and 2 in the middle versus 2 Defenders. Team scores a point if 8 passes are connected. Players on the outside cannot pass to a player on the same line. If the defenders win it they have to dribble out of the area but the midfielders in the middle can stop them. If at any point the ball goes out you rotate the defenders or after 30 seconds.

Coaching points

Movement of the two midfielders, working on opposite runs and off setting each other.
Checking the shoulders, scan 360
Supporting angles of target and wide players.

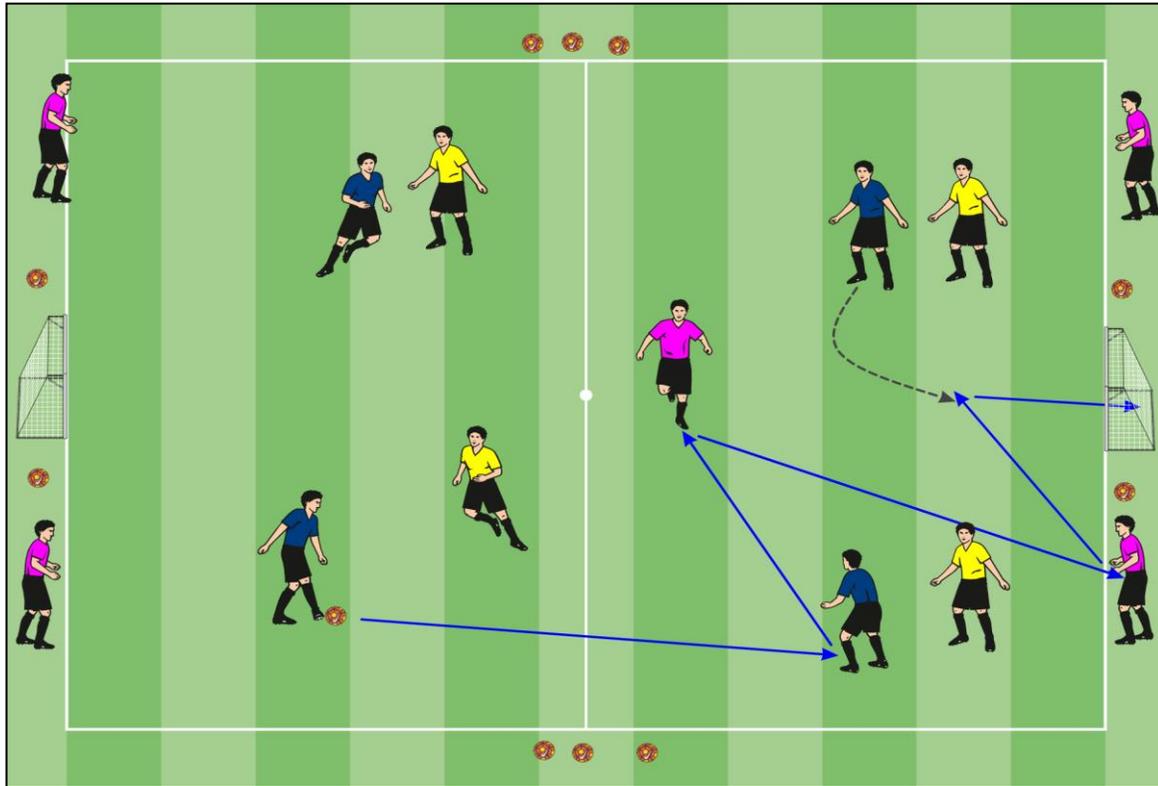
Progression

Points are only scored when the two CM's combine
Add a third defender



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Organization

5v5 plus 1 with bumper players. Play on a 30 x 40 yard pitch (if space permits) and use pug goals. Teams can score normal goals or score two by bouncing of a bumper player (2 points) Bumpers play one touch, neutral plays two

If the ball goes out quickest team to get it back into play has possession (adds a competition element)

Coaching Points & Questions

Short/Sharp Movement to find space, pace of pass, changing of physical speed and tempo of the game

Questions to ask players

- 1.** What are the keys to tell you when to play forward?
- 2.** What do you do with your body if a defender is touch tight upon you receiving the pass?
- 3.** What should happen to the tempo of the passing when the defenders are compact?