



Short Passing – Technique, Skill and Game

This linked progressive coaching session is designed to improve the technique of short passing. Once the coach is happy that the players' have successfully mastered the technique, then the progression is to introduce some opposition, so that the players' now need to think about how and when they use the techniques (The Skill) finally the session progresses to a conditioned game, which is structured in such a way that the players' have to use the techniques and skills of short passing in a fast moving game situation.

Technique

SHORT PASSING TECHNIQUE SESSION

- Mark out a grid of 20 x 10 yards, with a line marking the central area.
- Three players are in one grid, two players in the other
- The ball starts with the 3 players.
- Players pass the ball to a spare player and move quickly to the free area of the grid.
- Once a player moves onto the central area, they must turn with the ball and pass to the next grid.
- The practice is repeated with the three players passing and moving until a player reaches the central area, where they have to turn and pass. Repeat.

KEY COACHING FACTORS

- Communication to the player on the ball
- Players to be on their toes and get in line to receive the pass
- Awareness of where they want to pass to, before receiving the ball
- Control the ball space / pass side and out of their feet, ready to make a pass
- Head up and picture where the pass is going ☐be accurate
- Select the correct passing technique ☐side foot, outside of the foot, disguised flick
- Correct weight and timing of pass
- Quick movement to free area ☐watching the ball all the time
- Turning skill in centre area ☐can the player receive the ball on the back foot, with open shoulders.

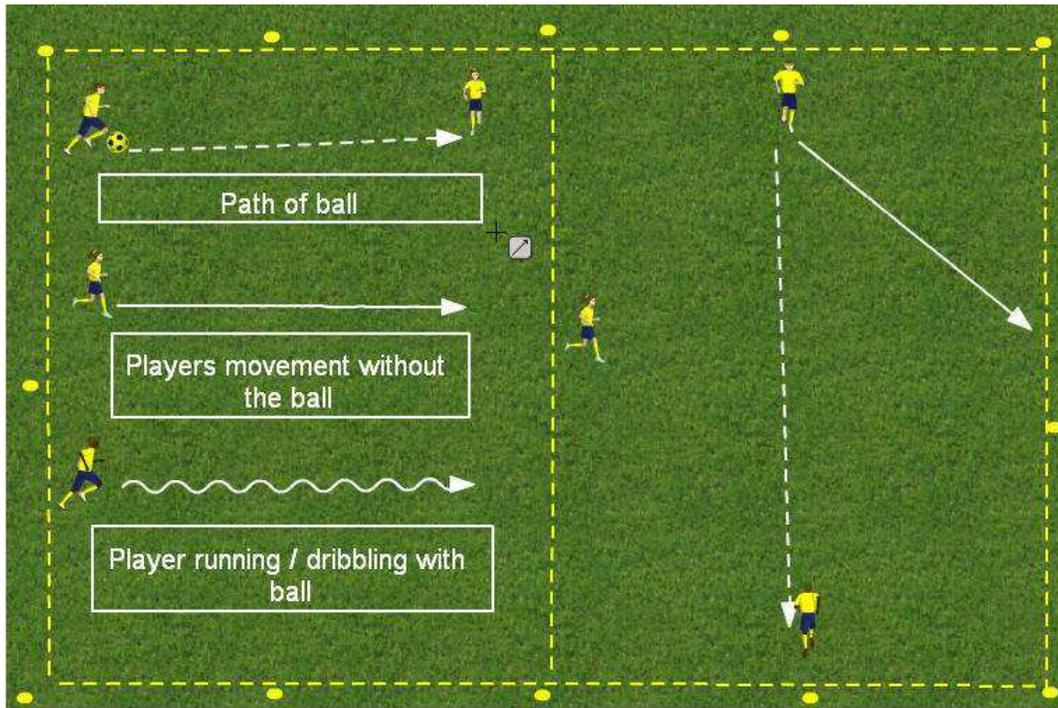
CONSIDERATIONS

- Use both feet
- Use the inside and outside of the foot
- Condition players to a maximum of two touches
- Condition players to must have two touches
- Condition players to one touch ☐pass and move
- Make area bigger

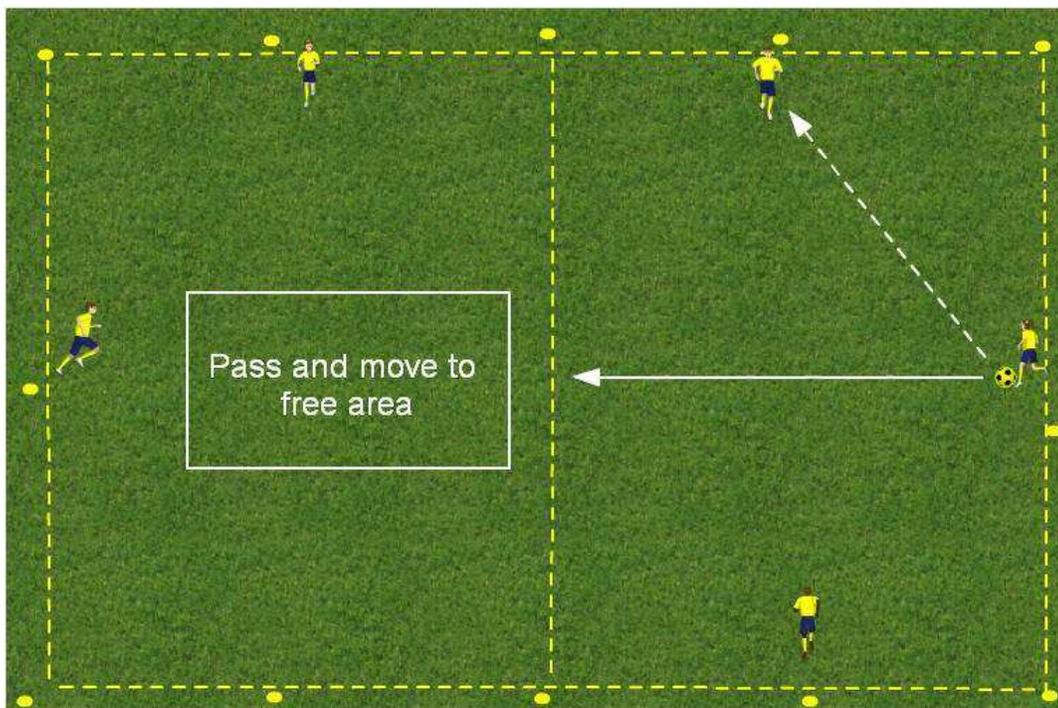
- Make area smaller



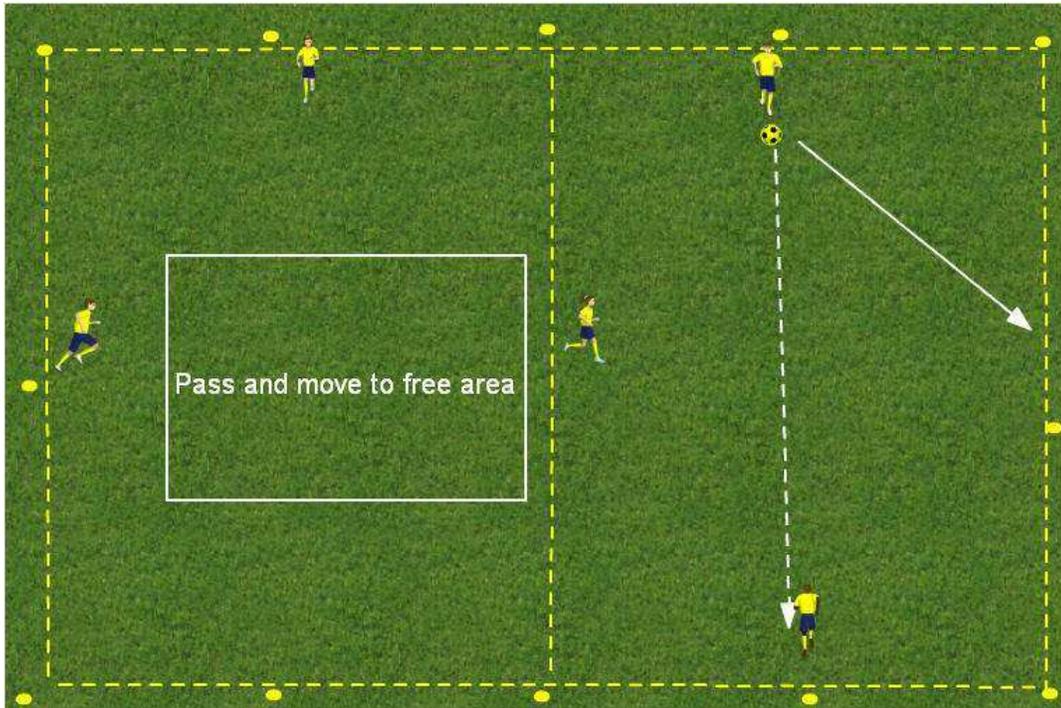
This graphic illustrates the different types of lines that are used to demonstrate the movement of the ball, the player, and the player with the ball.



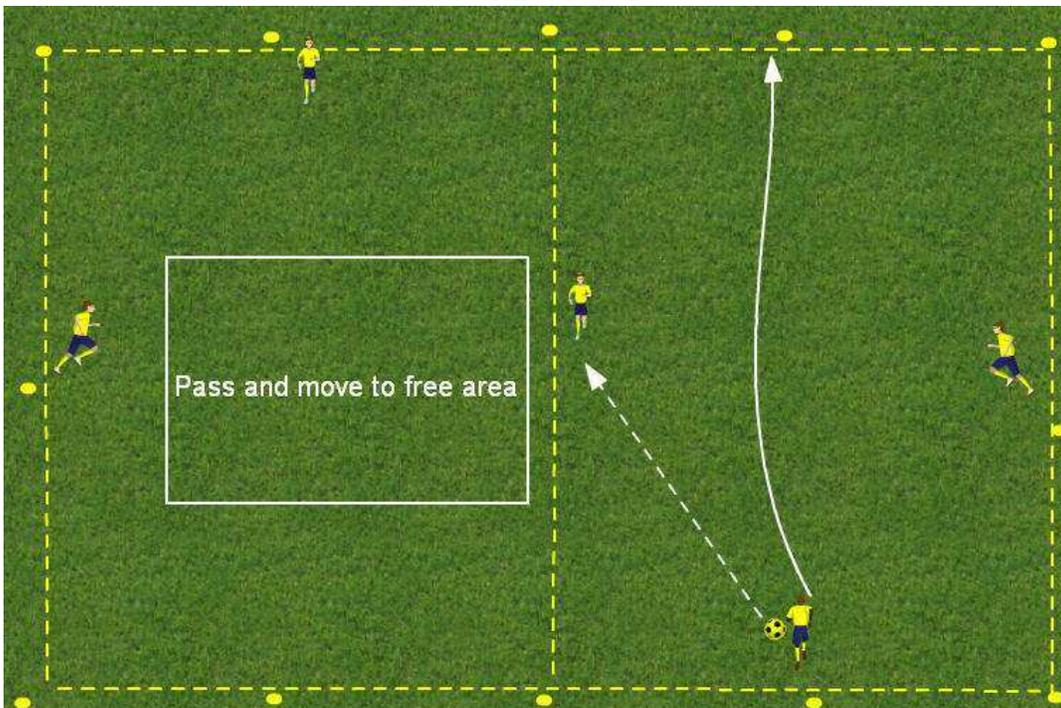
START OF TECHNIQUE DRILL



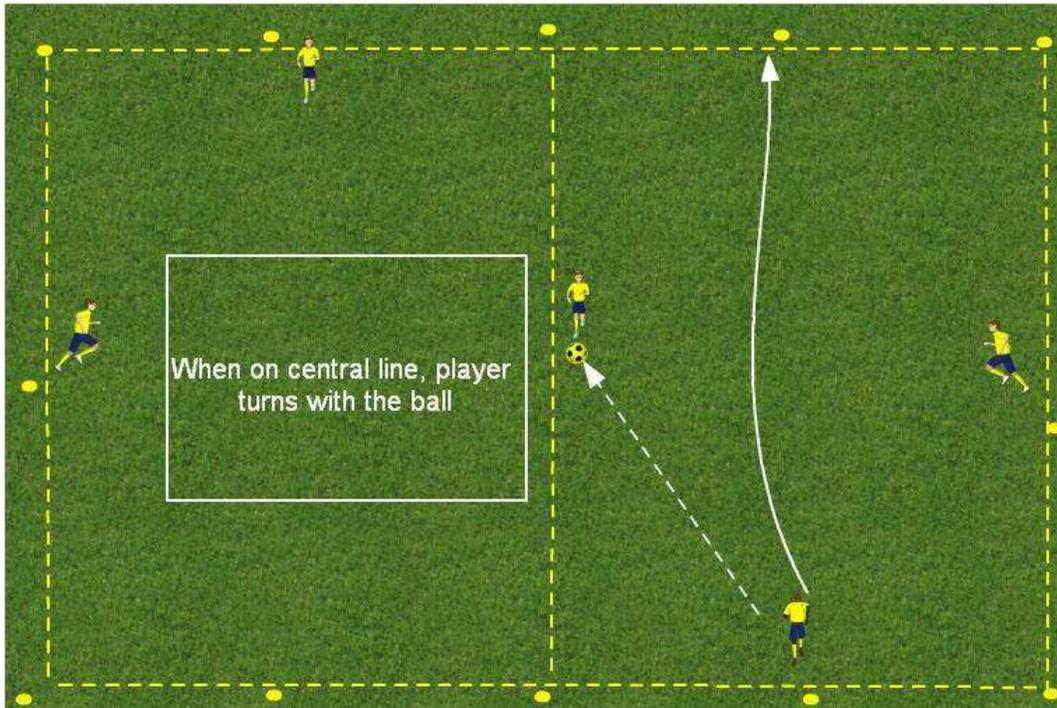
PROGRESSION 1



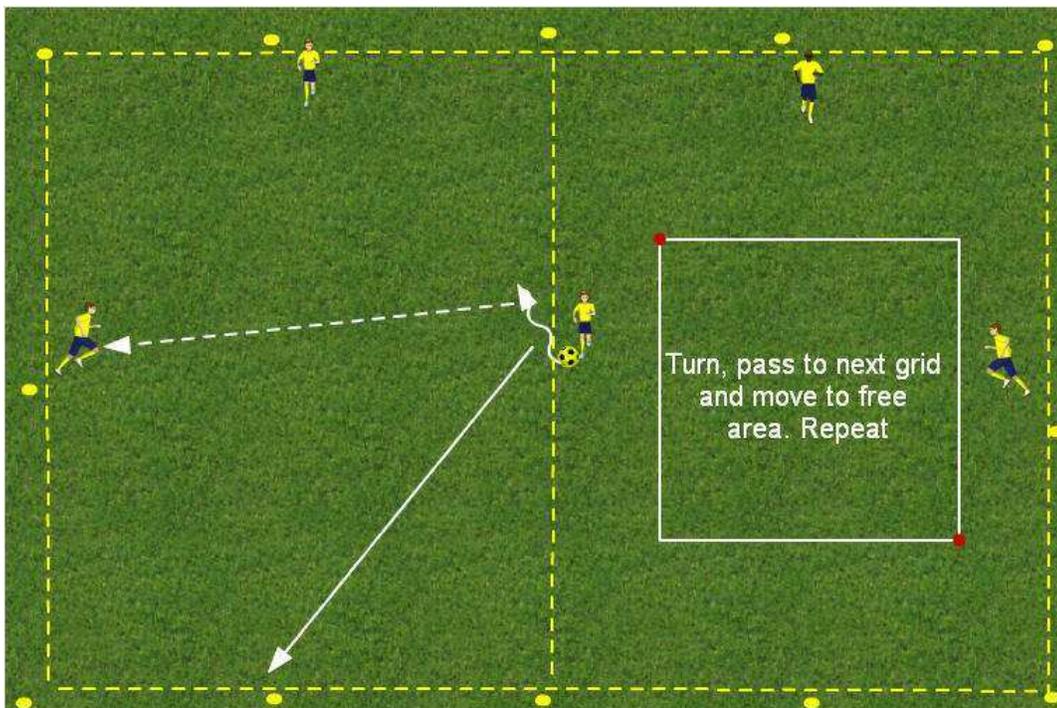
PROGRESSION 2



PROGRESSION 3



PROGRESSION 4





SHORT PASSING SKILL

The practice progresses so that defenders are now involved and the session progresses from a technique session to a skill session. The defenders start outside the grid and can only enter when the ball enters the grid they are defending. Once the ball has been passed out of the grid they are defending, they must go to the side and can only enter to defend when the ball is passed back into their grid.

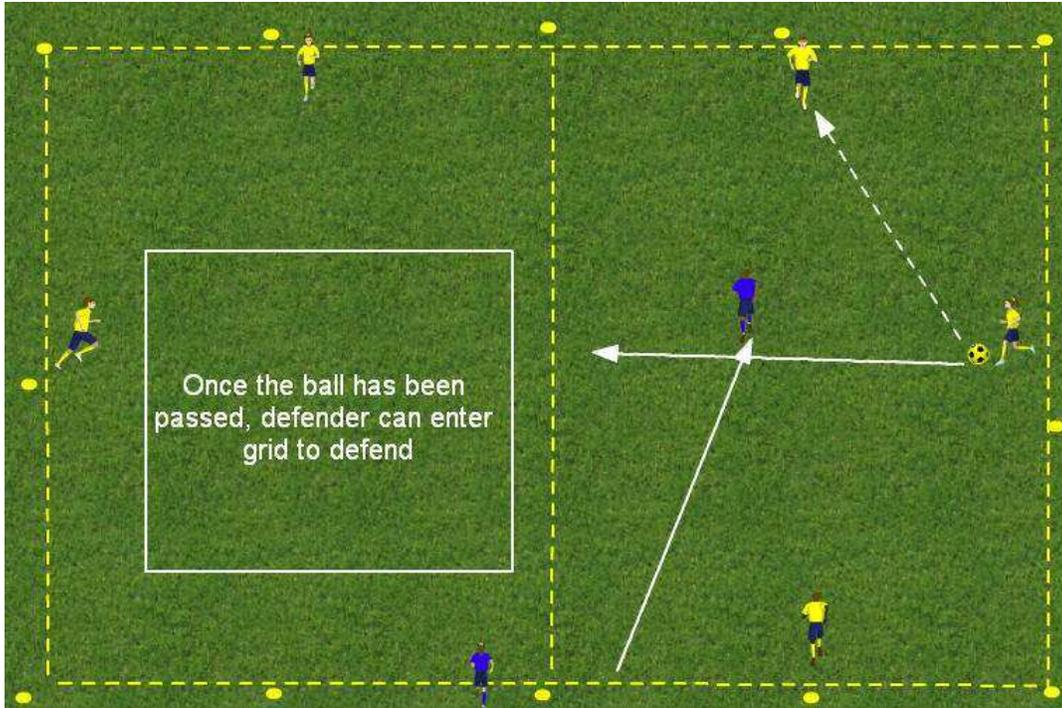
KEY COACHING FACTORS

- Control the ball away from the defender
- Good movement to support the player on the ball
- Good communication between players
- Select correct type of short passing technique
- Accuracy of passing
- Timing and weight of the pass
- Decision of whether to pass first time or be patient with the pass
- Turning skill in centre area □can the player receive the ball on the back foot, with open shoulders.

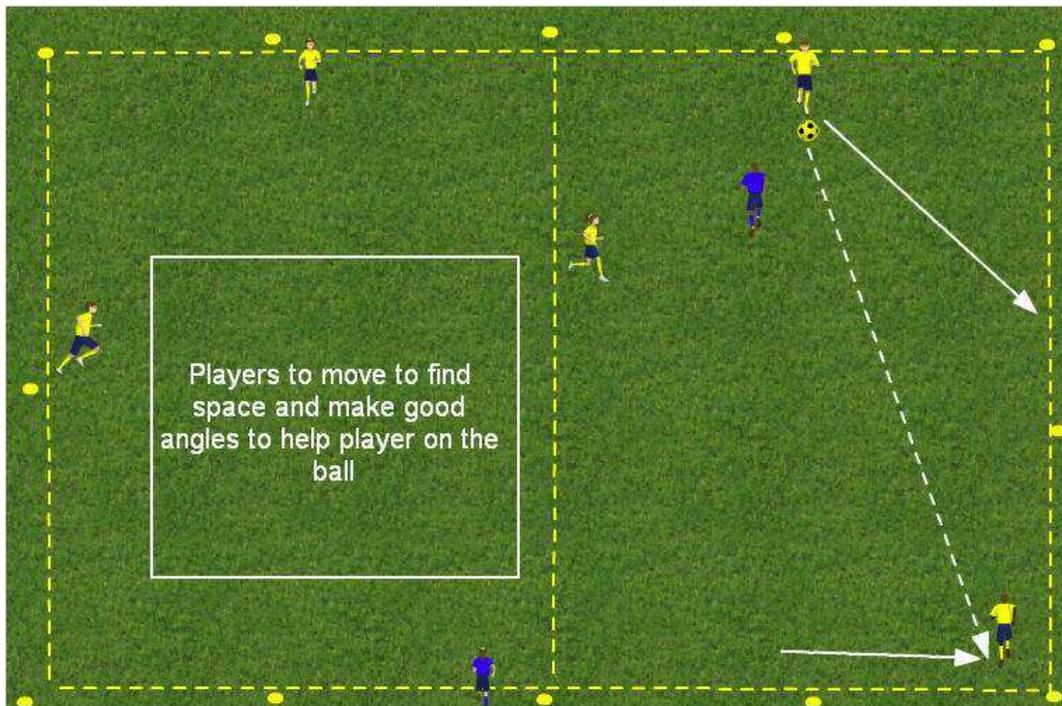
PROGRESSIONS

- Condition players to maximum of two touches
- Condition players to
- Make area bigger or smaller
- Progress to short passing game.

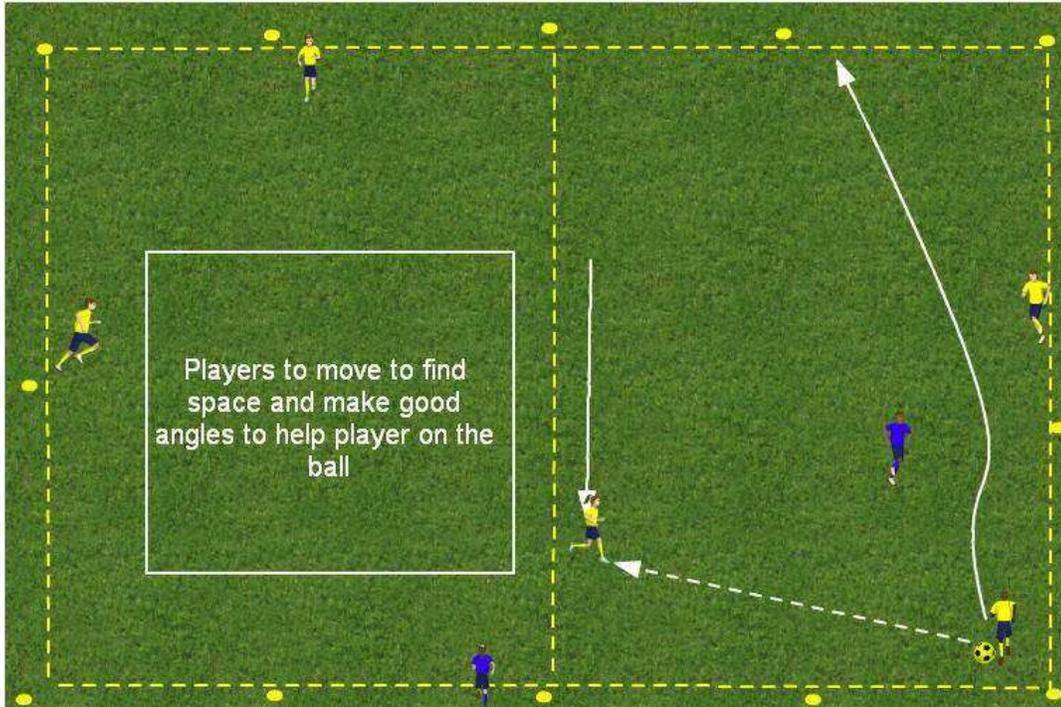
START OF SKILL DRILL



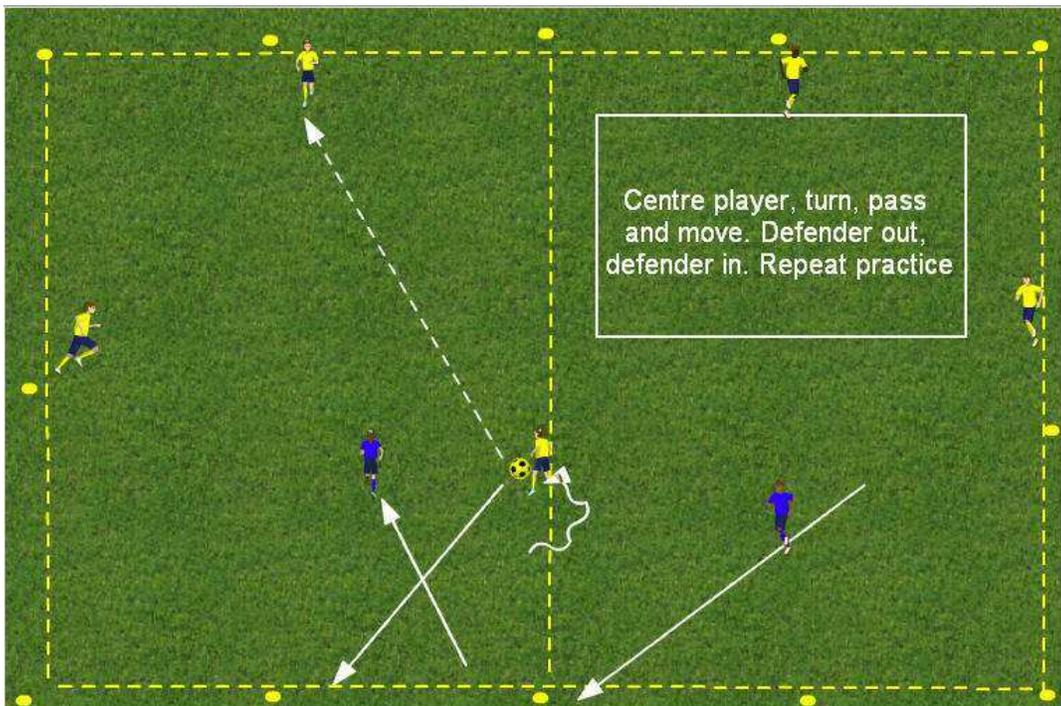
PROGRESSION 1



PROGRESSION 2



PROGRESSION 3





SHORT PASSING GAME

ORGANISATION

- Mark out an area of 30 x 30 yards.
- Play 4 v 4 in the area
- Play two floating players in the area and 4 floating players on the outside of the area
- Rotate teams and players regularly

OBJECTIVE OF GAME

Team in possession can use the floating players in the middle and floating players on the outside to keep possession of the ball. The floating players CANNOT pass to each other. This effectively makes a 10 v 4 overload situation. If possession is lost, the team in possession now play with the floating players. Goals or points are scored by the team in possession making a number of successive passes □ for example □□ consecutive passes = 1 goal.

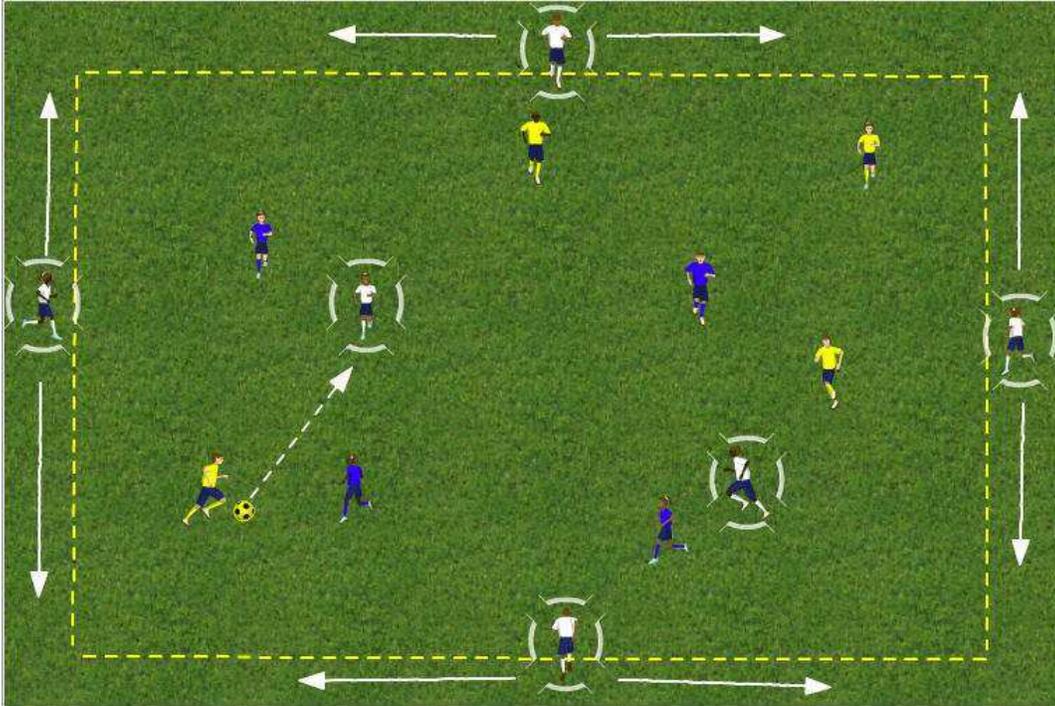
KEY COACHING FACTORS

- Movement to support the player on the ball
- Communication between players
- Players to be alert and get in the line of the ball to receive the pass
- Have an awareness of where they want to pass to, before receiving the ball
- Control the ball away from the defenders
- Control the ball out of their feet, ready to make a pass
- Head up and picture where the pass is going □ be accurate
- Select the correct passing technique □ side foot, outside of the foot, disguised flick
- Correct weight and timing of pass
- Movement after pass to find space
- Support for the player on the ball
- Floating players to be on the move to support player on the ball

CONSIDERATIONS

- Use both feet
- Use the inside and outside of the foot
- Condition all players to a maximum of two touches
- Condition floating players to a maximum of one touch
- Floating players cannot pass to each other
- Condition players to one touch □ pass and move
- Make area bigger
- Make area smaller

Start Game



Progression

