

21 January 2023

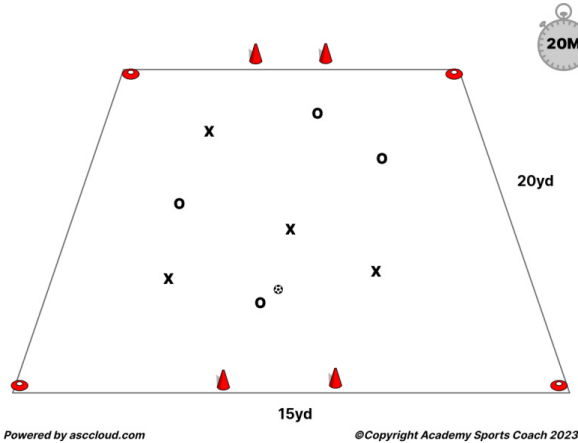
Tom Sauder, Greg Sawatsky

Age group:

U14s

Passing Weight/Accuracy & Through Balls (FIFA 11 W/U)

11:30 a.m. - 1:00 p.m.



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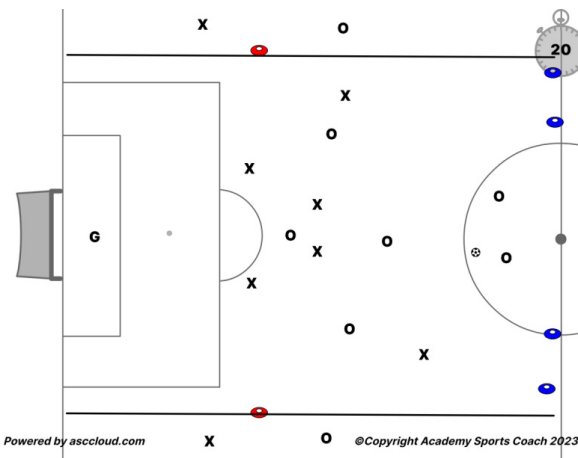
Organization: 4v4 in 15 x 20 area

Description: Passing Weight/Accuracy

Teams play to score through gates. Two touch passing. Passes are either to feet or into space for team mate to run onto.

Coaching Points:

Passes to feet should be firm, accurate, and not too long a distance. Passes into space must lead the receiver so that the receiver and ball arrive at the target spot at the same time. They can't be too hard or they'll run away from receiver. They can be on ground if there is no risk of interception. If there are opponents in the way they must be lofted passes.



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Organization: ½ field, with off side.

Description: Through Balls & Runs

Team O attacks goal and starts play at half. The object is to take shot on goal after a through ball into the box. Defending team uses defending principles. Each team has a player on their sideline to act as a "bounce" player. Each on their side of the offside marker

Rotate teams after 10 minutes.

Coaching Points:

Attacking team stretches defense wide (switching play for example) and vertical (by keeping strikers outside box). Striker (s) run across defensive line and attack a cross or a ball between defenders to take a one time shot. If two strikers they slowly run in opposite direction to open up gaps and then change direction to sprint inside defender to get to through ball. The gap between defenders needs to be wide enough. Timing and weight of pass to avoid keeper and run explosive to get to ball.

Game

Session