

21 January 2023

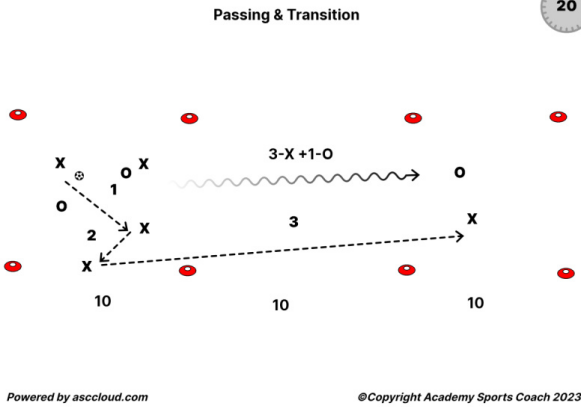
Tom Sauder, Greg Sawatsky

Age group:

U14s

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

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



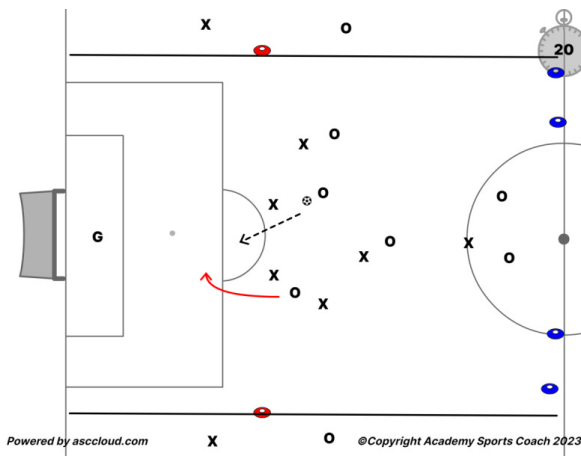
Organization: 4v2 & 1v1 in 10x10 area

Description: Passing Weight/Accuracy

X play O 4v2 in area 1 and 1v1 in area 2. The objective is to play the ball to their teammate in area 2. Example passing sequence 1-2-3. Once the pass is released three X and one O sprint to opposite area to set up a new 4v2 leaving 1v1 in area 1. If O win ball they need to pass to their mate in opposite area. Now there will be a 1v1 with the objective to play it back. Each successful transfer is a point. The only movement of players across is if the X in 4v2 play pass across.

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. X in 1v1 must move to create space. O in 1v1 looks to be in position to intercept pass.



Organization: 1/2 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 on their side of the offside marker. Defending team must pass on ground through gates to a teammate running behind gate.

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 (run off defender's shoulder in behind) 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