

Passing under Pressure!

Date: Venue: **Playing Field** Duration: **1 hour** No of Players: Ability / Level: **All Ages & Abilities**

Session Goals:

Improve passing under pressure as we get your players to look for outlets to play their team-mates into space when they're being closed down and put under pressure!

Personal Coaching Goals:

To get players to make the right decisions and cover movement patterns in pairs for the use during the game to enable players to manoeuvre their way out of tight situations.

Equipment:

Balls, Bibs and Cones

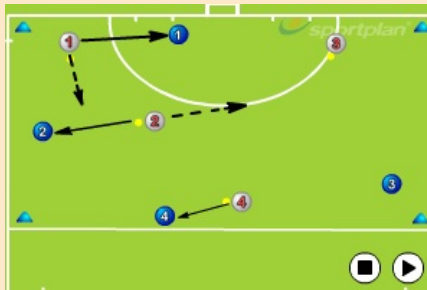
Warm Up

Pass and receive static wall - Flat hit

Split your group in half. The white team each has a ball. The blue team position themselves evenly around the coned area and remain static.

The white players make a pass to one of the static players but are not allowed to receive the ball from the same player so they must move around the grid to find a new ball.

On receiving a different ball, they then carry the ball and look for a new player to make the next pass to.



Notes

See how many passes your players can make in a minute?
This drill should see your players all moving quickly, talking and making lots of passes.



Coaching Tips

If your players are not talking enough impose a silence rule. Players are not allowed to talk during this drill!
After playing with this rule players should realise how important it is to talk, and once the rule has been lifted they should all be calling to one another as they work hard to pass and receive!

Tight passing

Switch

Players work in pairs with one ball between them.

The player on the right runs with the ball across to the other side. Meanwhile the other player also runs across but crosses behind the player with the ball. At the point when their paths crossing the player with the ball passes the ball with a reverse stick pass to the other player.

They both continue their runs and repeat on the next cone.



Coaching Tips

Aim to get this exercise moving at full speed, with the player calling when they're ready to receive the pass.
A good team communicates!

Switch out of trouble

Players carry the ball forwards as a pair towards two defenders, with a support player running down the opposite wing. When the attacking players reach the defender they can choose from three options:



1. Change the point of attack by switching the ball across the pitch.
2. Carry the ball themselves past the defenders or
3. Pass to their partner to squeeze their way up the pitch.



Coaching Tips

Switching the ball is clearly the right option in this situation, however, to make the drill as realistic as possible - and to keep the defenders on their toes - give players all three options.



Progression

Forced pressure:
Get players to force themselves into a tight situation and try to switch the ball out of the danger area.

Game on!

Half Pitch Match

Finish this session with a half pitch game.



Notes

Before the game take some time to practice short corners
During the game concentrate some time on the self-pass.



Coaching Tips

Players still not talking? Impose the silence rule again for a couple of minutes. If players talk they must give the ball to the other team.
After a couple of minutes lift the silence rule - this should help your players to see the importance of communicating on the field!