

Session Time: 1 hour - The FA Girls' Football Week

Creating Space Before & After A Pass.

Play / Moving / Passing / Dribbling

General Notes

When in possession, show simple movements to create space.

Aims & Objectives

To get the players to move before and after they have passed the ball, to recognise how little movement you need to make to receive a pass.

Organisation & Setup

Play half court with players playing 2v1, 3v3 and then 5v5. Get the players to work hard off the ball, don't stand still, always be moving. Use as few touches as possible to move the ball on.

Coaching Factors & Outcomes

With simple demo's, can the players pass and receive the ball, without making huge movements about the court. Progress onto playing a full court game using bibs, which they drop when they complete a pass. Finally, add the goals for directional play.

Adaptation & Progression

To score a point in the passing sessions, players on the same team must all drop their bibs. When using the goals, 3 bibs must be on the floor before the team can advance to the D and score.

Technical

- Weight of the pass.
- Direction of the pass.
- Quality of the pass

Physical

- Movement with and without the ball.
- Create space to receive the pass from your team mate.
- Never stand still on the court, always be moving.

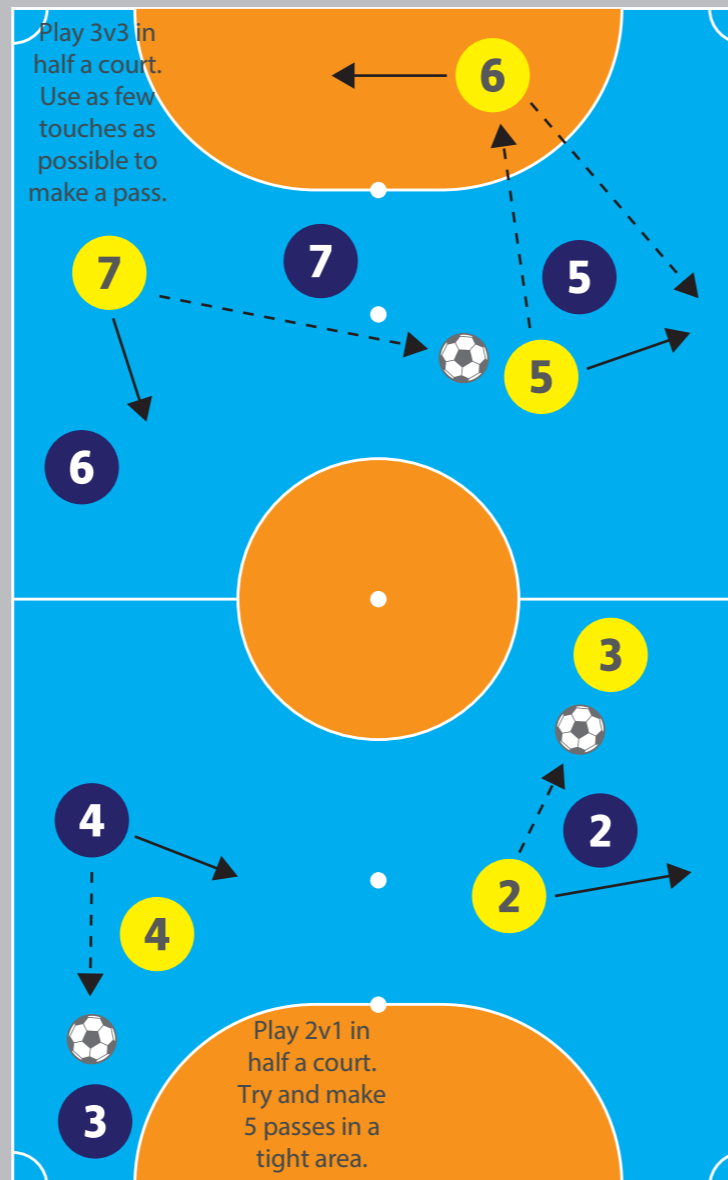
Psychological

- Think about how you can make space without lots of movement about the court.
- Support quickly and be confident when making your runs.
- Watch the defenders to see how they move.

Social

- Work as a team, not as individuals.
- Good communication, telling the players with the ball as much information they need.
- Work hard when defender or attackers.

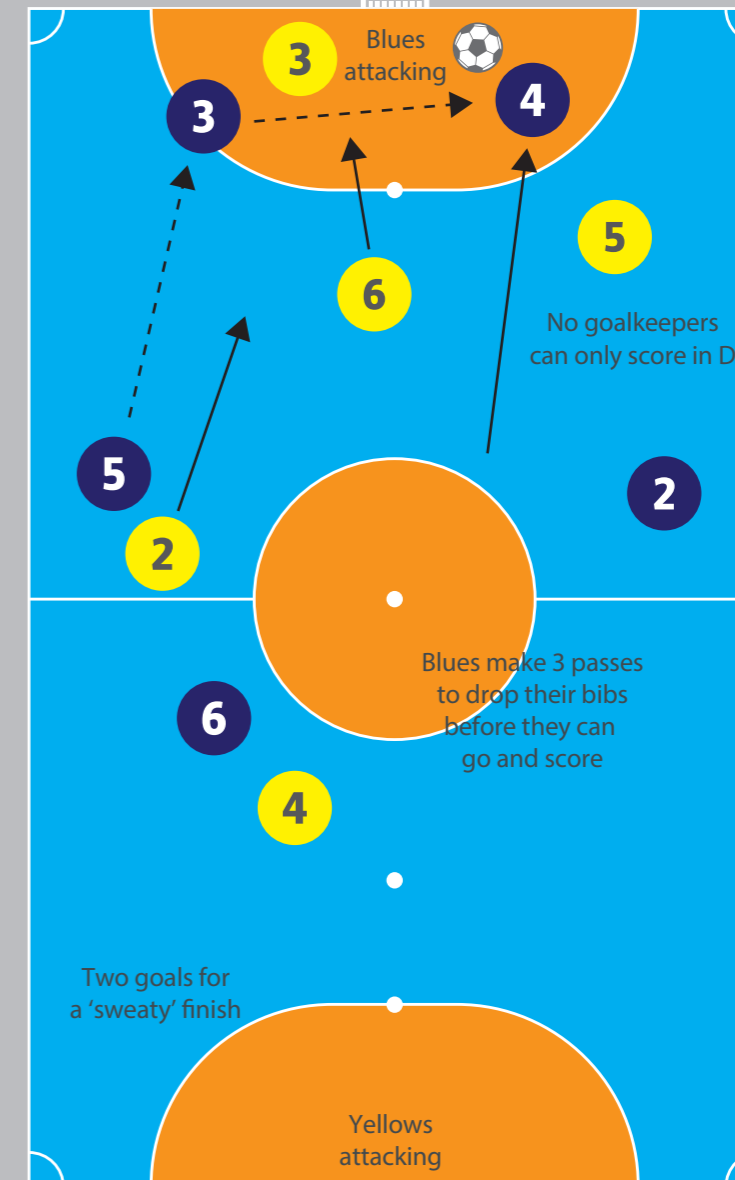
Warm Up



Warm Up

- Play 2v1 in half a court.
- Make 5 passes without losing the ball to get a goal.
- If the defender wins the ball, swap round and have a new defender.
- Move after every pass.
- Progress to 3v3 in half a court, make 5 passes to get a goal. Don't stand still with or without the ball.

Session #2



Session #2

- Each player wears and carries a bib.
- Play 5v5 on a full court.
- Every time Yellows make a successful pass they drop their bib.
- When all bibs on the floor they get a goal.
- If the Blues win the ball, the Yellows must pick up their bibs before they can tackle.
- If the ball goes out, play swaps and which ever team played it out must collect their bibs from the floor before.

Session #2 Progression

- Play with goals, to score team in possession must have 3 bibs on the floor before they can score.
- No goalkeepers, can only score in the D with a one touch finish. Two goals for a 'sweaty' finish.
- Explain to players that the bib on the floor is the opposition player. As soon as they lose possession they must mark, pick up, the nearest opposition player. When transition happens, don't wait for the opposition to collect their bibs, play at pace and be direct.