

# STRIKING THE BALL

Pre-Academy Centres (PAC) | Week 1



## Coaching Points & Key Questions

### Receiver:

- Can both Receiver & Passer establish eye contact
- Receiver initiates the pass via both Verbal (“Yes”, “John”, “Feet” etc) and Non-Verbal (point with hand) communication
- Receiver to be behind the pass and control effectively with minimal touches.
- When the receiver has to deal a longer pass in the air, try to control ball before it bounces.
- Can the receiver make the movement/run into space to receive before the ball is played (timing)
- **Receiver to choose the most effective body part to control the ball**
- Instep for low pass (ideally)
- Chest for high pass (ideally)
- Other parts (outside of foot, thigh, head) can also be developed but shouldn't be encouraged as a priority.

### Passer:

- Can the passer see (aware) of where and when the receiver want the pass to be played (to feet or to space?)
- **The passer must decide correctly whether to play the pass, or to keep the ball, based on the situation.**
- Is there a passing lane / space for me to play the pass successfully to my teammate?
- Do I have enough time to play the required pass pass successfully to my teammate?
- **Can the passer ensure they are properly prepared to play the pass.**
- Am I balanced?
- Is my body weight going forward / head & knee over the ball?
- Am I able to face my target (preferred) with my approach?
- **Can the passer make a clean contact on the ball with a strong, locked leg & ankle**
- Stationary ball & moving ball
- Different contact surfaces
- **The passer must decide correctly what type of pass I need to play, based on situation (distance, defenders, space)**
- Instep (short distance)
- Bent (to go around players)
- Laces / Driven (medium distance)
- Lofted / Chipped (in the air)
- Different speeds, directions & spins

### Key Questions:

- Can you maintain visual contact with your teammate before you pass the ball?

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## Arrival Activity | 5-15 Minutes

### Objectives / Outcomes

- For players to accumulate 1000 touches before start of PAC session
- Players develop the general low ball control, first touch, passing accuracy and movement effectiveness.

### Set Up

- 3 cones set up 1m apart in a triangle shape (as drawn).
- Each pair has one ball and one set of triangle gates to use.

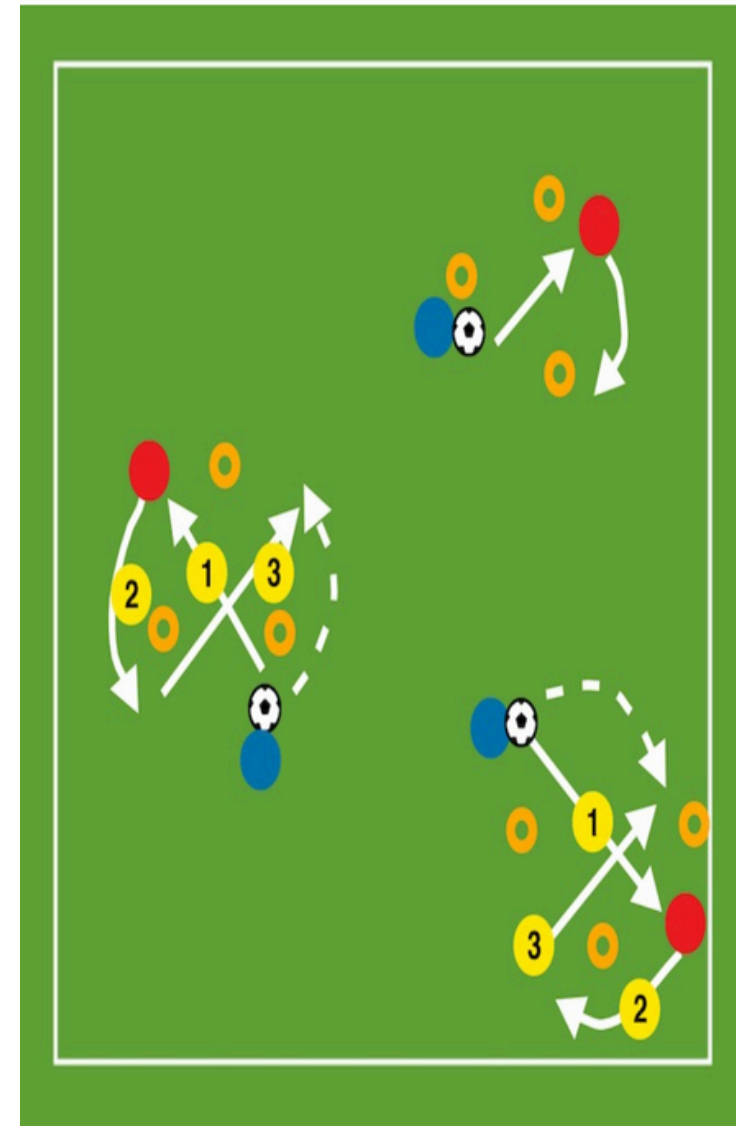
### How to Play

- Players in their pairs to pass, control/move and then pass the ball through the sides of the triangle to one another.
  1. Player (Blue) to pass through one side of the triangle to their partner (Red)
  2. Red receives pass and moves the ball with 1 (ideally) or minimal touches to a different side of the triangle.
  3. Red plays a pass to Blue through the triangle, who then repeats stages 1-3.
- Players to take touch/pass in any direction, not just in a circle rotation.
- Set different requirements to change the challenge
- Must take X touches (control, move ball, pass)
- Can you incorporate a feints or trick before passing
- Players to move X m's behind the triangle to increase distance of pass
- Keep scores (only gain a point if you complete all tasks cleanly)

### Technical Coaching Points

- Using both left and right feet when receiving & passing the ball
- To experience all surfaces of the foot to execute tasks
- Inside, outside, sole, laces, heel
- Ensure players take touch both directions, not just their preferred way
- Use of different body feints where possible
- Players to accurately (direction) and suitably (weighted) pass the ball

## “Gate Passing Challenge”



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## Play (1)| 15 Minutes

### Objectives / Outcomes

- Players to experience and repeat effective football actions:
- BP: Passing, Receiving, Dribbling, Movement off the Ball,
- BPO: Pressure, 1v1, Tackling, Covering, Tracking
- Other: Awareness, Communication, C.O.Ds

### Set Up

- Even numbers ideally (4v4 max inside playing)
- 20m x 15m area with 2 goals at each end – As shown

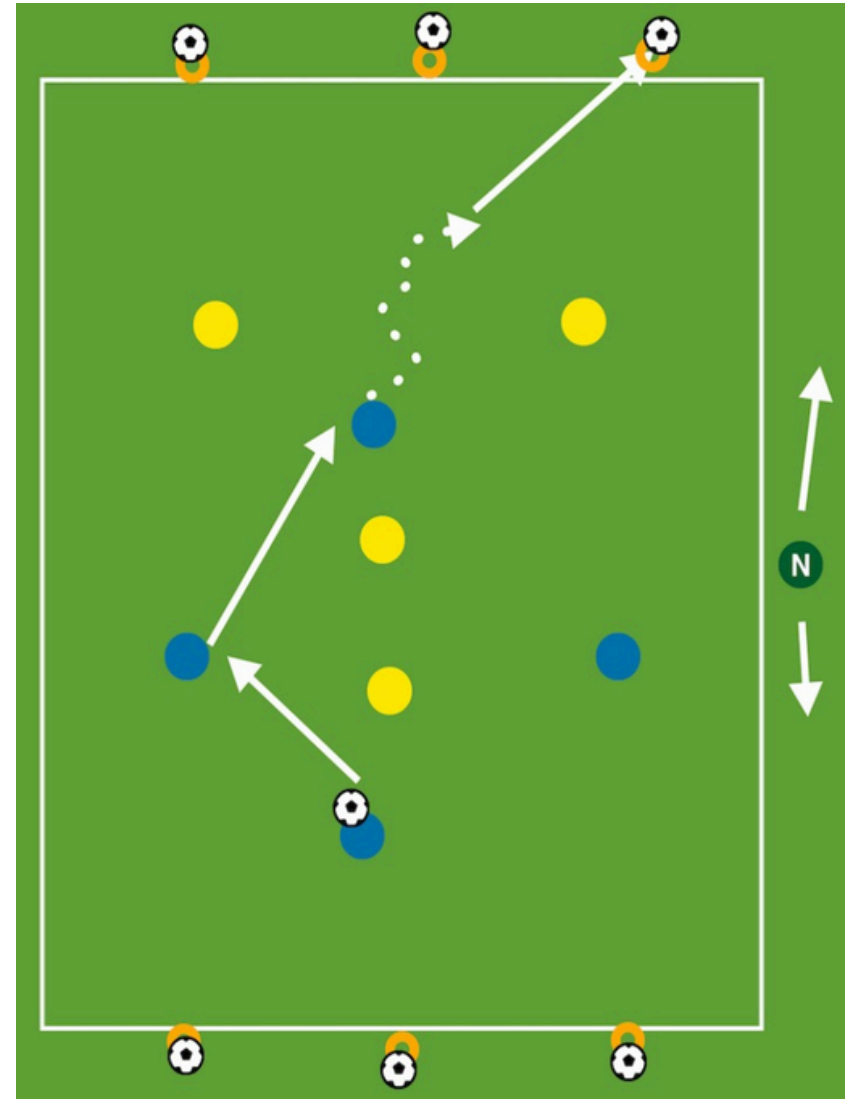
### How to Play

- Teams try to knock targets (3 balls on top of cones) set up on the attacking end line.
- Players can dribble close to or pass/shoot from a distance.
- 3 games of 4 mins. Keep score. Change teams around each game.

### Possible Conditions / Constraints? **DON'T SET TOO MANY AT ONCE**

- If uneven numbers, consider a Joker/Neutral Player to play for:
  1. The team in possession
  2. To play outside of area along one of the sidelines
  3. Play on free play or on restricted touches?
- Set players up to “man mark” and can only tackle direct opponent – this will promote more 1v1 match ups
- Set up more targets (ie 5 per line)
- Mix up 2 targets at each end (ie on red cones vs on blue cones)
- Teams must only knock a target from within Xm (ie 1m or 10m) – the shorter distance will promote more dribbling, further will promote more passing/ball striking.

## “Target Line SSG”



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## Coach (1)| 15 Minutes

### Objectives / Outcomes

- Players to develop correct technique & effective habits when passing (and receiving) a ball to a teammate over different distances

### Set Up

- 1 ball per pair of players. 1 group of 3 if there is an odd number.
- Players to work within a flexible space (20m x 20m – 30m x 30m)

### How to Play

- Each pair is attempting to complete a pass to each other
- Begin passes over distance approx 10m – 15m (depending on age/ability), but can expand distances for the older age groups.
- Once partner receives pass, they control and then dribble around, before reinitiate the process (connect, receive communicates, pass, receive ....)

### Detail Reminders:

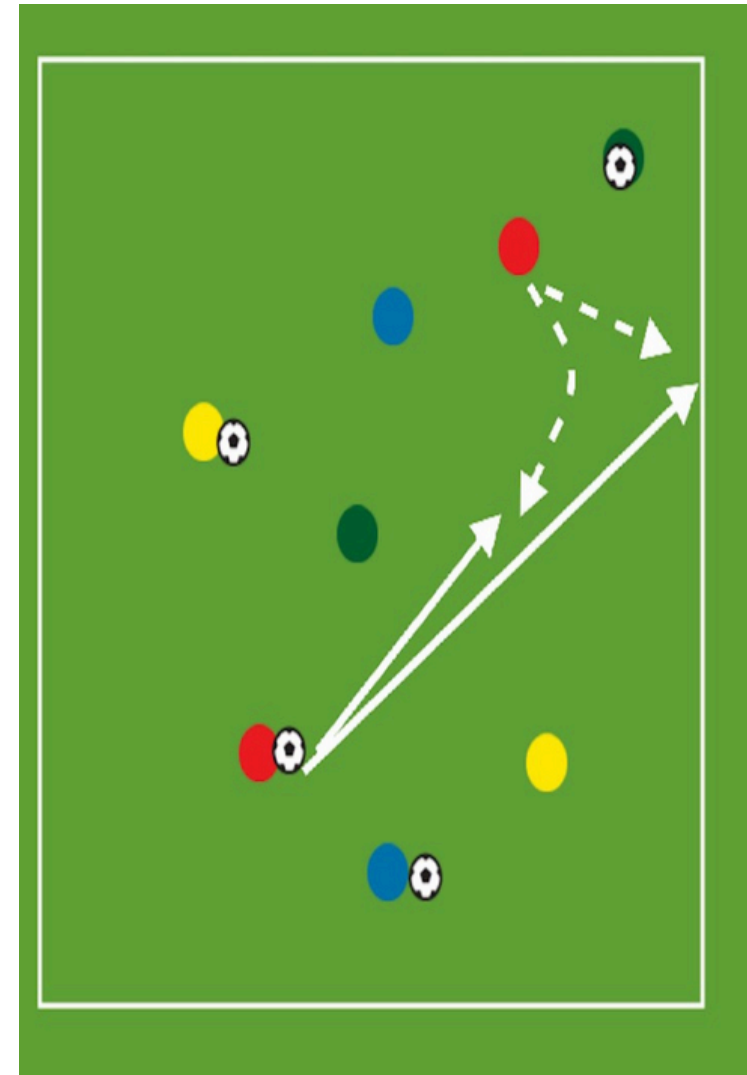
- Eye contact between partners.
- Communication from the receiver initiates the pass.
- Nonverbal communication is important.
- Decision to pass or not pass based on the situation
- Passer to take time / prepare and make good contact on the pass/strike.
- Body weight forward & facing towards the target.
- Types of pass: Instep (short), Laces (medium), Loft/Chip (med/long)
- Receiver to be behind the pass and control effectively with minimal touches.
- If receiving a longer pass in the air, try to control ball before it bounces.

### Progressions:

- Players to increase their distance of pass
- Players to use their weaker foot to strike ball / play pass
- Receiver to show (point) and make a run into space for teammate to play pass into.

Players to practice receiving with different parts of the body

## Week 1: “Striking the Ball”





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## Play (2)| 15 Minutes

### Set Up

- Play even numbers + Bouncers / GKs in an area 20m x 20m – As shown
- 4 x 3min games (1 mins rest), swap Neutrals / Targets each game

### How to Play

- Even numbers ideally (3v3 max inside area)
- Play starts from the N / GK
- Teams combine to try and score a goal into one of the two small goals, AFTER finding a pass into the top target player, who are on 2 touches.
- Teams can use their defensive N / target play to circulate the ball.
- 1 pt for a combination & goal, 3 pts for a third man run and goal (as picture shows)

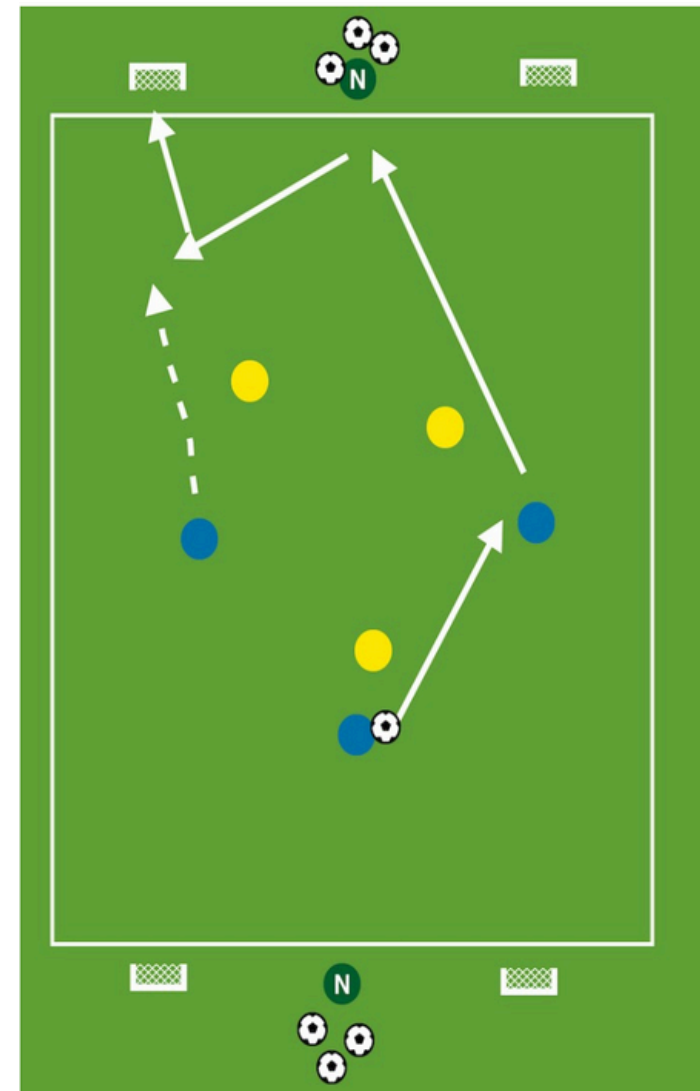
### Possible Conditions / Constraints?

- If uneven numbers, consider a Joker/Neutral Player to play for:
- The team in possession
- To play outside the area along a sideline
- Play on free play or on restricted touches?
- Set players up to “man mark” and can only tackle direct opponent – this will promote more 1v1 match ups
- Teams must use the attacking end player / target before can score - this will promote more forward thinking / passing and movement/support.
- Teams must score with X passes or X time – this will promote more attacking intent, dribbling, quicker passing.
- Teams can only score 1 touch / first time?

### Advice:

- Set certain constraints that will support bringing alive the technical actions from the “Coach 1” and “Coach 2” exercises.
- Don't be afraid to add or remove constraints to ensure players can successfully experience the weekly topic
- Don't have too many constraints at once or change these too often.
- Have a scoring method and keep scores for both team – encourage the competition between the two teams.
- Try to maintain a competitive game. Change teams, neutral player or break the time allocation into small games of 5 mins.

## “4 Goal Game (with bouncers)”



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## Part 6 – Debrief & “Extra Time”

- Coach led Q&A discussion with the players at the conclusion of the final Play (2) game.
- To be built into the 75 mins of the session, not added post.
- Coaches to consolidate players learning from the session topic, with use of guided questions, examples, demonstrations and pictures (whiteboard) to cover all different learning styles.
- Set “Extra Time” activities or challenges for players to rehearse between PAC sessions.

### Purpose

- “To assist in consolidation of learning and to set “extra time” technical work for players to complete in their own environments”

### “Extra Time”

- Technical challenge set down by the coach (ie X juggles, X mins spent travelling with the ball, experiment and come up with a new trick/turn etc etc).
- Can coaches make a “gameification”? Set different levels, or stages for players to try and achieve.
- Players to determine for themselves what they would like to work on (self regulated learning).
- Encouraged, but never enforced as this is a way to help build self responsibility in the players
- development journey (self motivation)
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