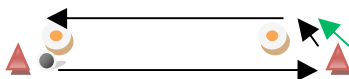


BFSC U11-U12 Training Session #13: Advanced Passing and Combination Play.

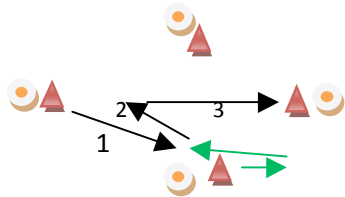
<u>Exercise</u>	<u>Environment</u>	<u>Description / Coach</u>
Sequenced passing	½ field	<p>Divide the group into two teams (in different color vests). Give each team a ball. Every player on each team should have a number as well. Explain that the purpose of the exercise is to work through the following passing and possession variations. In every case, players need to continue to move (the teams can and should intermingle), and they should move to a different part of the grid after they pass the ball. In addition, communication and checking to the ball should be emphasized as well.</p> <ol style="list-style-type: none"> 1. Each team passes the ball to players in their group (color). 2. Each team passes the ball to players in their group using only the right foot to pass and receive. 3. Each team passes the ball to players in their group using only the left foot to pass and receive. 4. Each team passes the ball to players in their group using one touch passing where possible. 5. Each team passes the ball in sequenced order within their team. 6. Teams pass the balls, alternating the color they pass to.

Advanced receiving 2 cones



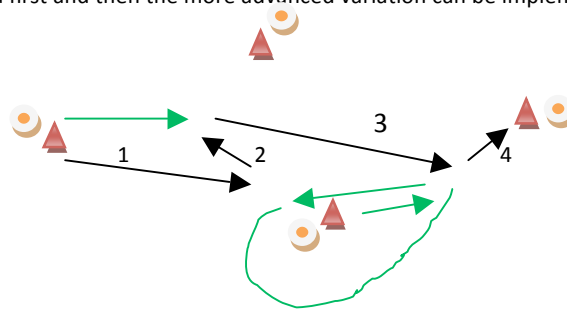
Players work in pairs with one ball. Here the focus is on utilizing the first touch to both set up a second-touch pass and also sharply change the direction of play. Players receive the ball on one side (and behind) the cone on their end. They use their first touch to play forward and to the opposite side of the cone. Emphasize a change of speed and a sharp pass with the second touch. Play for one minute and change feet.

Diamond passing



This is an advanced passing exercise involving check runs, 1-2's, one-touch play, and creative running off of the ball. The basic pattern should be practiced first and then the more advanced variation can be implemented. Players move up one cone after each repetition.

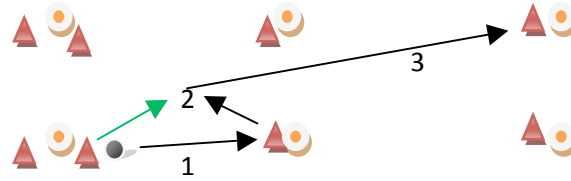
Variation#2:



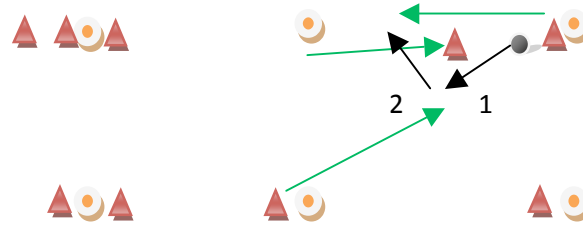
1-2 Ladder 6 cone area

This exercise is an advanced passing environment that maximizes technical passing and receiving requirements and also places considerable pressure on players to communicate, run off of the ball and also create rhythm in their passing. Two variations of this exercise are outlined below. Players advance one cone with each repetition (follow the pass).

Variation#1: Base exercise.



Variation#2: Advanced. Here, a second 1-2 is added to the above sequence and the runner helps set the 1-2 with the check run.



5v5+ endline and side bumpers 25x35 yard field

Play a game to small goals. Each team has one endline bumper and there are two neutral sideline bumpers. The bumpers are limited to two quick touches. The bumpers can not be tackled and they can not enter the field. The neutral bumpers can move up and down the length of the grid and they play with and for the team with the ball. The endline bumpers can move along the width of the endline (but not in the goal area) and they look to play quick passes to teammates in the front of the goal area. Rotate the bumpers every three minutes. The coach can place restrictions on the field players to require 1-2's with the neutral players and/or the endline player before a goal can be scored. This should be a fast-paced, rhythm-oriented playing environment, and the coach can encourage sharp communication, passing, receiving and movement off of the ball.