



Club Victory Coaches Lounge - Striking the Ball - 28/3/22

Category: Technical: Passing & Receiving
Skill: U12 | Start Time: 28-Mar-2022 18:30h

Pro-Club: Melbourne Victory Football Club
Harley Hamdani, Melbourne, Australia

Description

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.
- Can the receiver make the **movement/run** into space to receive before the ball is played (timing)

Passer:

- Can the passer **see** (aware) of where and when the receiver want the pass to be played.
- The passer must **decide** correctly whether to play the pass, or to keep the ball, based on the situation. I.e. 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 he is 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 the 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?
- What type of pass does the current situation require me to play?

Technical Practice (5 mins)

Practice Objectives:

To introduce the theme of Striking the Ball, in an environment that allows plenty of realistic repetition.

The practice should allow for different types of passes based on the situation and space available.

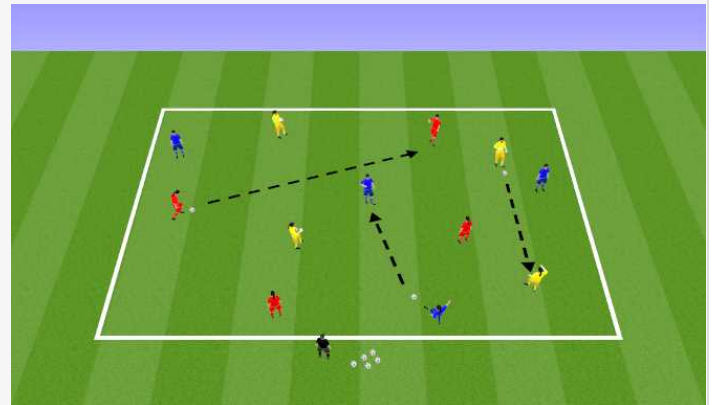
Practice Explanation:

3 teams of 4.

Each team has a ball between them, aiming to retain possession and complete passes in a busy area, avoiding players from the opposite teams.

Progression: 1 team is defending, with a ball each. Each defending team player is aiming to disrupt the two teams in possession.

Optional starting point: Players are given numbers and must pass in sequence.



Positioning Game (5 mins)

Practice Objectives:

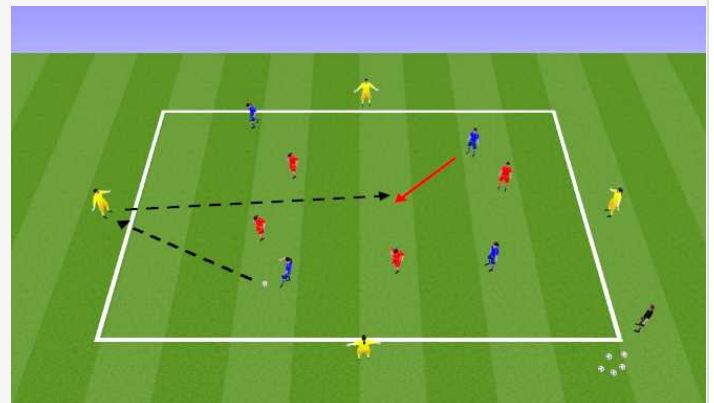
To build upon previous activity through increased pressure.

Practice Explanation:

4v4 (+4). Two teams play on the inside of the area, with the third team providing additional support on the outside. Team in possession aim to retain possession. Point is awarded for a set number of passes.

Progression: Outside players are limited to number of touches.

Optional: Add goals on the outside, shot can be taken in any goal once set number of passes has been completed.



Small Sided Game (5 mins)

Practice Objectives:

To consolidate learning from the session, allowing players to apply their learning in a game situation (directional practice).

Practice Explanation:

4v4 (+4) game.

Bonus point is awarded for playing off the end players and then scoring (as shown).

Adaption: Two wall players beside the goals (with no wide wall players)

Adaption: BPO team must have one player drop-out as soon as possession is lost.

