



Knights Outside Push Pass

Category: Technical: Passing & Receiving

Difficulty: Academy Sessions

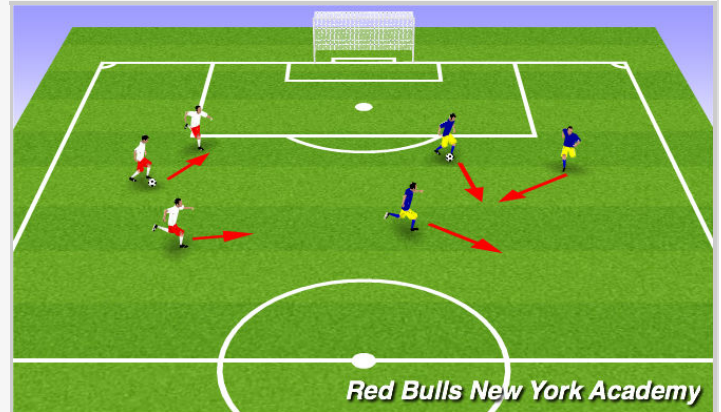
Keron Doldron



Warm up

Warm up:

Players get into groups of three, and move around the designated area. Lookin to make any type of pass to any teammate.



Technical Repetition

Organization:

Players separe into groups of four, at any corner cone

Instructions:

- Left side starts with the ball
- Players dribble at one another, looking to make the pass across the grid to their teammate with the outside of their foot

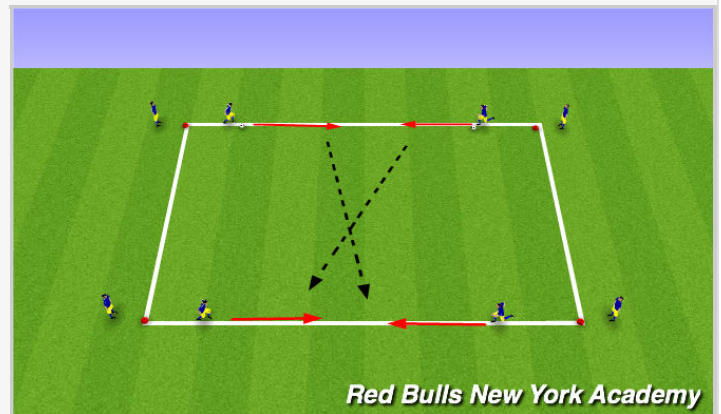
- ball is then switched to right side of grid, and same process is done

Coaching Points:

- Head up
- Not cutting the ball with the outside of our foot, but pushing it
- Can we hit them in stride

Progressions:

- How many can we complete
- Competition



Team Play

Organization:

- Players play 2v2 to gates

Instructions:

- Offense looking to play through gates
- Defense is limited to one area per defender
- If defense wins the ball, they look to get across opposite line

Coaching Points:

- Draw defneder
- lead offensive player to goal
- head up
- first touch

Progressions:

- more players
- defense can go anywhere



Condition game

Organization:

Players play 4v4 inside square

Instructions:

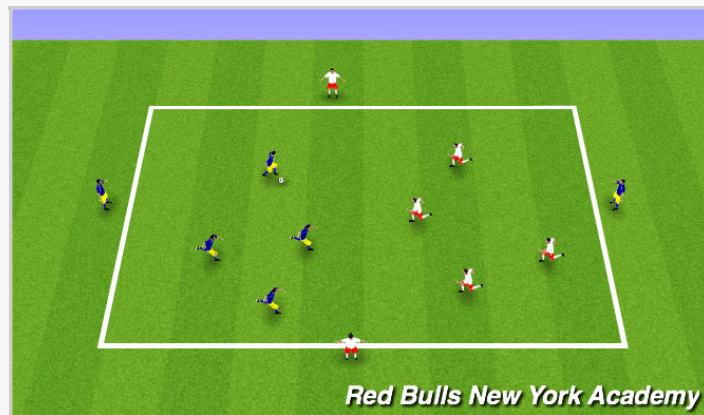
- Players play 4v4 inside the grid
- Players score by playing pass to their teams outside player, who must play a pass back into their teammate
- The inside player replaces the outside player after the pass is made

Coaching Points:

- Finding space
- Head up looking for players
- Change direction with pass

Progressions:

- Touch rule
- Pass rule
- All players on for scrimmage with goals



Champions

FREE PLAY - 3v3 Tournament

