# PASSING: CREATING OPPORTUNITIES TO PLAY FORWARD

Passing quality -> support angles -> penetration -> combination play

## SESSION OVERVIEW

### SESSION AIM

Develop sharp passing, intelligent support and the ability to recognise and create opportunities to play forward.

| THEME | PRACTICE 1 | PRACTICE 2 | END GOAL |
|---|---|---|---|
| **Forward Passing** | **Passing & Movement** | **3v3 + Targets** | **7v7 to Goal** |

## ACTIVITY 1 | PASSING & MOVEMENT

### ORGANISATION

Split 16 players into four teams of four. Create two 20 x 30-yard grids, with two groups of four working in each grid. Use one ball per group.

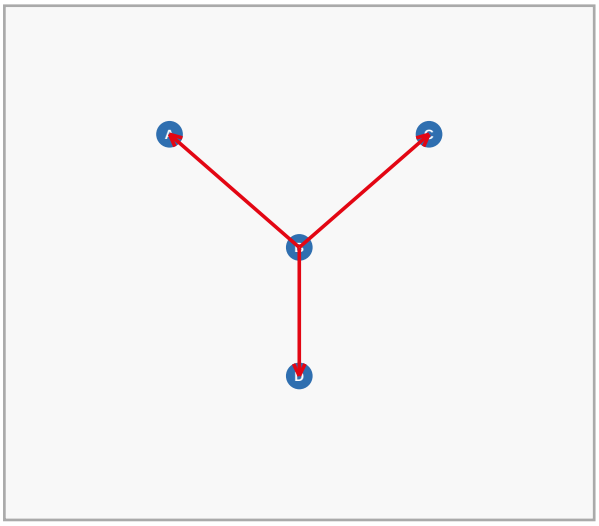
### HOW IT WORKS

Each group passes and moves continuously. Players receive, move into space and pass to another teammate while maintaining good team shape. Encourage width, depth and constant adjustment as the ball travels.

### COACHING POINTS

- Use correct passing mechanics with the inside of the foot.
- Pass sharply with appropriate accuracy and weight.
- Receive half-turned when providing width.
- Adjust support positions continuously while the ball is moving.

### DIAGRAM



Maintain width, depth and useful support angles around the ball.

### PROGRESSIONS

1. Limit players to two touches once the rhythm is established.
2. Award a point when all four players create clear width and depth before the next pass.

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## ACTIVITY 2 | 3V3 + TARGET PLAYERS

### ORGANISATION

Use the same 20 x 30-yard area. Play 3v3 inside with one target player positioned at each end.

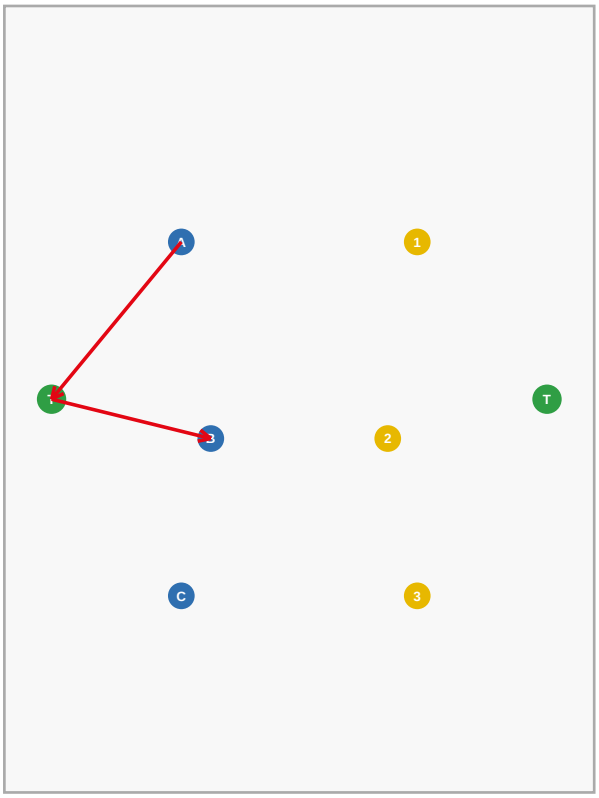
### HOW IT WORKS

Teams compete for possession and score a point by passing to either target player. Targets are limited to two touches and return the ball to the team that found them. Players inside must travel to support the target as the pass is moving and look to penetrate early.

### COACHING POINTS

- Look to play forward to the targets as early as possible.
- Travel to support while the ball is moving.
- Use correct angles, distance and timing of support.
- Maintain sharp passing technique under pressure.

### DIAGRAM




Play forward to the target, then support immediately for the return.

### PROGRESSIONS

1. Limit central players to three touches.
2. Award two points for a target pass followed by a successful first-time support combination.

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## ACTIVITY 3 | 4V4 WITH FOUR TARGETS

### ORGANISATION

Use the same field. Play 4v4 inside with two target players positioned at each end. The four targets form a third team.

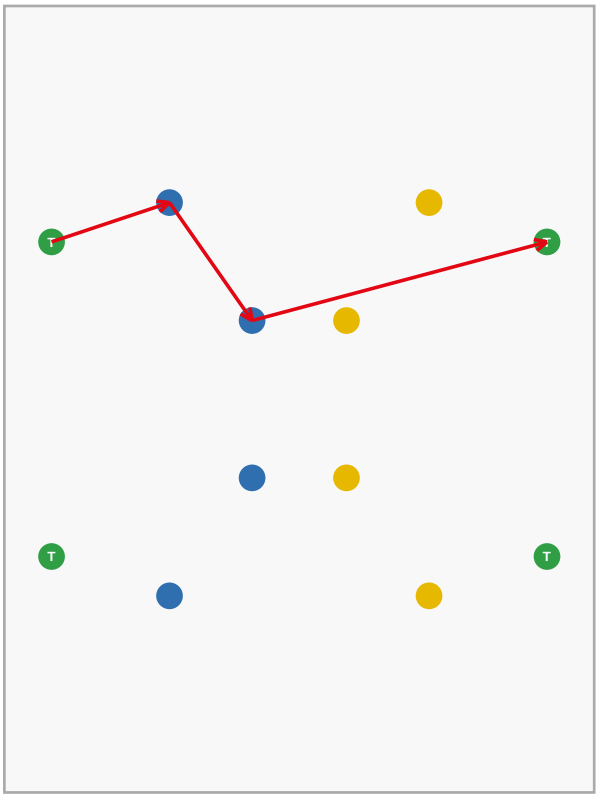
### HOW IT WORKS

Teams try to maintain possession and score by connecting with a target at one end and then working the ball to a target at the opposite end. Rotate the target team after each round.

### COACHING POINTS

- Mobility is essential to create passing options.
- Look for penetrating target passes early.
- Keep the ball moving with accurate, well-weighted passes.
- Support behind, beside and ahead of the ball.

### DIAGRAM




Connect one end to the other using sharp passing and constant movement.

### PROGRESSIONS

1. Limit target players to one or two touches.
2. Award bonus points for playing from one end to the other with no backwards pass.

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## FINAL GAME | 7V7 + GOALKEEPERS

### ORGANISATION

Organise a 7v7 game plus goalkeepers on an appropriately sized pitch with two full-size goals.

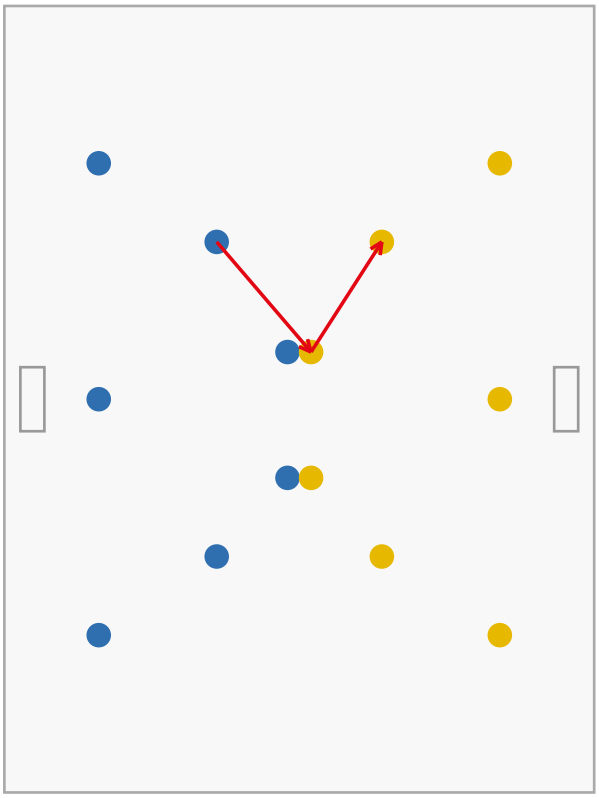
### HOW IT WORKS

Teams play freely and try to create goal-scoring opportunities through sharp passing and penetrating forward play. Encourage combinations around advanced teammates, including passes into feet followed by lay-offs and supporting runs beyond.

### COACHING POINTS

- Create good angles and distances of support.
- Look for penetrating passes into advanced players.
- Maintain constant movement off the ball.
- Keep passing technique sharp even at game speed.

### DIAGRAM



Use forward passes, lay-offs and supporting runs to create chances.

### PROGRESSIONS

1. Award a bonus for goals created by a forward pass into an advanced player followed by a lay-off.
2. Finish with unrestricted play and normal scoring.