



**AMHERST SOCCER ASSOCIATION  
DIRECTOR OF COACHING LESSON PLAN**



Topic: Passing & Receiving #5

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><u>L-Shape Passing</u> Players work in 3's, they pass the ball from side to side, making the next player move to be supporting the pass at the empty cone. If they pass it back they player must move back to support that pass. If they switch the pass then the other player must move.</p>	<ul style="list-style-type: none"> <li>* Technique of Passing</li> <li>* Weight of the pass</li> <li>* Movement of the Supporting player</li> <li>* Playing the pass into the correct foot</li> <li>* Reading your teammates body language</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p><u>3 v 1</u> 3 attacking players play against one defender. The defender stays in the middle until he has won the ball or forced the three attacking players in to making a mistake twice. The attacking players score a point for making eight or more consecutive passes.</p>	<ul style="list-style-type: none"> <li>* Decision Making</li> <li>* Disguise the pass</li> <li>* Take first touch away from the defender</li> <li>* Have body open up to the field</li> <li>* Lead players into their next pass</li> <li>* Communication</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p>	<p>Divide the field in to two halves. Four players from one team in half try to keep the ball away from two players form the other team. If the two defenders win it by intercepting a pass they play the ball back to their teammates in their own half. In return two player's form the team which lost possession go back into the other half to try and win it back. Team in possession scores a point for every 10 passes they make</p>	<ul style="list-style-type: none"> <li>* Secure the pass</li> <li>* Head up looking for options</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Divide the group in too two equal teams</li> <li>* 4 v 4 plus a GK</li> <li>* Have extra balls placed around the field to keep the game moving quickly</li> <li>* Emphasize on possession and passing techniques</li> </ul>	<p align="center"><b>LEGEND</b></p> <p>☺ ☺ = Players      ▲ = Cone</p> <p>○ = Ball</p> <p>→ = Run with out the ball</p> <p>- - - - - = Pass</p> <p>⊘ = Goal</p>
<p><b>COOL DOWN</b></p>	<p>Players in pairs pass and move the ball around. Stretch</p>	



**To contact Adrian Parrish, ASA Director of Coaching you can either:  
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