



# RACINE SPARTANS SOCCER CLUB PRACTICE SESSION

Type: Technique Theme: (Push) Passing Mechanics  
 Date: \_\_\_\_\_ Location: \_\_\_\_\_  
 Team: \_\_\_\_\_ Coach: \_\_\_\_\_  
 Attendees: \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_   
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Version & Date: 1.00 / July 2004  
 Template Author: Spartans / Crehan  
 File Name: SessionPlan\_06T.vsd

## Overview: Mechanics of push passing - stressing accuracy and pace.

*Bio-mechanics:* Lock ankle, toes pointed up slightly, striking surface of foot perpendicular to ground, knee over ball (at strike). Body should be supple/limber with knees slightly bent. *Approach:* Body 'open' to target; plant foot aimed at target. 'Go To' the ball before striking - do not wait for the ball to arrive. *Contact:* Step into ball striking through the center; your knee should be bent and rising after contact to get the desired top-spin. Receiving the ball, first touch and lay-off passes are addressed in this session but not stressed.

## Warm-Up: Movement and touches

Duration: 20 minutes

### Warm-Up #1: Short-Short-Long

Three - player combinations with short push-pass, lay-off and long push-pass. Accuracy, pace and timing are all important.

<<<< --- Stretch ---->>>>

### Warm-Up #2: Figure Eight

Three - player combinations with short push-pass, lay-off and long push-pass. Timing and layoff passing while approaching the ball are stressed.

see warm-up diagram DrillsWarmups\_06.vsd

see warm-up diagram DrillsWarmups\_02.vsd

## Individual: Triangle Receiving/Passing Individual Target Practice

Duration: 20 - 30 minutes

Individual/small group competition where team members pass to a target player within a triangle, who then shoots (passes) onto any one of three pop-up goals situated 10-15 yards from each side of the triangle. Requires 4 players, 15 balls (5 at each corner) three pop-ups and markers for the triangle. A recommended time restriction is 45 seconds.

### Coaching Points

- \* Target player must balance accuracy and time restriction.
- \* Supporting players (passing from each corner) should pass to the feet of the target player, making sure that pass is well timed.
- \* Target player will need to determine the best goal to pass to, based on how any given pass is received.

### Coaching Observations / Configuration Settings

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see warm-up diagram DrillsWarmups\_09.vsd

## Small Group: Multiple Goal 4v4

Duration: 30 minutes

Game designed to provide multiple passing targets (goals) within the context of a small-sided game. All targets are off-set from the perimeter of the field. Shots on target can only be made by a player in their attacking 1/2 of the field.

### Coaching Points

- \* Passing mechanics
- \* Positioning the body to prepare for a pass and a quick (1 touch) shot.
- \* Passing build-up to establish a quality shot.

### Coaching Observations / Configuration Settings

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see warm-up diagram Game\_05.vsd

## Large Group: Passing to Score (6v6+)

Duration: 30 minutes

Game that requires passing to teammate within an end-zone. Restrictions such as touch count, consecutive passes or numbers up (dropping a defender) can be added based upon success experience. Along with the mechanics stressed earlier in this session, this game requires players moving into passing positions and communication.

### Coaching Points

- \* Pace and accuracy of passes. Pass to feet - keep ball low.
- \* Recognizing space - attacker and off-the-ball.
- \* Pass to space - lead the runner
- \* Off-the-ball creation of space.

### Coaching Observations / Configuration Settings

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see warm-up diagram Game\_04.vsd

## Warm-Down & Wrap-up: