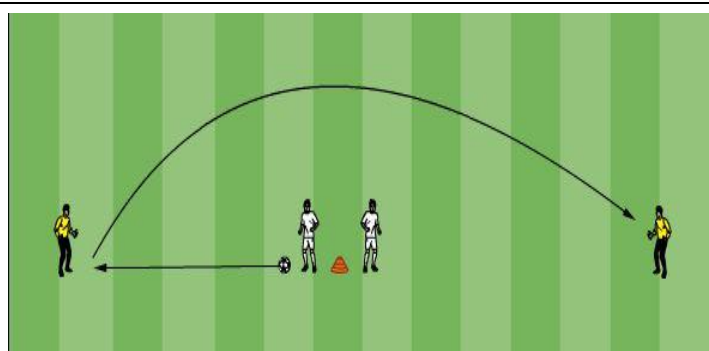


**SESSION THEME: Dealing with Back passes**

**Organization**  
 \* Groups of 4, 2 keepers and 2 field players  
 \* Have a line of cones splitting a 40/60 yard long grid  
 \* Two outfield players stand near the line of cones  
 \* One servers the ball to the keeper on their side, whom plays the ball over the top to the keeper on the other side  
 \* Process continues

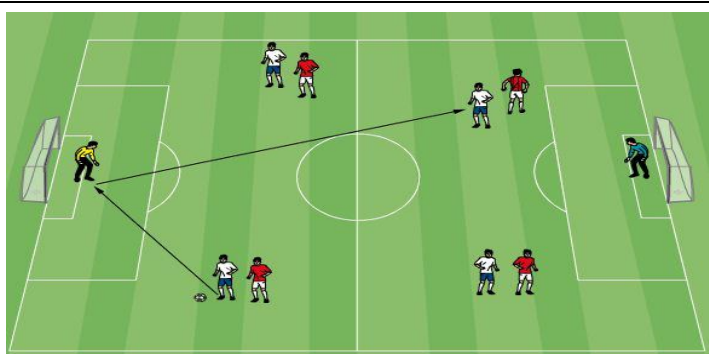
**Coaching Points**  
 \* Server plays the ball back at an angle and to both sides  
 \* Server plays the ball back with pace  
 \* GK comes to meet the ball  
 \* Plant non-kicking foot next to the ball  
 \* Strike underneath the ball  
 \* Follow throw the kick locking your shoulders as you look for placement and not just power



**PHASE II**

**Organization**  
 -5v5 Game in 2x 18yards.  
 - In order for team to attack opposition goal the ball must be played through the GK by a back pass, once this happens the team can then attack on goal.  
 -If ball goes out of play the team must play through GK again to attack  
 -

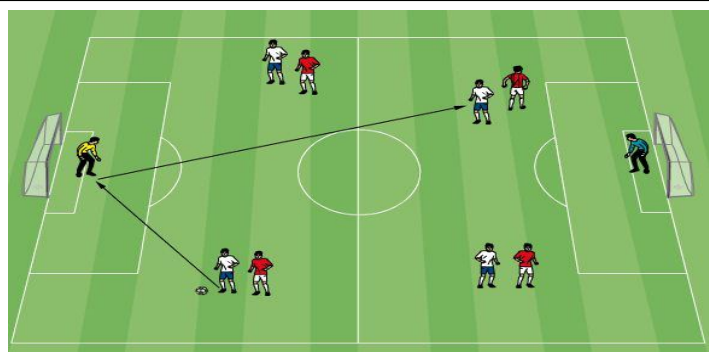
**Coaching Points**



**PHASE III**

\* 5 v 5  
 \* Players have to play the way they are facing, they can open up body before receiving the pass but if they are facing their own goal when in possession it has to be played back  
 \* Encourage the strikers to shut anything down that is played back  
 \* The offside rule does not apply  
 \* Coaching position needs to be in and around the keepers  
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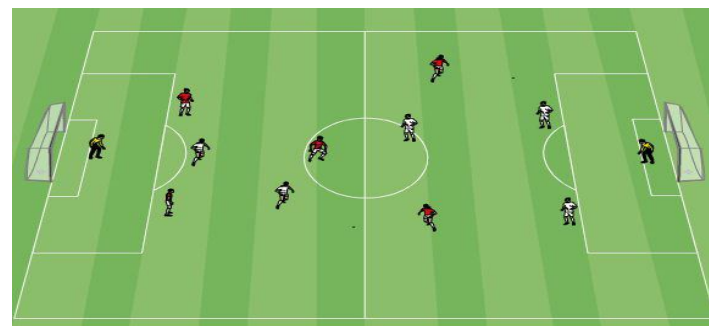
**Coaching Points**  
 \* Reading the pressure applied by the striker  
 \* Safety first



**PHASE IIII**

**Organization**  
 \* 6 V 6 including GK's or whatever numbers work out for group  
 \* Normal soccer rules  
 \* Little to **NO** coaching  
 \* Coaching position needs to be in and around the keepers area

**Coaching Points**  
 \*



**FITNESS / CONDITIONING**