Improve Passing and Movement off the Ball Session

Pass and Move Drill - 4v2

Description:
Split the 20x20 coned area into 4 clearly marked 10x10 squares. The attacking blue team play 4v2 keep ball passing game against the two red defenders who try to win possession of the ball. The twist in this drill is forcing our players to move, pass and move. Each of the four attackers must always be in a separate square and whenever they pass the ball they must move into another square. If an attacker enters the square of a team mate then the team mate must also move into a new one. See the players passing from 1 to 4 and then their movement.

Coaching Points:
Game Awareness - Where is the Ball, Where are the players, who is in your square?
Positioning - Am I in a square of my own and am I in a position to receive the ball?
Receiving - Can I receive the ball with an open body to see the whole game environment?
Passing - Can I deliver my pass with the correct weight and direction?
Movement - Can I pass and then move into another position to receive the ball?

Pass and Move: Playing through the Middle - Functional Practice

Objective:
To promote game awareness, overlapping runs and movement to promote and support attacking play (crossing) with cover.

Description:
The functional Drill area is split into 6 coned squares. The attacking blue team have passes and instructions forcing them to move into specific positions. See the players passing from 1 to 5 and the movement. Player 1 passes across and then moves across and back to cover. Player 2 passes forward and then goes on an overlapping run. Player 3 passes back across left and follows the ball to cover and provide support on the left. Player 4 then switches the ball forward and moves to support the cross from overlapping 2 as striker 6 spins to attack.
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**Pass and Move: Play Wide with Overlap - Functional Practice**

**Description:**
The functional Drill area is split into 6 coned squares. The attacking blue team have passes and instructions forcing them to move into specific positions. See the players passing from 1 to 5 and the movement. Player 1 passes across and then moves across and back to cover. Player 2 passes forward and then goes on an overlapping run. Player 3 passes back across left and follows the ball to cover and provide support on the left. Player 4 then switches the ball forward and moves to support the cross from overlapping 2 as striker 6 spins to attack.

**Coaching Points:**
- Game Awareness - Can I go forward or do i need to cover?
- Positioning - Am I affecting play and in a position to receive a pass?
- Receiving - Can I receive the ball with an open body to move or pass forward?
- Passing - Can I pass, possibly ahead of a team mate with the correct weight and direction?
- Movement - Do I move into another attacking or covering position?

**Objective:**
To Improve players game awareness, movement, positioning and support play (attacking passing options) as they attack and try to score.

**Description:**
SSG pitch is split into 6 clearly marked squares/rectangles. The attacking blue team have the same twist as in the drill, forcing our players to move, pass and move. Each of the blue team must always be in a separate square and whenever they pass the ball they must move into another square. If a blue players enters the square of a team mate then the team mate must also move into a new one. See the players passing from GK to player 3 then through the team to 5 who shoots, see the movement, which should be to support attacking play and options.
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Player Movement, Support, and Formation Fluidity in a Phase of Play

Objective:
Fluid movement / positions of attacking players. Overlapping full backs (player 2) support/cover (6) coming short (7&8) take and dribble (2 from 7) attacking runs into final third (7&11)

Description:
The 11 red players defend the full size goal while 10 outfield blue players attack it trying to score. Two target goals are placed out wide two thirds of the way down the pitch for the defending team to score in. The end third is separated by cones and four red defenders have to stay in this area. The ten blue players have to pass and move, trying to keep 3 attacking players in the end third at all times. In the diagram we can see the coach start the drill and the players continue to pass/dribble (yellow arrows) and move (solid black arrows).