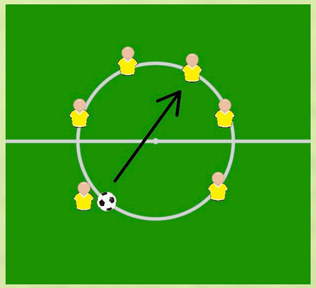
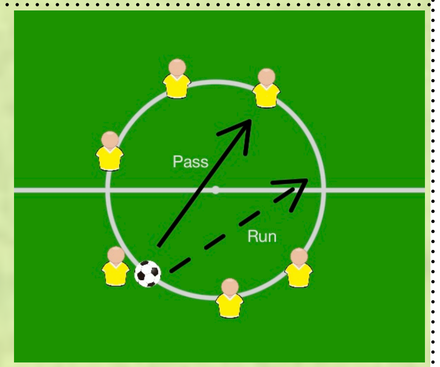
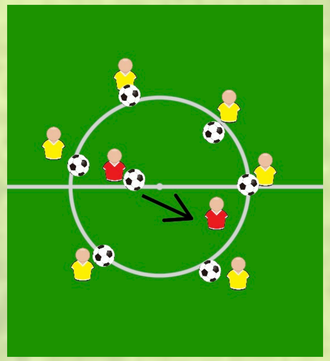
P2 SOCCER TRAINING

LEVEL:	Social Distance
TOPIC:	Accurate Passing

	DESCRIPTION	COACHING POINTS	DIAGRAM
WARM UP	Players in a circle - try to limit the circle to eight players. Start by having players play a pass across the circle to another player - emphasize communication. As they get the hang of it, add in a second, third, fourth ball. To make it more fun the coach will run around in the middle and players will try to hit you with the ball.	**FIRST COACHING POINT - MECHANICS** Players should be one step behind the ball, slightly to the side, favoring the foot they wish to kick with. Step on to the ball while trying to lean slightly forward.. Many players will also need to take a step after the ball in order to get enough power.	
TECHNICAL	In the same set-up as above, players will now pass and follow the ball, trying to find a gap in the circle. Advanced again by asking players to perform a wall pass with the player they're passing to. As a final twist, the player with the ball will pass to an outside player who'll return the ball to them, the middle player will call the name of a third player who will step in and repeat the sequence.	**FIRST COACHING POINT - MOVING BALL** Players should try to hit a moving ball whenever they can, as opposed to allowing it to stop. Ask players to roll the ball out in front of them and step on to it **SECOND COACHING POINT - FOLLOW THROUGH** Each pass has to be guided to its target. A players kicking leg should follow through to the target.	
TACTICAL	Again, in a circle, choose two players to go inside the circle and work as a pair. Everyone else around the circle with a ball. The pair in the middle must try to make as many passes with each other as they can in 75 seconds, they must pass and move inside the circle. The outside players will try to hit the central pairs ball with their own ball. If the central pair get hit they're frozen for five seconds. Rotate players in to the middle.	**FIRST COACHING POINT - MOVEMENT** The inside players should try to keep their hips facing each other and shuffle as opposed to run **SECOND COACHING POINT - COMPOSURE** Players may panic as the balls get kicked at them, emphasize the importance of being in control and making sure the ball gets to where it needs to be safely rather than just trying to get rid of it	
GAME	Set up as shown in the diagram. Small sided teams - one team is trying to get all of the balls to the target player safely, the other team is trying to hit their balls as they do so. Then switch roles. The team that gets the most balls to the safe zone without being hit wins.	**COACHING SUMMARY** This part should be fun, high energy and enjoyable. Work with each player on their passing mechanics, their ability to maintain possession and create space