

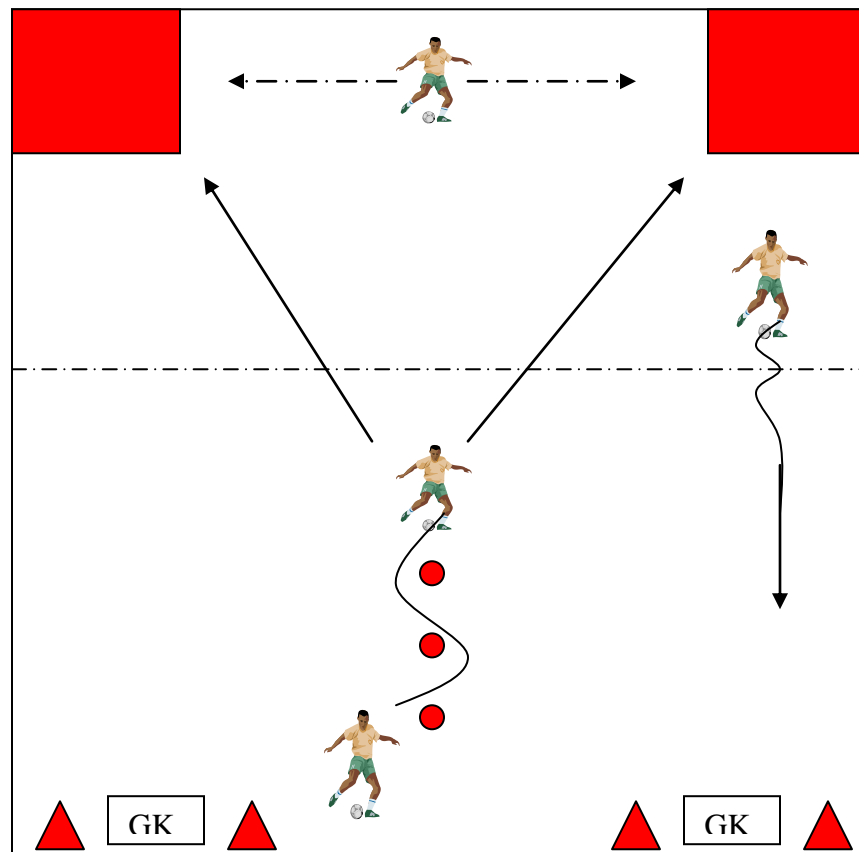
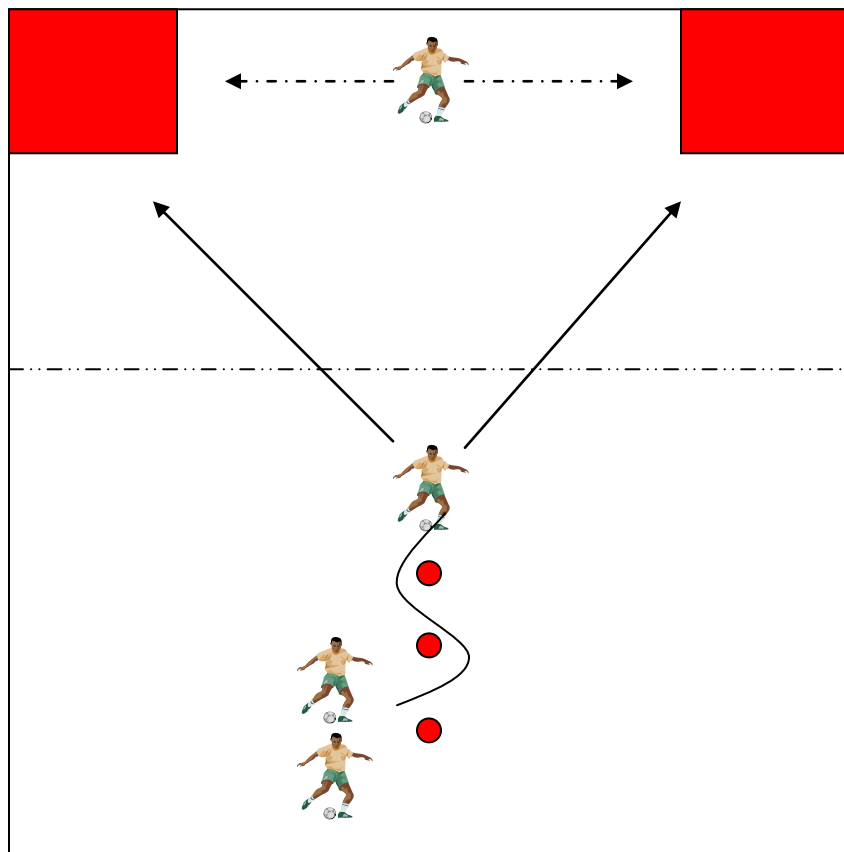
Fergie's Soccer Academy

Passing to space on the Run

Activity 1

Progression

Activity 2



Activity 1

1. Area 40 long 30 wide
2. 2 target boxes 10 yds each in corners
4. Target player stands in between, the 2 Red target boxes
5. Player with the ball dribbles around cones then before the ball crosses the mid line pass the ball into either target box.
6. Player who passes the ball becomes the target player.
7. Target Player runs onto the pass in the box.

Coaching Points:

1. Good Control with ball at your feet, Keep head up, Vision
2. Use the inside/outside of the foot to pass the ball
3. Good speed, weight and accuracy on your pass
4. The target player times there run onto the pass

Activity 2

1. Area 40 long 30 wide
2. 2 target boxes 10 yds each in corners
4. Target player stands in between, the 2 Red target boxes
5. Player with the ball dribbles around cones then before the ball crosses the mid line pass the ball into either target box.
6. Player who passes the ball becomes the target player.
7. Target player runs onto the pass in the box.
8. When they receive the pass they break out and try to score on a goalkeeper.

Coaching Points:

1. Good Control with ball at your feet, Keep head up, vision
2. Use the inside of the foot to pass the ball
3. Good speed, weight and accuracy on your pass
4. The target player times there run onto the pass

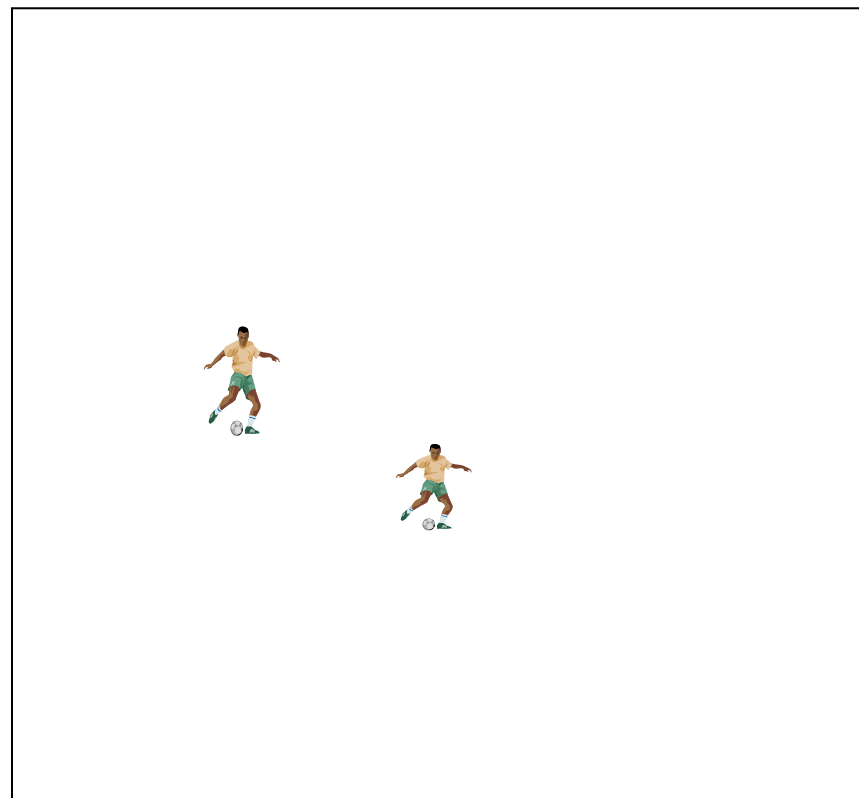
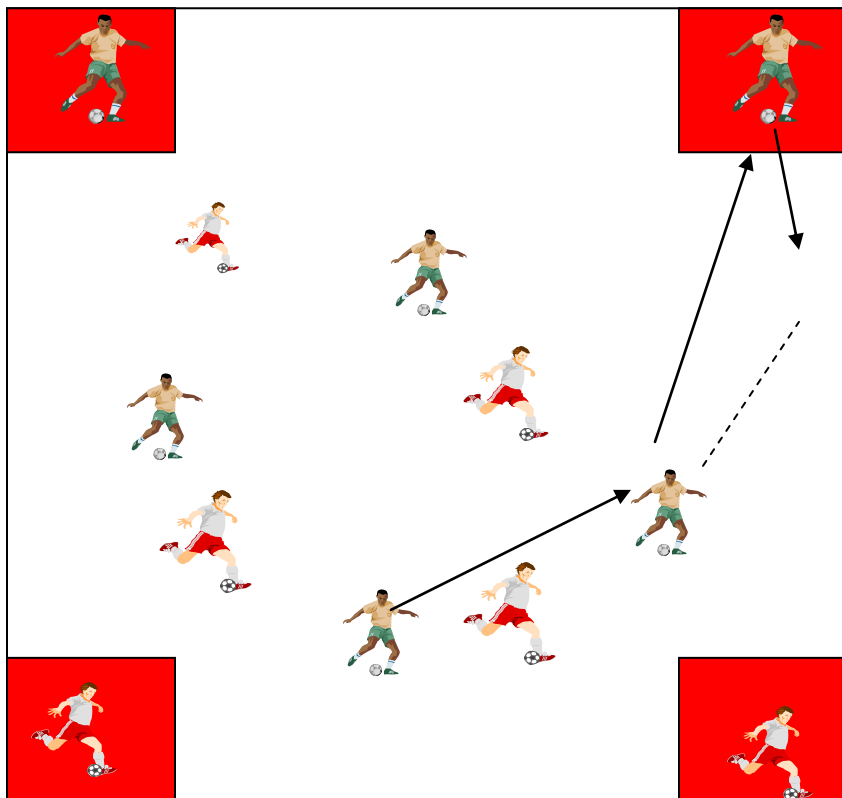
Fergie's Soccer Academy

Passing to feet on the run

Activity 1

Progression

Activity 2



Activity 1

Passing on the run to targets

1. Area 40 long 30 wide
2. 4 target players in corner boxes 10 x 10 yds
4. Play 4 v 4 in the middle
5. Score by playing the ball into Target players , cant score in the same corner in succession, Although you can play back to the same target as a support pass to retain possession.
6. Progressions, Unlimited touch, 3 touch, 2 touch, 1 touch
Target players 2 touch, or 1 touch.
7. Change Target Player

Coaching Points:

- Good Control with ball at your feet, keep head up , Vision
- Use the inside / outside of the foot to pass the ball
- Good speed ,weight and accuracy on your pass
- Movement of the ball

Activity 2