

Premier Skills

Topic: Passing
Component: Conditioned game

SMILES - The Premier Skills approach



This activity can be used as a part of a session plan to develop technical, tactical and life skills that can be used on and off the pitch.

Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

Setup



- Two teams with two players in the target areas and the rest in the middle playing zone, objective is for players to work in a team by passing the ball to score in their target area to score a goal and release the player in the target area.
- When team scores and player receives the ball in target area, that player swaps position with the player that passed the ball to them.
- Team not in possession has to intercept the ball – tackling is allowed.

Development - Conditioned game

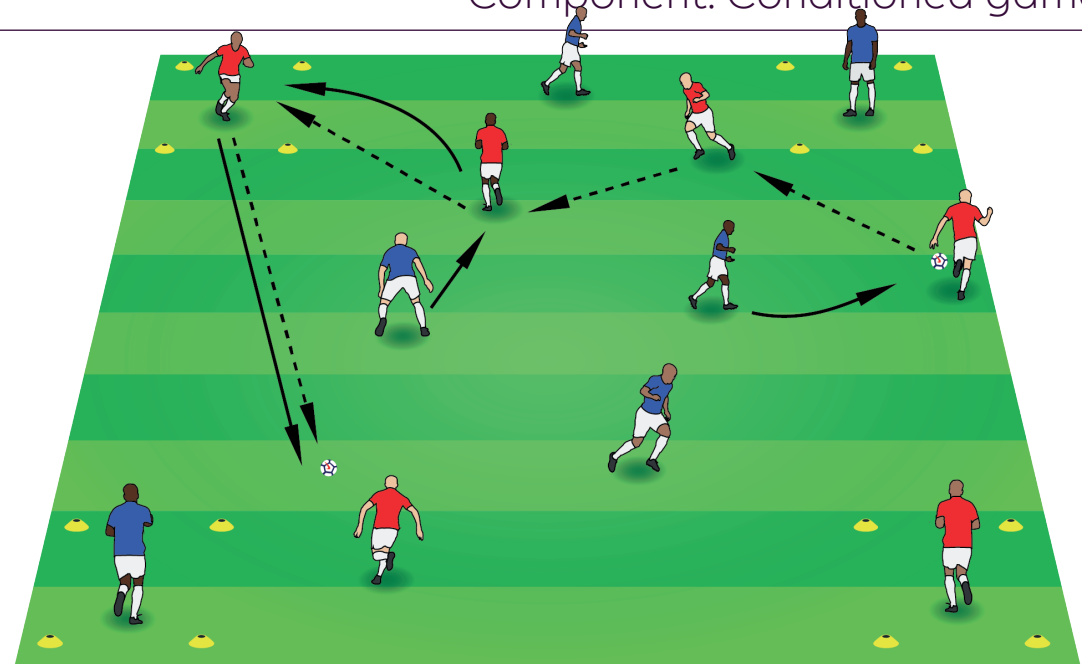


Progression 1

Add in additional footballs to increase decision-making. Make team numbers uneven to increase the challenge through creating an overload. Add a thinking zone(s) to support player(s) if required. All players are in the middle playing zone and both teams can score in any target area when a team mate moves into a target area to receive the pass.

Progression 2

Add in 4 goals and bring target players into the middle area to make it more game realistic. Merge two target areas at each end to create new larger target zones, where teams try to successfully pass the ball into the end zone.



Key

ball



disc cone



player movement



ball movement



Coaching points and technical information



- Body position, shape and action to pass
- When, where and how to pass
- Weight and accuracy of pass
- Effectively receiving in order to pass

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STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area(s) or targets
Change the passing distance through adapting the space

T - Task

Can't go back into the same corner straight away
Two touches only
Pass into target using inside/outside of the foot
Less dominant foot only

E - Equipment

Add in goals to make the session even more game realistic so players have to pass into the goal

P - People

Overload on one team
Include 'floating' player
One to one marking
Team targets have to be on opposite corners

S - Speed

Change the space size(s) to affect the intensity
Increase/decrease the competition to adjust tempo

My thoughts

SMILES - *My thoughts*

S

M

I

L

E

S

NOTES / DIAGRAMS: