

Premier Skills

Topic: Passing
Component: Technical

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 **M**aximum participation **I**nclusive **L**earning **E**njoyment **S**uccess

Setup



- Gates should be randomly placed inside the playing area
- Players work in pairs (2's) passing and controlling the ball through the gates in a variety of ways encouraging creativity
- Once players have made a pass through one gate, they move to another and so on
- Depending on the ability of the players, this activity can be started where players are static at one gate

Development - Technical

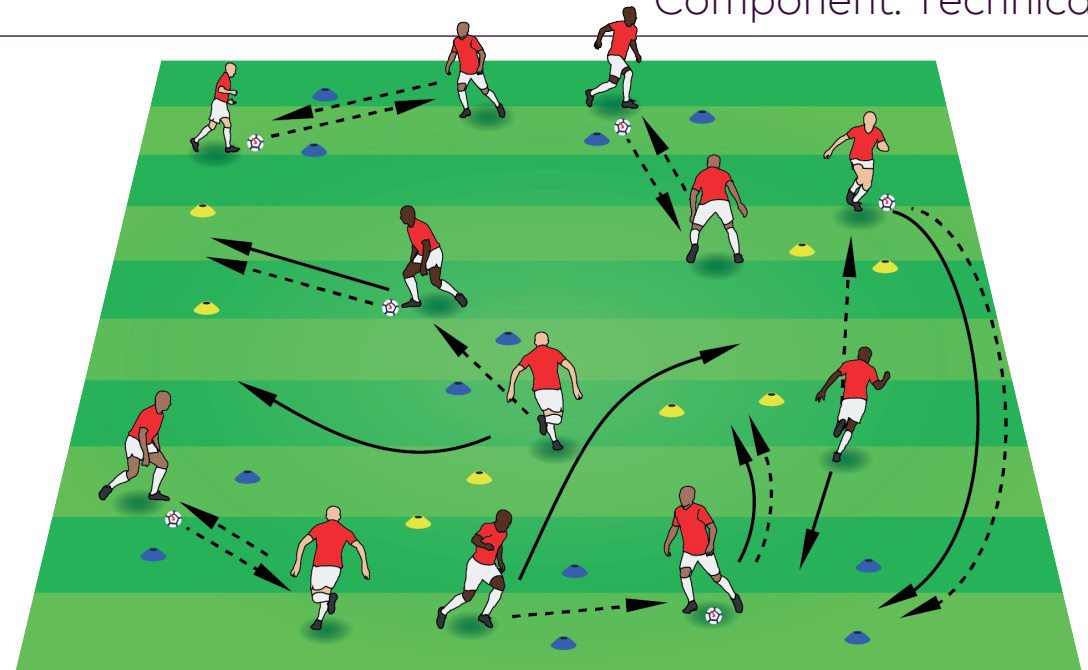


Progression 1 – Technique

The coach or players can change the size of the gates, either making all bigger, all smaller or a mixture to ensure all players are challenged (differentiation). Coaches can encourage players to increase the distance between the 2 players when the pass is made through the gates. Players can be tasked with passing the ball using different techniques – inside/outside of foot, driven pass, chip pass. Players can be challenged to pass the ball through more than one gate at a time unopposed

Progression 2 - Skill

Add in passive defenders to 'block' the clear path through a gate, challenging the decision making of the player making the pass. The number of defenders should be less than the total number of gates in order to encourage movement from the defenders. Defenders take up a opposed role becoming more active, allowing them to actually prevent the pass through the gate. If they do, they can swap with whoever made the pass



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 the ball

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STEPS

Use these ideas to progress and change the activity

S - Space

Change the size of the gates or playing area

Changing the space between gates

Changing the space between players (distance)

T - Task

Receive with one foot, pass with other

Receive with inside of foot take across the body and pass with outside of foot

Play one short pass and one long pass

E - Equipment

Use different coloured cones for each gate – pass through a specific coloured gate

P - People

Adding defenders to the act as gate blockers – both passive and active

S - Speed

One pass at each gate – how many gates can each pair do in a given time?

My thoughts

SMILES - My thoughts

S

M

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E

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NOTES / DIAGRAMS: