



Week 13 - Striking The Ball (Level 3) Killer Pass

Category: Small-Sided Games
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction (10 mins)

Instructions:

6 players are positioned as shown, distance between the cones 7m-8m.

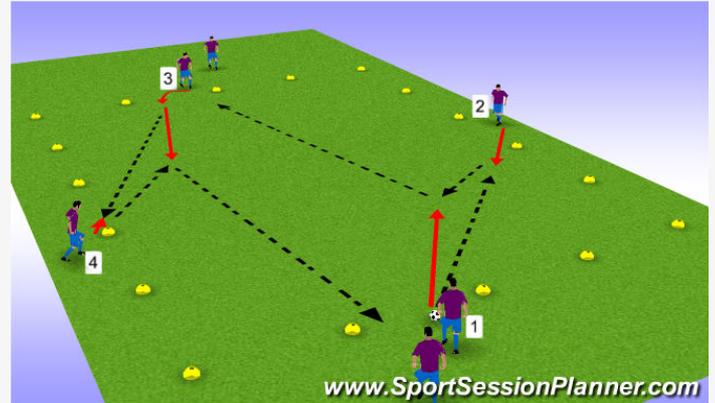
The passing exercise starts with player 1 passing the ball to the feet of player 2 who moves to the ball to receive it.

2 bounces the ball back to 1 who plays the killer pass to the player 3.

3 moves the ball (1st touch) and passes to player 4 (2nd touch) and the same pattern is repeated.

i.e. 4 bounces the ball to 3 and 3 makes the killer pass to the next player at position 1.

All players involved move to the next position after completing their action/pass (from position 1 to 2; 2 to 3; 3 to 4 and 4 to 1). Every 2-3 minutes: change the direction of passing, possibly also use other foot.



Skill Training (20 mins)

Instructions:

Dependent upon numbers, 3 v 1, 4 v 1, 2 v 1 killer pass positioning game.

With different coloured cones, mark out a killer pass zone about 5m deep (zone B).

2 teams of players with different colour bibs positioned within the zones as shown. 3 players always within the killer pass zone B.

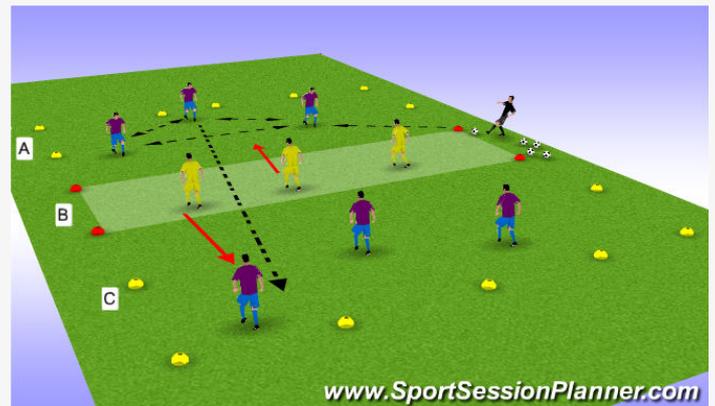
The coach is positioned with the balls centrally, next to zone B.

The coach starts the game with a pass to a player in zone A. At that moment one player from zone B sprints into zone A to defend/win the ball making a 3 v 1, 4 v 1, 2 v 1 in grid A.

Players in zone A must now look for the right moment to play a killer pass through zone B between the 2 remaining killer zone players to a player in zone C. The zone B player in zone A moves back into the killer pass zone B.

Then immediately one of the 2 remaining zone B players sprints into zone C to repeat the drill with zone C players waiting for the moment to make the killer pass back into zone A.

If a defender wins the ball in zones A or C or the defenders intercept the killer pass in zone B, change grids with the team that lost the ball.



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session. Look to see if the skill has been learnt.

At certain times during match play, coach to only allow 2 or 3 touches for a short duration to promote more passing.

If required, also use the 30 minute match time to work on match day issues or ideas.



