

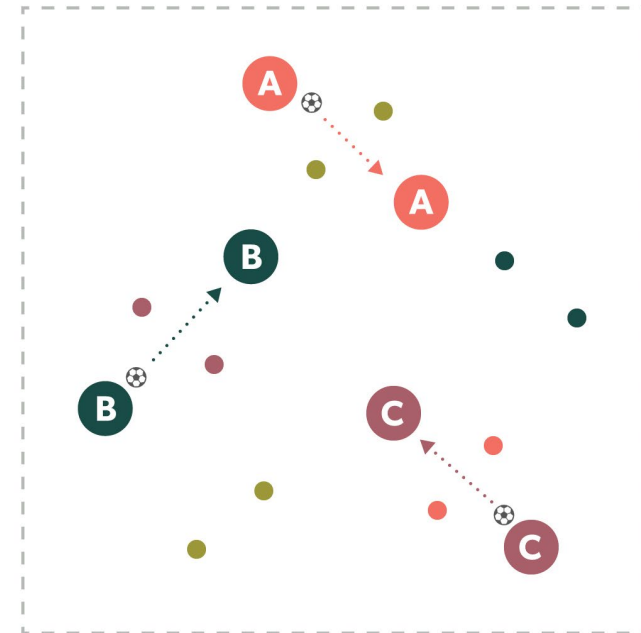
SKILL INTRO

15 Minutes

STRIKING

KILLER PASS

- Area (30m x 30m)
- Multiple gates positioned within the area
- Pass the ball through the gate to your partner
- Continue to move and find other gates to pass through with your partner
- Slowly increase the distance of your pass between the gates
- Using a time limit, see which pair can get the most passes through gates, you can't use the same gate twice and include a minimum distance
- Use the inside of the foot to pass through the gates (accuracy)
- As your distances increase, increase the weight of your pass to fire it into your partners feet by planting down on your standing leg



NEWCASTLE PERMANENT SKILL OF THE WEEK



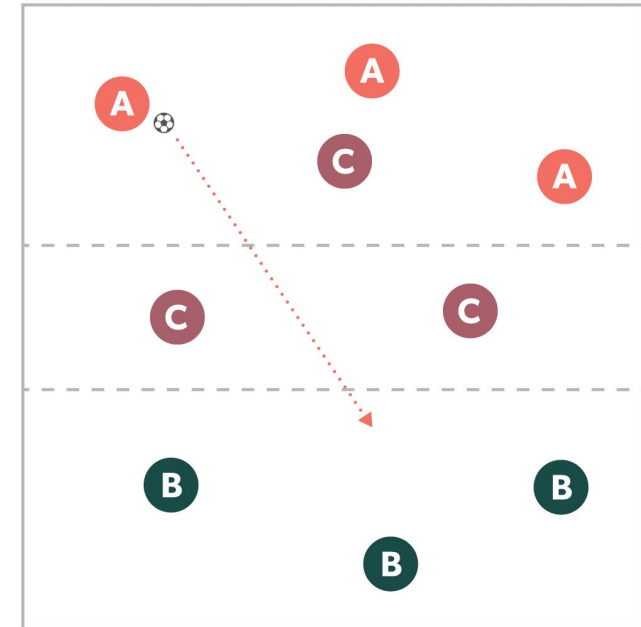
SKILL TRAINING

20 Minutes

STRIKING

KILLER PASS

- 2 areas (30m x 20m)
- Middle Zone (5m x 20m)
- Team A attempt to make a killer pass through the defending team (C) into B's zone
- Only one defender from C can press in the opposition zone, the other two attempt to intercept the pass within their defending channel
- If the defending team win the ball or intercept, the team that lost the ball becomes the defenders
- Include points from Skill Intro
- Move the ball between teammates until you have a clear line of pass to the opposite zone
- Identify an opportunity to play between the two defenders in the channel ('split pass')



NEWCASTLE PERMANENT SKILL OF THE WEEK

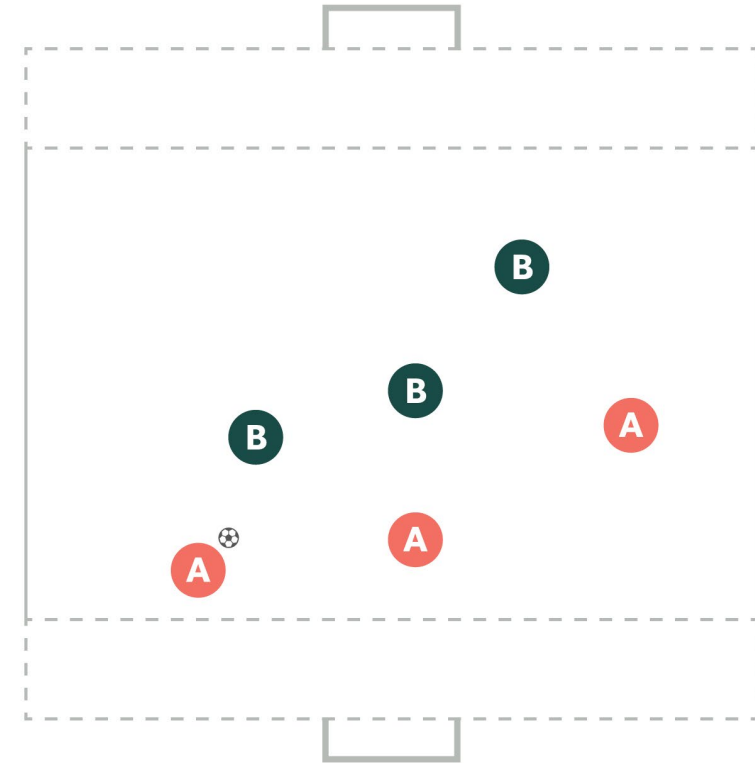


SKILL GAME

25 Minutes

STRIKING
KILLER PASS

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Players must pass the ball to a teammate in the endzone before shooting
- Only one defender can enter the endzone to defend the goals/attacker once the attacker has received the ball in the endzone (1 v 1)
- Can we see a change in behaviour with our passing?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you pass the ball to a teammate through two defenders



NEWCASTLE PERMANENT SKILL OF THE WEEK

