



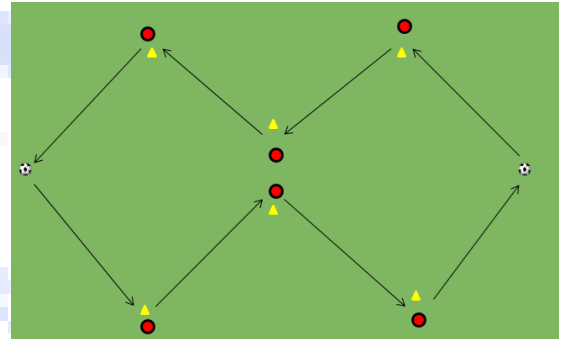
Arlington SA Coaching Education-Passing and Moving in Behind

Coach – Amos Magee

Session Group – U18 Boys Impact Red

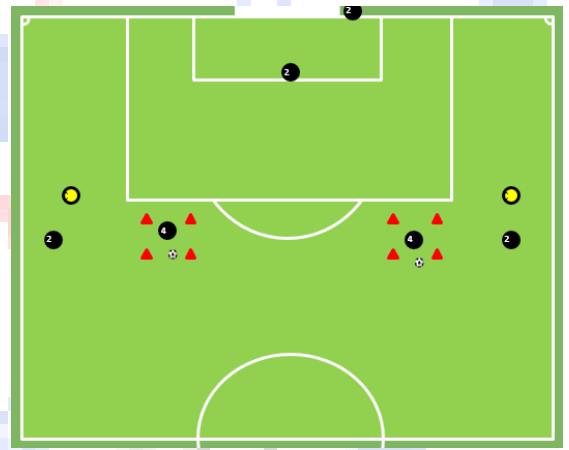
Passing Warm-Up & Stretching

- **Technical Passing & Receiving 10 minutes**
 - 12-18 Players
 - Duration 2.5 mins/direction
 - Reps: 3/2 directions
 - Intensity: Increasing
- **Organization & Restrictions**
 - 2-Touch behind the disc
 - 1-2 at discs
 - Lay-offs and penetrating passes
- **Coaching Points**
 - Preparing Body
 - Movement off the disc
 - Proper Pass
 - Timing of the penetrating pass and run behind



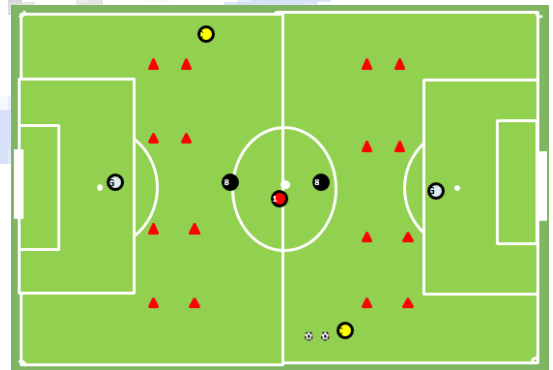
Possession to Penetrating Pass w/ Crossing and Finishing

- 3v1 in 6x6 Grid
- 1-2 Touch Passing
- Release After 5 Passes
- Eliminate Static Defender
 - 1-2 if defender holds shape
 - Penetrating Pass if defender Steps
- 3 Remaining players look to finish service
- **Coaching Points**
 - Recognition of what defender is give you
 - Quality service and runs in the box



Possession to End Zones

- **Both Teams Play to End Zone**
 - 3 – Touch passing
 - GK can help build possession
 - Start of End Zone is off sides Line
- **Coaching Points**
 - Movement off the ball
 - Recognition of what defenders are giving





Possession to End Zones and Goal

- **Both Teams Play to End Zone and Goal**
 - 3 – Touch passing
 - GK can help build possession
 - Start of End Zone is off sides Line
 - Once a player enters End Zone he is free to attack Goal
- **Coaching Points**
 - Movement off the ball
 - Recognition of what defenders are giving
 - Proper Attacking 1st Touch

