

TRAINING EXERCISE

Burke Passing Activities



U5 to Senior



to Players



Intensity:



00:00 min

(x 00:00 min, 00:00 min rest)

Objective

Passing, Receiving and keeping Possession

Description

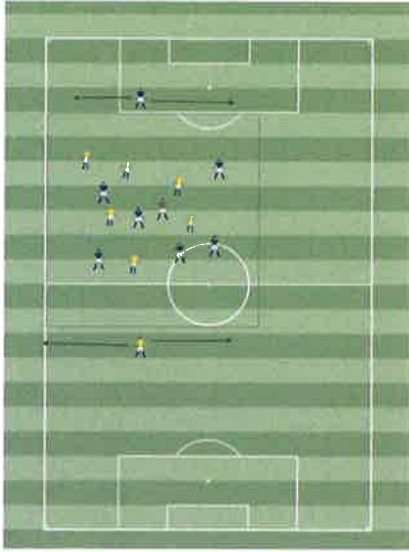
1. Circle-3 balls. a) Pass one player ahead and run back to space of player who passed you the ball. b) Dribble out, pass to one player but run to another. The player who you run to comes into the middle to receive new pass. Passer stays put. 2. Grid (10x15)- 5v2. a) Five passes =1 pt for the 5. If 2 intercept it they have to get outside grid with ball under control for 1pt. b) Continuous-if player intercepts he throws bib to player, who made the bad pass, and activity immediately continues. 3. Grid (15x20)- 5v3 -Four players move laterally but stay outside the grid. One of their teammates remains inside. Three defenders are inside the grid. 6 Passes=1 goal. If defenders intercept they have to get outside of grid with ball under control for 1 pt. 4. 6v6+1 to targets. Play into targets, who can move laterally, for 1 pt. Neutral plays on team who is in possession. Later progress to player who connects with target player then changes places with him.

Key Points

Weight of the pass
Timing of the pass
Disguise the pass
Support around the ball
Showing in space in between defenders

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