



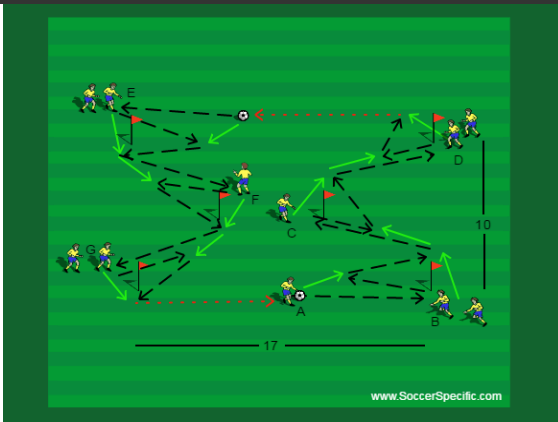
L.A. Rectangle Passing Sequence

Date: May 13, 2019

Duration: 20 min

Team: SoccerSpecific

Intensity: ● (5/10)

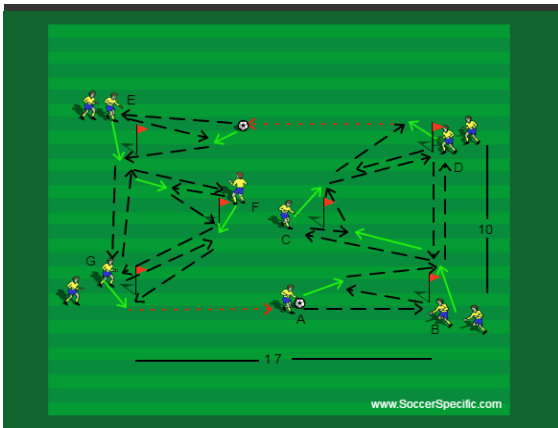


Setup: 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

Instructions: As shown above, two balls working at the same time. Player A dribbles half way and plays it to player B, player B does a wall pass with player A and then plays into player C. Player C combines with player B and then combines with player D as shown. Player D dribbles at pace and then starts the same sequence with player E. Player E, F, and G combine as shown. 2 minutes each direction. Players follow their pass and rotate one spot forward.

Coaching Points: Technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.

1

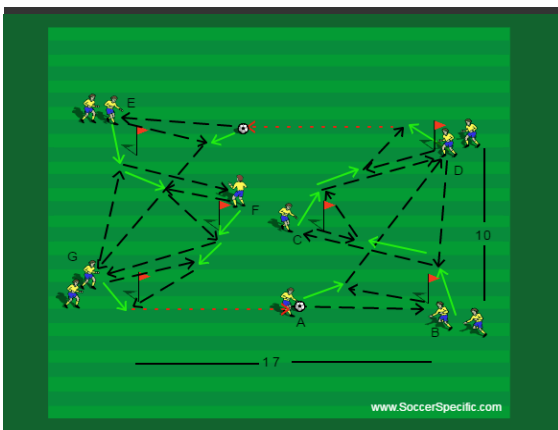


Setup: 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

Instructions: As shown above, player A dribbles at pace half way and then plays it to player B who lays it back to player A. Player A wall passes with player B who then plays it to player D, player D lays it back to player B who then plays it to player C, player C wall passes with player B and collects it on the other side of the pole. Player C combines with Player D as shown and dribbles at pace to other side. Follow same sequence for players E,F, and G. Players advance one pole, 2 minutes each direction.

Coaching Points: technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.

2



Setup: 26 field players plus 3 GK's. Passing sequence 10X17 yard rectangle, three groups of 9-10 players, three identical set ups. Two players at each cone. Two minutes clockwise and counter clockwise.

Instructions: As shown above, player A dribbles at pace half way and then plays it to player B who lays it back to player A. Player A hits a diagonal ball to Player D, Player D lays it off to Player B who wall passes with Player C. Player C wall passes with Player D who penetrates to the other side as shown. Follow same sequence for players E,F, and G. Players advance one pole, 2 minutes each direction.

Coaching Points: technical passing and dribbling, quality of passes and lay offs, pulling away from the poles (defenders), movement off the ball, checking your shoulder before receiving the ball, speed of play.

3