



Coach: John Von Klopp
Club: Academy
Role: Coach
Qualf: USSF Youth (United States)

Date: 4/01/22

Duration: N/A

Time: N/A

Age/Level: U11 - U18

Session Gaining Confidence In Playing Through The

Objective: Middle

Play Through The Middle 3rd

3 To The 9 (Part 1)



Description:

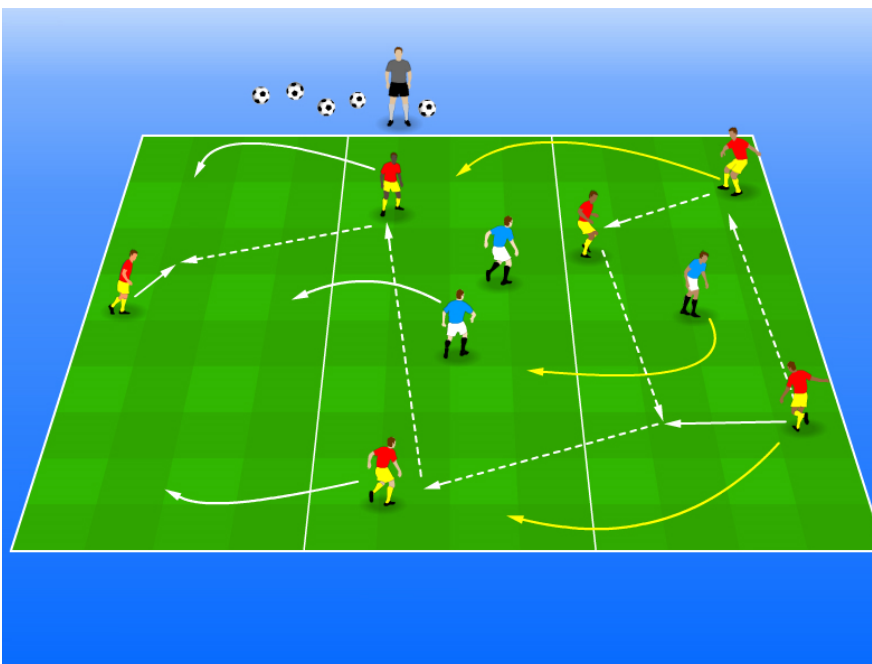
A selected task or number of passes are made in each grid to get the ball from grid one to the target in the final grid. First grid is 3V1. There must be 3 passes before going to the middle 3rd. The middle section starts with 2V1. The middle section is trying to go right away to the target. (Add a challenge with a number of passes.) Players follow the play and start the same actions on the opposite side.

(*Defense can earn points for winning the ball, *getting the ball to the coach, *connect one pass to a teammate.)

Coaching Points:

Movement off the ball is a must. Crisp & accurate passing is helpful.

3 To The 9 (Part 2)



Description:

Same set up as Part 1. Each grid is approx 20X15 to make a total of 20X45 (Adjust to your players abilities) Add one defender in the center. When the ball is passed into the middle grid, two players may join to play making a 4v2. Require a number of passes in the center before hitting the target in the final 3rd.