

# Striking the ball model session 2: the 'killer' pass

## 1. Skill introduction

### Part 1: killer pass drill

6 players are positioned as shown, distance between the cones 7-8m.

The passing exercise starts with player #1 at cone A passing the ball to the feet of the player at cone B (who first makes a dummy run as if getting away from an imaginary marker).

B bounces back to A1 who plays the killer pass to the first player at cone C.

C1 moves the ball (1<sup>st</sup> touch) and passes to the player at cone D (2<sup>nd</sup> touch) and the same pattern repeats itself.

All players involved move to the next cone after completing their action/pass (from cone A to B; B to C; C to D and D to A)

Every 2-3 minutes: change the direction (use other foot)

Variation for advanced players: 2 balls, starting with A1 and C1 at the same time

### Player Actions to encourage:

“more accuracy, play the ball to your mate’s right/left foot”

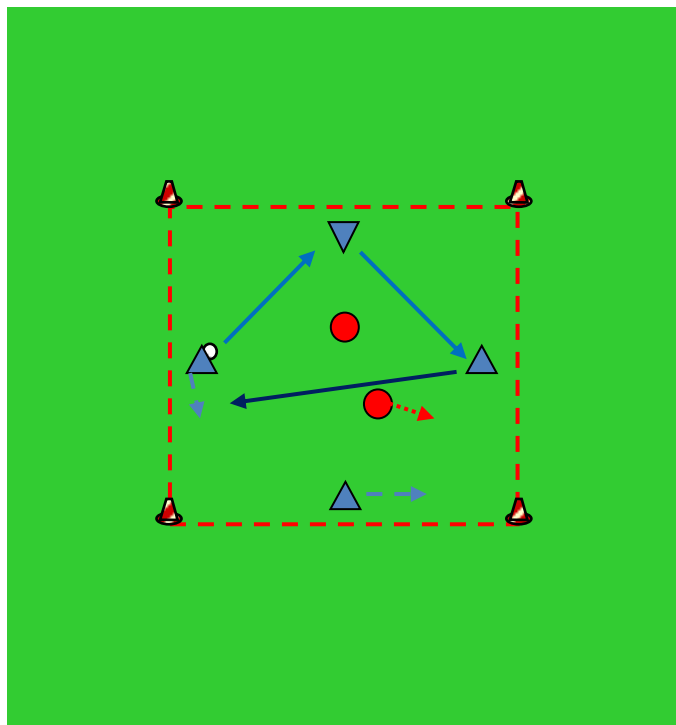
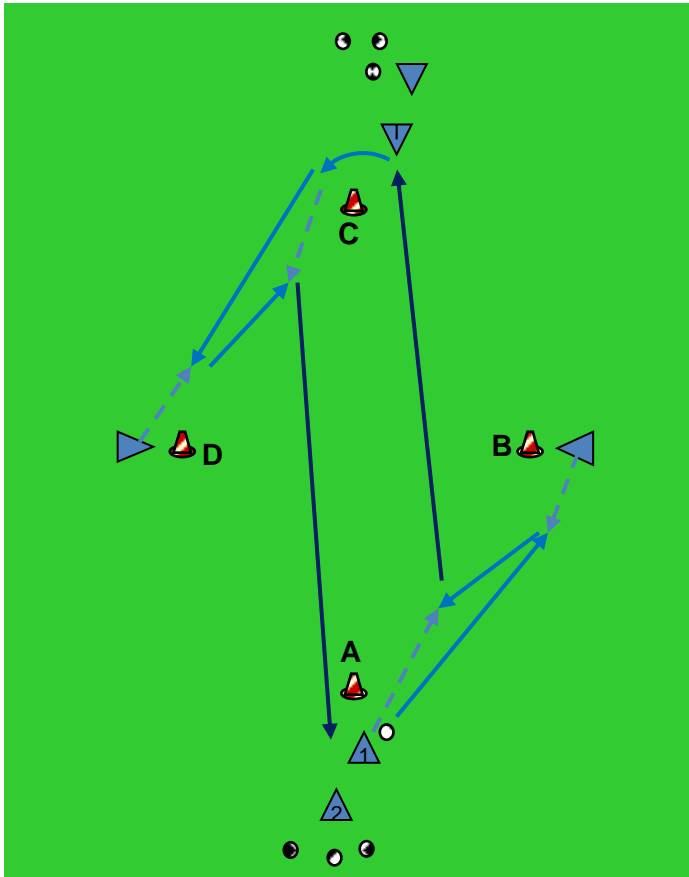
“play the ball with more speed”

“communicate, time your action”

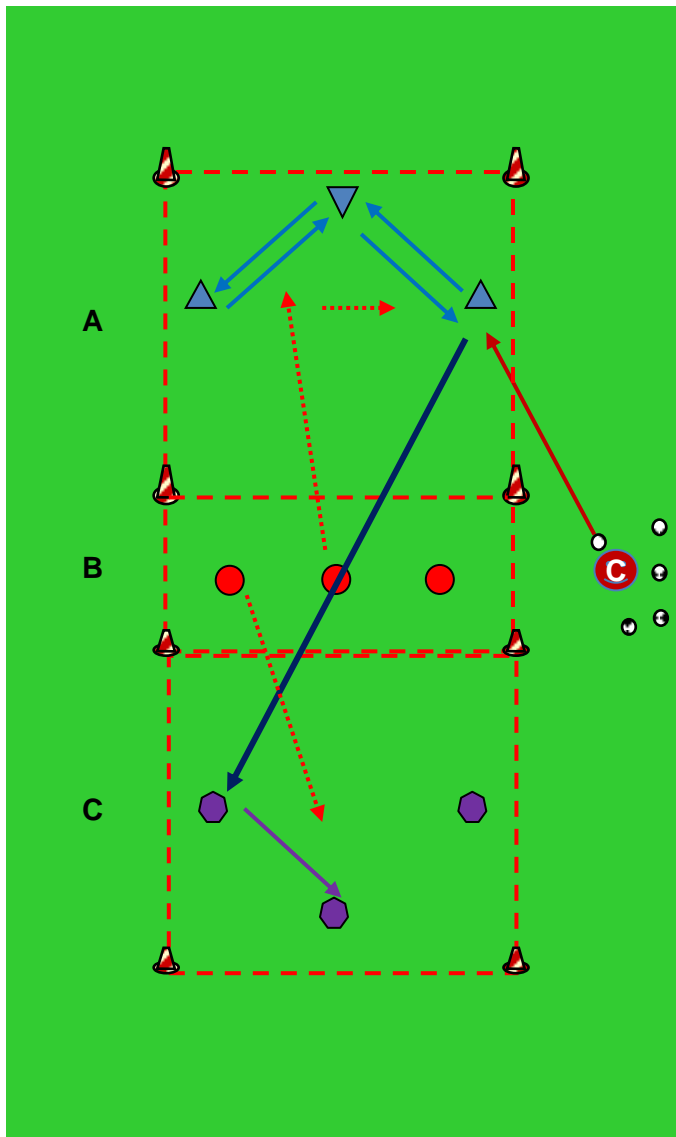
### Part 2: positioning game 4 v 2

“Count how often you can play a successful killer pass”

After 2 minutes, change defenders and start again.



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## 2. Skill training component

3 v 1 killer pass positioning game with 9 players. N.B.; the same exercise can be done with 6 players (2 per grid: 2 v 1) and 12 players (4 per grid: 4 v 2).

Organization: two grids of about 12x12m (A & C) separated by a grid of 12 x 5m (B)

Three teams of 3 players with different color bibs, one team in each grid as shown.

The coach is positioned with the balls centrally, next to grid B.

The coach starts the game with a pass to a blue player in grid A (or C). At that moment one red player from grid B sprints into grid A to defend/ win the ball: 3 v 1 in grid A.

Blue must now look for the right moment to play a killer pass through grid B (with the two remaining red defenders) to a purple player in grid C.

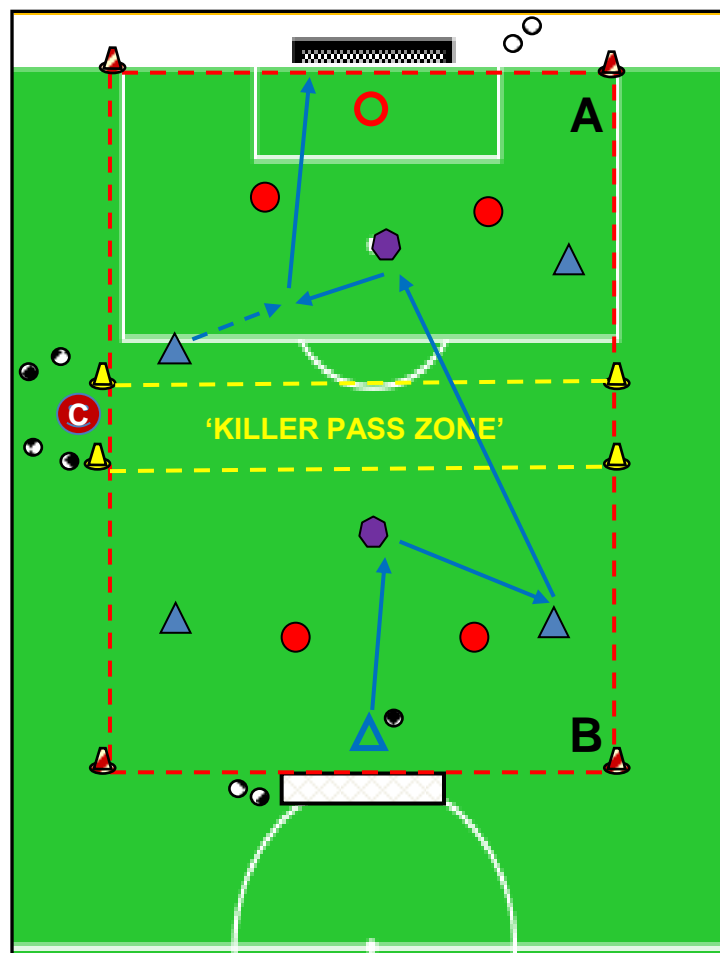
Then immediately another red player sprints into grid C to defend while the defender from grid A returns to grid B.

If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.

### Step up or down:

- Make the grids bigger/smaller
- Free or limited touches (2-3) in 3 v 1
- Minimum/maximum number of passes before you can play a killer pass
- Killer pass: only on the ground or lofted pass allowed as well.

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### 3. Skill game

5 v 5 (incl. goal keepers) + 2 'neutral' players on a 40x50m pitch with big goals, divided in two grids (A & B) by a 5m 'killer pass zone' (see diagram).

2 defenders + goalkeeper and 2 attackers in each half as well as a 'neutral' player ('joker'). All players must stay in their designated grids

The game starts in grid B with blue + the joker playing 4 v 2 against the 2 reds. They must try to play a 'killer pass' through/across the middle zone to a blue player or the joker in grid A. If the red players intercept the ball they can score immediately.

The blue players + joker in grid A try to score against the 2 red defenders + goal keeper (3 v 3) If they score the game starts again in grid B. If they lose the ball to red, the game continues/ re-starts in grid A with reds + joker playing 4 v 2 against the 2 blue players.

Players to change roles/grids every 3-5 minutes

### Player Tasks / Actions / Cues:

"focus on playing 4 v 2 properly first"

"look for the right moment to play the killer pass"

"the right moment is when you are facing forward and make eye contact with the player(s) you want to pass to"

### Variations:

- 1 or 2 small goals without goal keepers
- no goals but 'line-football'

### Increased challenge:

- 2 touches only in 4 v 2
- Minimum/maximum number of passes before you can play a killer pass
- No jokers: 2 v 2 (or 3 v 3) + goalkeepers

### Decreased challenge:

- 2 jokers per grid
- make grids A & B bigger