

Mix and match

In matches, players have to make a range of passes across various distances. The practices in this session are designed to improve awareness of when to use a short pass and when a longer pass is required.



What you tell your players the session is about

1. Short passing.
2. Long passing.
3. Improving game awareness.

Session planner

Warm-up 5 mins	Session 15 mins	Development 15 mins	Game situation 20 mins	Warm-down 5 mins
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Activity	Kit	Outcome
Warm-up	Balls	Players improve quick feet and movement skills with "Dribble, turn and pass" from <i>The Ultimate Football Warm-ups Manual</i> , exercise 46
Session	Cones, balls	The receiving player is communicating to receive a pass
Development	One goals, balls, bibs cones	The passing play is communicating to give information
Game situation	Two goals, balls, bibs, cones	The players are all encouraging and giving information
Warm-down	n/a	Gentle jogging and stretching exercises



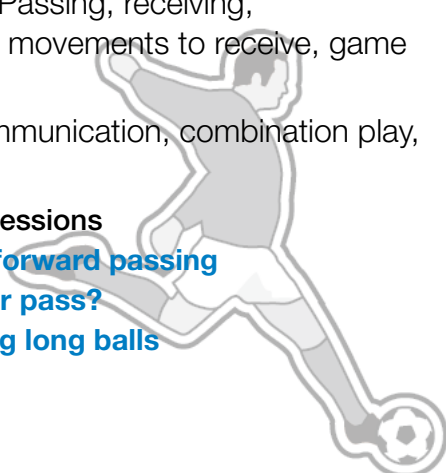
Where it fits

Individual skills: Passing, receiving, communication, movements to receive, game awareness

Team skills: Communication, combination play, team work

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- 51 [Dribble or pass?](#)
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What to think about

- Short passes are required to gain rhythm in your team's play by keeping possession.
- Long passes are required when you are looking to make a quick impact on the opponents by trying to play into space for forwards or switching play.
- Varying the length of passes is key to disguising your team's intentions to the opposition. E.g. short – short – long pass.





Set-up

Use a pitch 50 yards long by 30 yards wide. Split the pitch into three zones for the session and development. The two end zones are each 20 yards long and the central zone is 10 yards long.



Session – 15 mins

Four attackers go into each end zone. Four defenders start in the central zone. To start, the attackers at one end must try to keep possession 4v2 against two of the defenders who run into the end zone.

The attackers must complete four passes and then make a longer pass (across the central zone) to the attackers in the opposite end zone.

Now the two resting defenders, in the central zone, race to win the ball. The attackers are given a point for each time they successfully complete four passes and transfer the ball with a longer pass.



Development – 15 mins

Place a goal and goalkeeper at each end of the area. A server stands inside the central zone. In each half, there are three defenders and three attackers.

The server passes to one set of attackers who try to score using quick, short passes to unlock the defence.

The defenders try to regain the ball and play a long pass to their attackers in the opposite end zone.



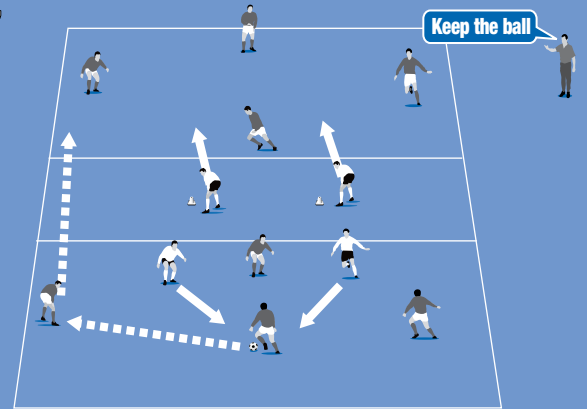
Game situation – 20 mins

Two neutral players are placed at one end of the field either side of one of the goals. The team attacking this goal makes long passes to the neutrals who play the ball back to that team so they can try to score.

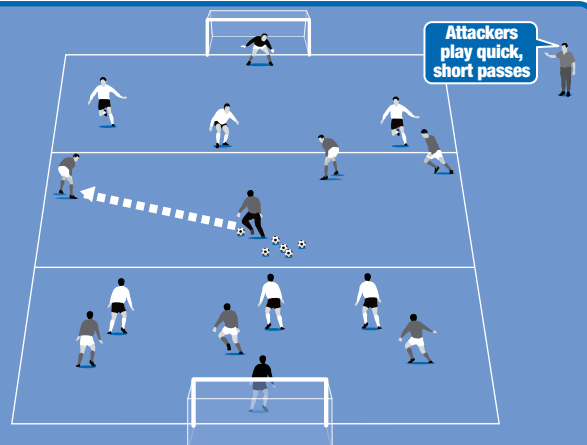
The opposing team does not have neutrals beside the goal they are attacking. Therefore, this team must build up by using quick, short passing combinations in order to unlock the opponent's defence to score.

Mix and match

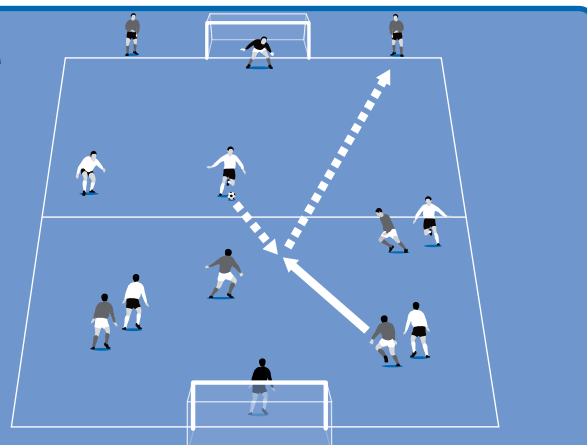
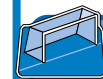
player movement ⇨ pass/serve □□□⇨
what to call out —



Defenders work in pairs to try and steal the ball from each group of four attackers.



Forwards on each team use short passes. Defenders clear the ball with long passes.



One team plays short passes while the other plays longer passes to the neutral players who pass short back to that team.