

Leading the charge

This session is designed to improve forward passing and supporting runs which give options to the player in possession of the ball.



What you tell your players the session is about

1. Making forward passes with quality.
2. Making forward runs to support the player in possession.
3. Receiving to turn and receiving to hold up the play.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	20 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls, cones	Players work in pairs over 25 yards on various passing techniques for four minutes at a time. 1) Driven 2) Lofted 3) Curled
The session	Balls, cones	Players are making forward passes with quality
Development	Balls, cones	Players are making forward runs to support a pass
Game	Balls, cones, four target goals	The players are passing and running to support in order to score goals
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Receiving to turn, first touch, passing skills, combination play, movement off the ball, forward runs

Team skills: Communication, combination play, movements off the ball

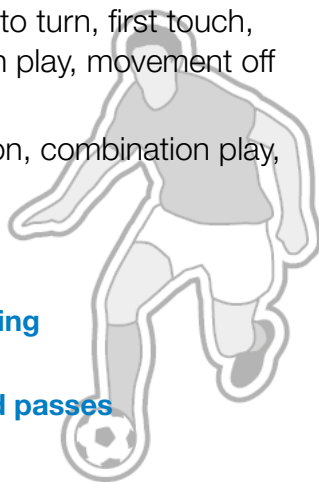
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What to think about

- When running to receive the ball it is important for players to look over their shoulder to see the threats and options.
- Can your player receive the ball and turn to face forwards with his first touch?
- Can he make a forward pass with good quality?
- Players need to run forward to support the receiving player to offer a passing option.





Set-up

Use a 40 yards by 30 yards box with two channels on the outside for the first two sessions.



What you get your players to do

Three players work in each channel on the sides the box. Two players are in the centre.

To start, a player in a one of the channels passes to a central player who receives and turns with one touch in order to pass forward to a player in the opposite channel.

The outside players pass among themselves until a central player runs forward to call for another pass in order to repeat the exercise.

The exercise lasts for three minutes before players swap positions.



What to call out

- “Angle to receive”
- “Can you turn with your first touch?”
- “Can you pass forward with quality?”
- “Can you make a supporting run”



Development

A player in the centre plays a forward pass to a player in the outside channel.

Now the central player must make a supporting run and receive a return pass in order to pass to a second outfield player.

Now the central player goes into the channel and allows another player to come on to the pitch.



Game situation

Set up a 4v4 small-sided game with outside target players. The goals on the pitch are reversed and face the outside of the pitch. Each team defends two target goals and attacks two goals. The game can be played in two ways.

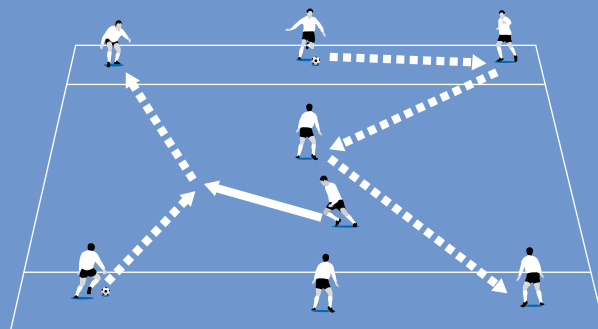
Game 1 – Players use forward passes to the outside player, who has two touches to score in either target goal

Game 2 – Players pass to the target man on the outside and run to receive a return pass in order to score in either goal.

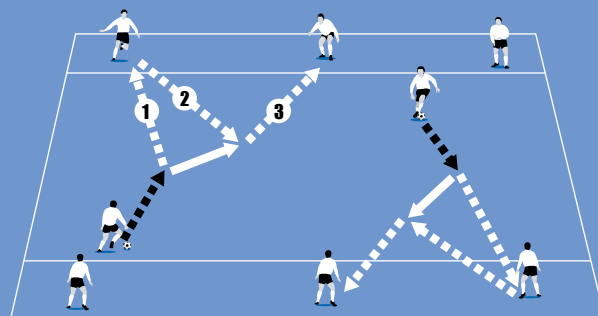
Play each game for 10 minutes and the team with most goals wins.

Leading the charge

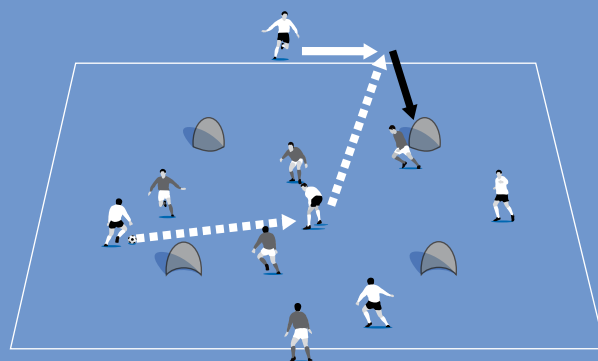
player movement \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



The two central players must continually receive passes from the outside players and then pass forward to a player on the opposite side.



A central player passes to the outside channel. He then runs to support that player and passes to another team mate in the channel.



Teams use forward passes to their target man and support him to shoot at either goal.