

Threaded through balls

Attackers such as Fernando Torres and Nicolas Anelka thrive on through balls and score most of their goals with this method. Your players need to develop their ability to make these passes for the forward to run on to.



What you tell your players the session is about

1. Improving your vision and game awareness.
2. Making through passes to split the defence.
3. Making clever forward runs behind the defence to score goals.

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	One ball	Players are making quick passes and moving into space, from <i>The Ultimate Football Warm-Ups Manual</i> , exercise 73
Session	Cones, balls, two goals	The players work on making through passes and clever runs to score
Development	Two goals, balls, bibs, cones	The players complete the pass and run against defenders
Game situation	Two goals, balls, bibs, cones	The players compete to make through passes into the end zones
Warm-down	n/a	Gentle jogging and stretching exercises



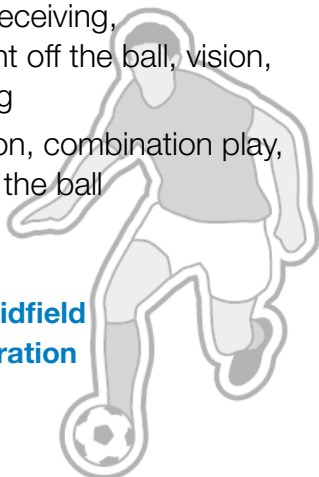
Where it fits

Individual skills: Passing, receiving, communication, movement off the ball, vision, game awareness, shooting

Team skills: Communication, combination play, team work, movement off the ball

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What to think about

- Before receiving a pass, the player must scan the pitch and see what is around him.
- The player looks for spaces in the opponent's defence and passes the ball to the space and not to a team mate's feet.
- For through passes to be effective, players must have runners off the ball that are able to time their runs to remain onside.





Set-up

Use an area 60 yards long by 30 yards wide for the first session.

In the development, the pitch has a 10-yard channel in the middle.

For the game, the pitch is split into three zones – two end zones, each 15 yards wide by 30 yards long and a central area 30 yards square.



Session – 15 mins

Use two groups at the same time, each team has a ball.

A player at each end dribbles the ball on to the pitch and then plays a pass back through the cones and into the space behind for the other team's player to make a run and score from the through pass.



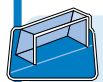
Development – 15 mins

Add a 10-yard channel in the middle of the pitch. Three attackers and two defenders play in this area. A player at one end dribbles the ball towards the channel. He now shows disguise to make a through pass for one of three forwards to run out of the channel and score a goal.

The defenders try to predict the pass and intercept the ball. Attackers must make different runs to ensure that one of them is free for the pass.

The attacker that runs on to the pass now leaves the pitch and the initial passer becomes a new forward for that team's next attack.

Play continues with an attack in the opposite direction by the other team.



Game situation – 20 mins

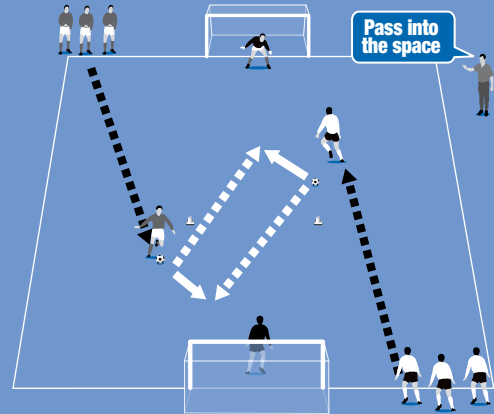
The pitch is split into three zones with the game being played in the central zone.

Teams attack one end zone and defend one end zone.

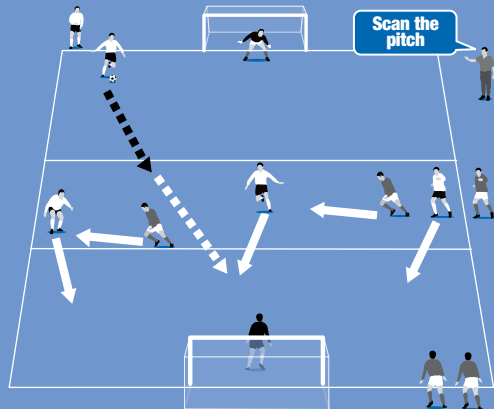
The aim is to play a through pass into the opponent's end zone for a team mate to run through and go 1v1 against the opposition goalkeeper.

Threaded through balls

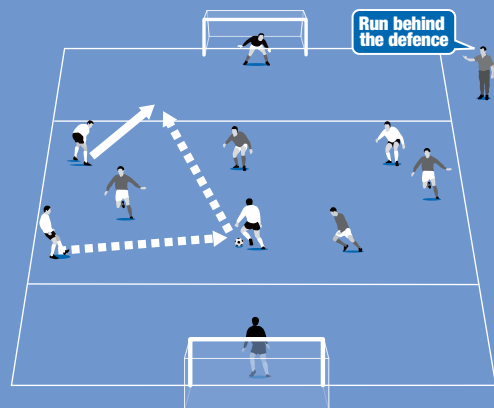
player movement \Rightarrow pass/serve $\square\square\square\Rightarrow$
run with ball \dashrightarrow



Players take turns to make a through pass and receive a pass to become the forward and try to score.



A player dribbles the ball on to the pitch and makes a through pass for one of the attackers to score. Swap direction for the next attack.



Both teams must try to make a through pass into the end zone for a team mate to run and score.