

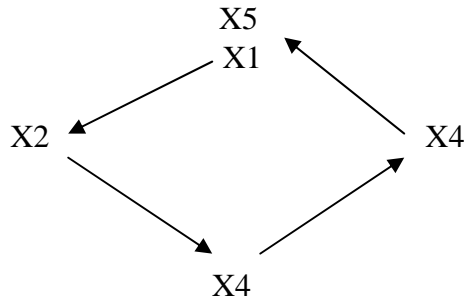
Scottish Football Association Coaching Conference

Practice 1

Players pass as shown in diagram and follow pass using only right foot.

Work in both directions

- Passing and receiving
- Create space
- Timing of movement
- Body shape
- Communication



Practice 2

Players now pass and provide overlap support.

X2 and X4 Rotate positions

Passing/ Receiving

Create space

Body shape

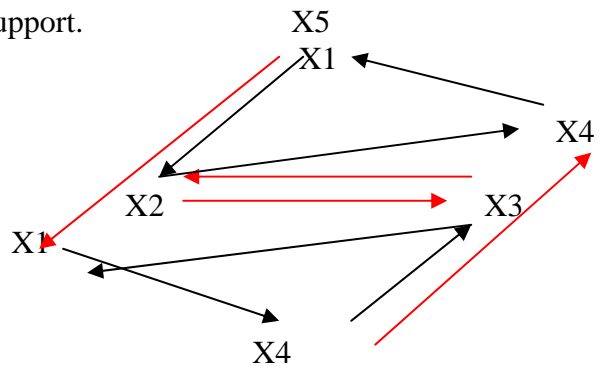
Timing of Run

Accuracy/ weight of pass

Communication

Pass →

Run →



Practice 3

Introduce passive defenders. Player's work moves

Create space

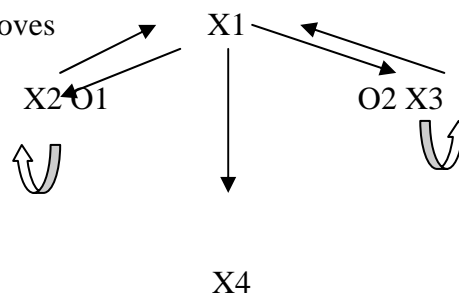
Timing of Movement

Body shape

First Touch

Technique to turn.

Support position



- Develop into a shadow practice towards goal. Passive defending
- Develop into small-sided game

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Players make the Habits, Habits make the Player

- All practices will have progressions and will be developed within the session.
- The practices encourage Playing. Thinking and Moving
- The practices are designed to develop good habits as core skills in young players