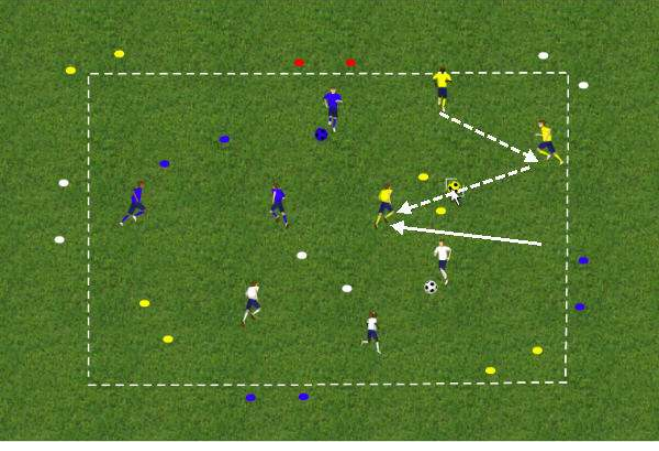
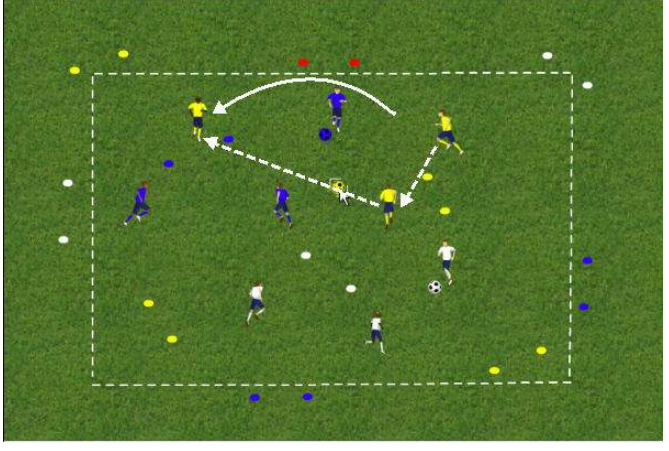




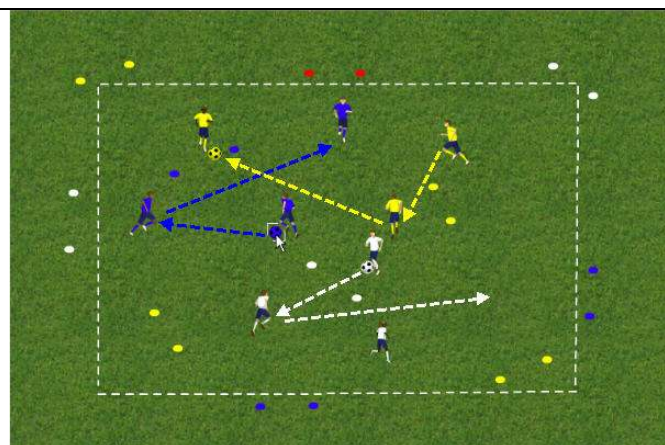
This progression to the FA Level 1 coaching certificate was created with [www.grassrootscoaching.com](http://www.grassrootscoaching.com) software design tool, Coaches Chalkboard.

## PASS AND MOVE IN THREES

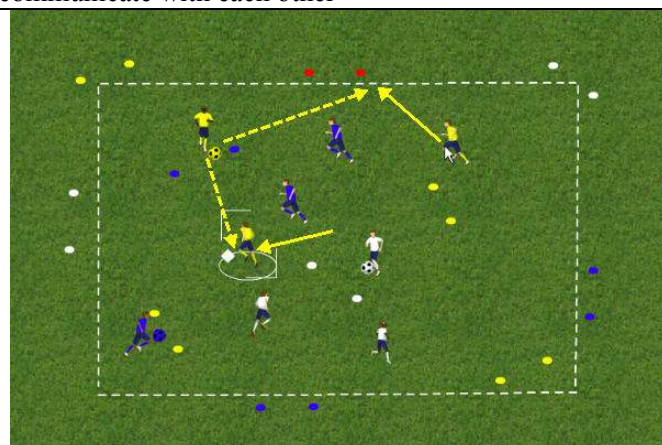
<p style="text-align: center;"><b>SET UP</b></p> <p>Organise the players into groups of threes, with one ball between them. *There should be three of four groups, all with different coloured bibs. *The area should be sized to suit the age and ability of the players. *Position discs as target gates inside and outside of the area *If there are more than 12 players, have one or two groups of 3 resting and they can count the passes through the gates *Rotate the groups</p>	<p style="text-align: center;"><b>OBJECTIVE</b></p> <p>The players to combine in threes and pass the ball through any of the target gates to one of their team mates*After combining together to pass the ball through a target gate, they combine together and move onto a new target gate, as quickly as they can*All the groups of 3 play at the same time</p>
<p style="text-align: center;"><b>COACHING INFORMATION</b></p> <p>*Players will need to communicate and co – operate with team mates *Head up to see where they are passing *Avoid the players in other teams *Movement to find space to receive the ball *Accurate passing and well timed movement *Awareness of space and other players</p>	<p style="text-align: center;"><b>PROGRESSIONS</b></p> <p>Make the area bigger or smaller – this will encourage different types of passes and the need for quicker support *Make one of the group of three players defenders; they will still have a ball between them. If they win the ball they keep possession and the group that lost the ball become defenders *Make the practice a competition – first group of three to pass through a set number of separate target gates, say 5 wins</p>

<p><b>1. Start</b> – Yellow group of three pass and move, trying to get one of the 3 to get to the other side of a target gate to receive a pass</p>	<p><b>2.</b> Players will need to co – operate and communicate. Once ball is passed a target gate, the players move together as a group of three to pass the ball through another target gate</p>
	

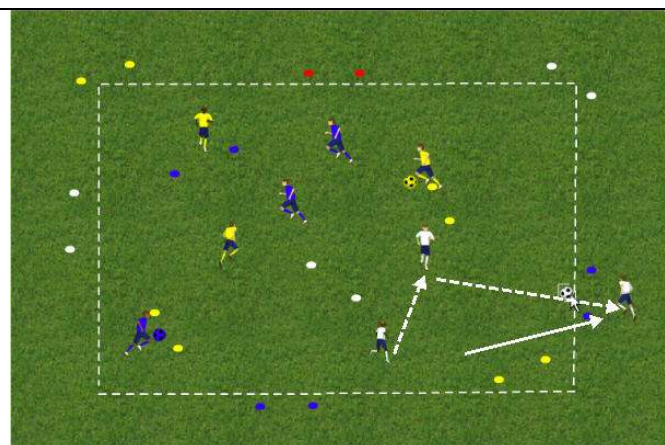
**3.** All the groups of three should be playing at the same time to co – operate and pass the ball through the target gates, both inside and outside of the area



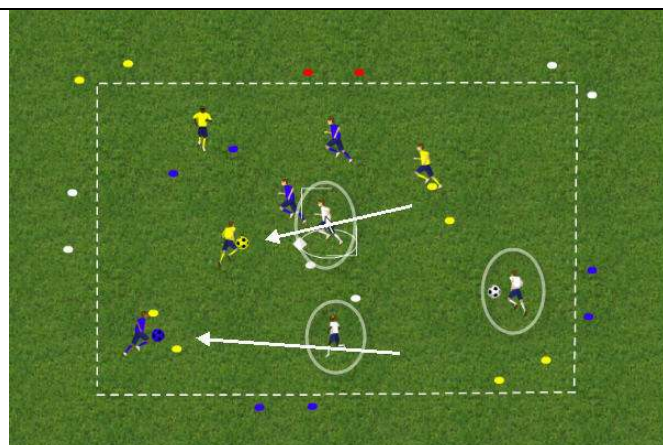
**4.** With all the groups of three working together, there will be a degree of chaos and there will be times when players from the other groups will be in the way. This is where the players will have to be patient and composed with their passing, move to find space to receive the pass and to communicate with each other



**5.** The players should be encouraged to also use the target gates outside of the central area. This will encourage them to create space and make different support runs



**6.** To challenge the players and progress the practice, make one of the groups of three, defenders. This group, in white will still have a ball, but the two players without the ball can challenge any of the other groups who have a ball. If the player in possession of the ball wants to challenge for the ball, they must pass the ball to a team mate first, before they can challenge for the ball





## WAYS IN WHICH A COACH CAN IMPROVE THE PLAYERS PERFORMANCE

- To encourage players to play with their heads up and be aware of where their team mates are and to avoid players from the other groups.
- Encourage the players to communicate with each other both verbally and with hand signals
- To move quickly to find space to receive the ball
- Encourage the groups to try and get one of the players on the other side of a target gates as quickly as possible to receive the ball
- Players to make their passes accurate, well timed and weighted

## WAYS IN WHICH PLAYERS CAN IMPROVE THEIR OWN PERFORMANCE

One way of improving player performance is to ask them leading questions and let them supply answers. Giving the players ownership of the solutions on improving their performance can provide a very powerful learning experience for the players.

Think about asking leading questions, such as *How, Why and What*. Very often a How question, will lead to a Why question and / or a What question. Be patient when asking questions and let the players give you their answers, you might be surprised by what they know!

### *EXAMPLES OF HOW QUESTIONS:*

- How Question-** How can you better communicate and co – operate with team mates to gain success and in what ways can you do this better?
- Answers** – Talk, call and use hand signals to show where we want the ball to be passed
  
- How Question** - How can the players improve their passing, avoid the other groups, find supporting team mates and pass through the target gates quickly?
- Answers** – To play with our heads up, so we are aware of what is happening and where our team mates are \*For supporting players to move quickly to find space in which to receive the ball and to make quick runs to get through the target gate to receive a pass
  
- How Question** – How as a group, do you think you can get a player through the target gates to receive a pass as quickly as possible?
- Answers** – For the third player, who doesn't receive the initial pass to make a run to get through the target gates, while the other two are passing to each other \*Try and pass first time if it is the right thing to do



### ***EXAMPLES OF WHY QUESTIONS***

- **Why Question** - Why would you want to play with your heads up?
- **Answers** – So we can see where our team mates are \*We can be more aware of where the other players are \*So we can see where the space is and avoid hitting players from the other group with the ball \*So we can be more accurate with our passes
  
- **Why Question** – Why would you want to move into space to receive a pass?
- **Answers** – Because it makes it easier for the player on the ball to pass \*We would have more time on the ball when receiving it \*We would have more space in which to control the ball
  
- **Why Question** – Why would you want to communicate with each other?
- **Answers** – Because it makes it easy to pass the ball to each other, because the player passing can easily see where we are \*So the player passing the ball knows where and how to pass it \*So we can help each other
  
- **Why Question** – Why would you use the side foot passing technique for short passes?
- **Answers** – Because it is easy to do \*It is more accurate over short distances

### ***EXAMPLES OF WHAT QUESTIONS***

- **What Question** – What is the best way to pass the ball accurately over a short distance?
- **Answers** – Side foot passing
  
- **What Question** – What are the important things to do to work together successfully as a group of three?
- **Answers** – Communication \*Talking, calling and pointing where we want the ball \*Accurate passing \*Finding space
  
- **What Question** – What is the most important thing you should do before passing?
- **Answers** – Look up, so we can see where our team mate is
  
- **What Question** – What should you do if someone is between the passer and the receiver
- **Answers** – Be patient and composed on the ball \*Move to find space to receive the pass \*Communicate