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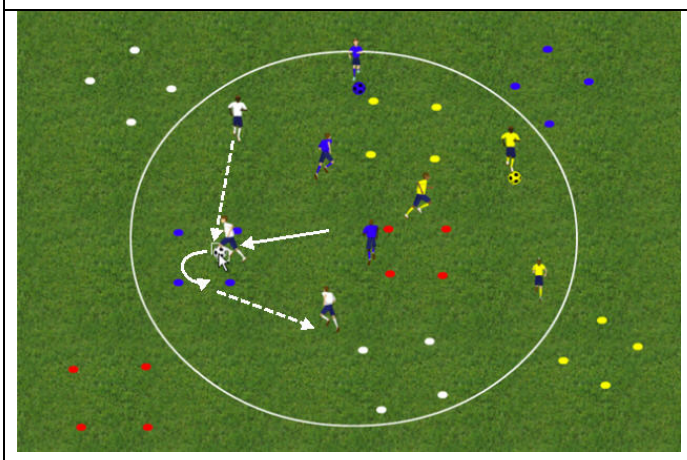
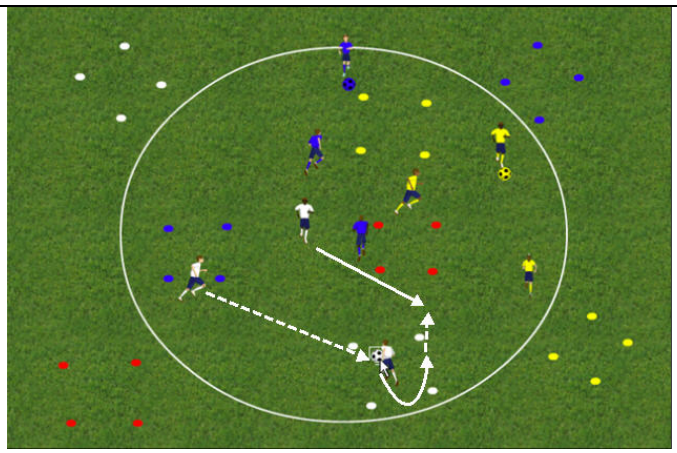
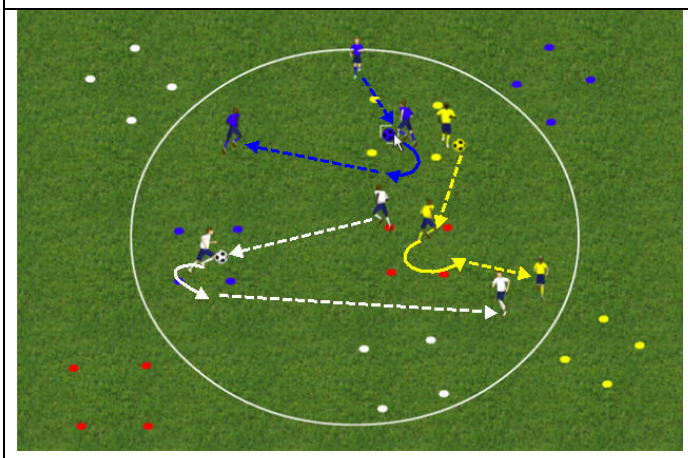
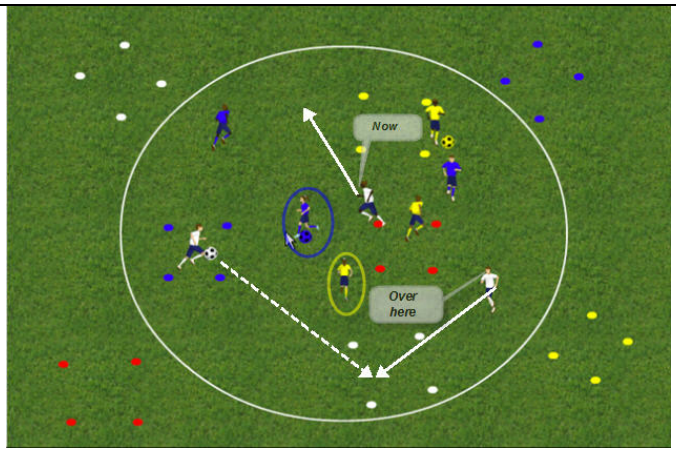
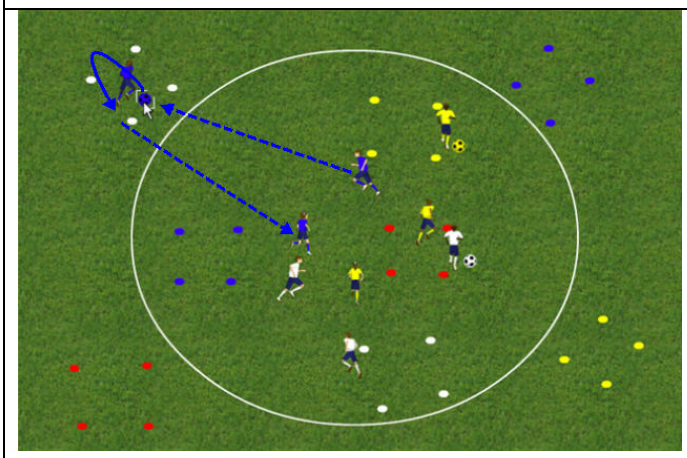
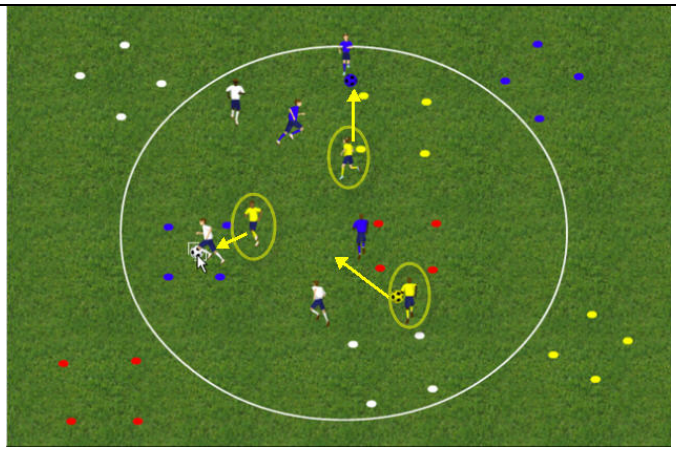
PASS AND TURN IN THREES

SET UP	OBJECTIVE
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 areas 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	The objective of the session is for the players to combine in threes and for one of the players to make a run into one of the target areas, receive the ball, turn out of the target area and pass to supporting a team mate *After combining together to pass the ball into a target area for a player to turn out of the target area and pass to a team mate, they combine together and move to pass to a player in a different target area, to turn and pass to a team mate, as quickly as they can*All the groups of 3 play at the same time
COACHING INFORMATION	**PROGRESSIONS**
*Players will need to communicate and co – operate with team mates *Head up to see where they are passing * Players to be aware of where the space is to turn and where other players area *Avoid the players in other teams *Movement to get into target areas to receive the ball and turn and to find space to support and receive the ball from other players*Accurate passing and well timed movement to receive the pass *Encourage the players to use and experiment with different types of turning skills	Make the area bigger or smaller – this will encourage different types of passes, turns 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 - the competition would be for the first group of 3 to complete 5 successful passes into different target areas and 5 successful turns out of those areas, the team that completes these 5 turns the quickest, wins.

1. Start – White group of three pass and move. One of the 3 makes a run into a target area to receive and turn with the ball and then pass to a supporting team mate	**2.** Players immediately move together as a group co – operate and to pass into a different player in another target area, to turn and pass out to a supporting player. Players repeat the practice, pass, turn, pass
	

3. All the groups of three should be playing at the same time to co – operate and pass the ball into a target area, for a player to turn and pass out to a supporting player	**4.** At times, this will result in a degree of chaos with players from the other groups getting in the way and making passing to a team mate difficult. This is when the players on the ball will have to be patient and composed with their passing and players looking to receive the ball will have to 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 areas outside of the central area. This will encourage them to use all the space, make different support runs and use different turns	**6.** To challenge the players and progress the practice, make one of the groups of three, defenders. This group, in yellow 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 the space is to turn, 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 into target areas to receive the ball and turn and for supporting players to find space to support the player on the ball
- Use different and appropriate turning skills in the turning areas
- 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 you know where the space is to turn with the ball?
- **Answers** – By keeping our heads up and being aware of the space around us *Having an open body position and by looking around before we receive the ball *Other players telling us to turn and communicating will also help

- **How Question –** How can the supporting players help the player receiving and turning with the ball?
- **Answers** – By passing accurately to them *By telling them to turn, as we can see where the space is to turn, that the player receiving the ball can't always see *By making runs to get into space to receive the ball from the player turning

EXAMPLES OF WHY QUESTIONS

- **Why Question -** Why would you use different types of turning skills?
- **Answers –**Because sometimes the ball will be passed quickly to us and we can use the pace on the ball to turn quickly *Sometimes it will be slow, so we might be able to turn by not touching the ball *There might be a defender to one side, so we would turn away from the defender into space *There might be times when we have to change direction from where we wanted to turn and we might have to drag or hook the ball in a different direction

- **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 or turn with 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 be the "eyes" of the players turning with the ball and let them know if it is safe to turn

- **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 to pass to

- **What Question –** What should you do if someone is between the passer and the receiver
- **Answers –** If passing, be patient and composed on the ball *If a receiver, move to find space to receive the pass *Communicate with each other