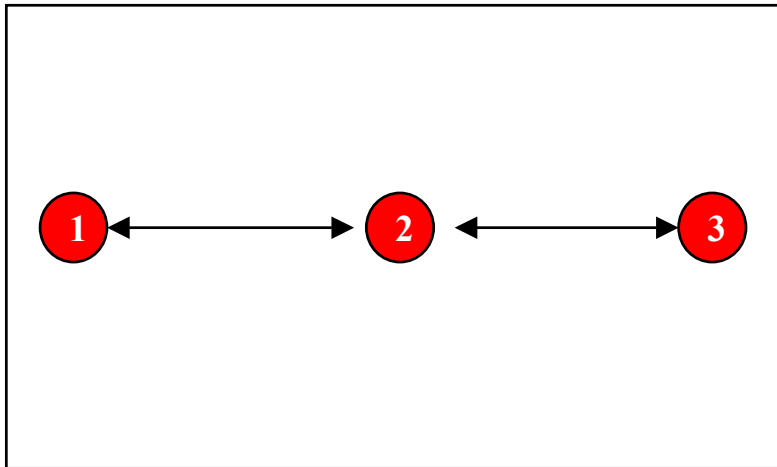
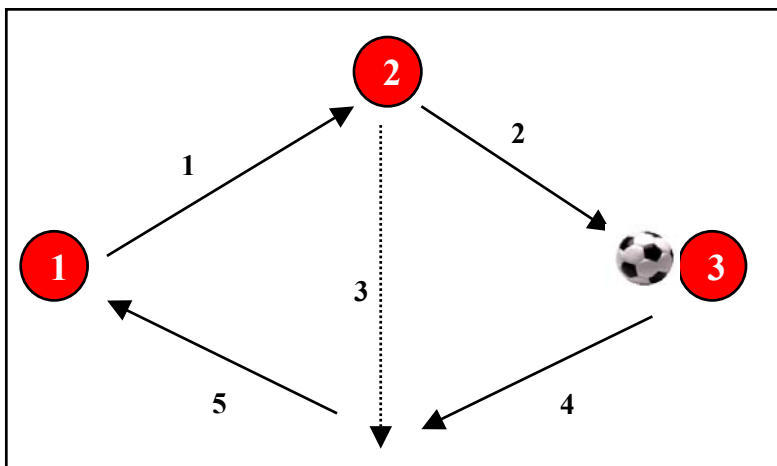


PROGRESSED AWARENESS SESSION IN THREES

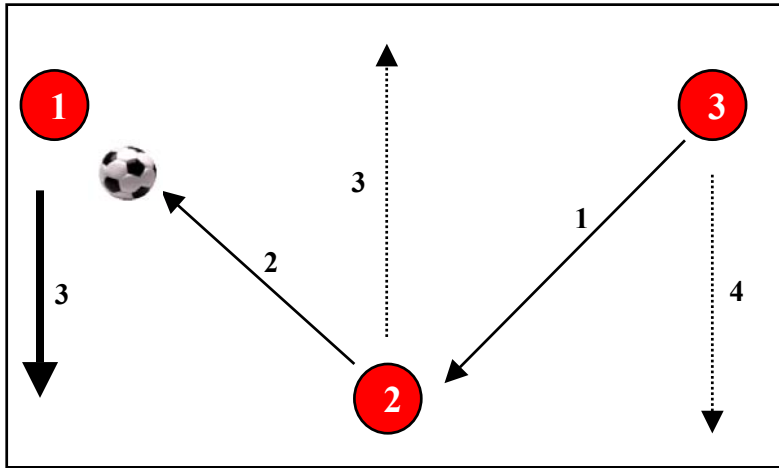


Go through each **progression** in the order it is presented here, do one at a time and have each player practice it in the middle at every stage of the progressions.

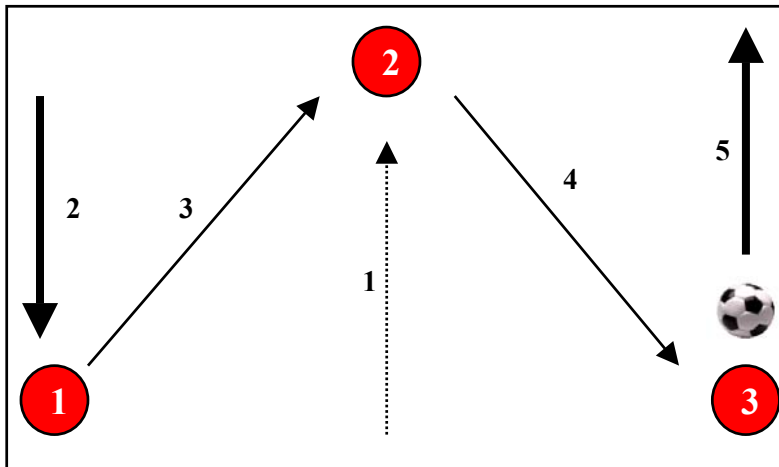
1. Begin by passing the ball from (1) to (2) to (3) and back. (2) **receives and turns** and passes. Passing must be sharp and accurate, one or two touch. All players on their toes.
2. You can receive with the **furthest** foot away from the passer and pass it with the **nearest** foot, or move it one touch with the inside of the nearest foot or the outside of the furthest foot.
3. The player in the middle must **open** their body stance up by going **side on** so they can see what is behind them and it makes it easier to receive and pass the ball on.
4. **Look over the shoulder** to see what is behind, do this **before** you receive the ball **not** after.
5. Position in the middle **off at an angle** to receive, this makes a **triangular** support position and opens up the field of vision. Once the ball has been passed on, the middle player moves to the **other side quickly** off at an angle again (can use cones as reference points to run to both sides). This encourages the players to receive and pass with both feet.



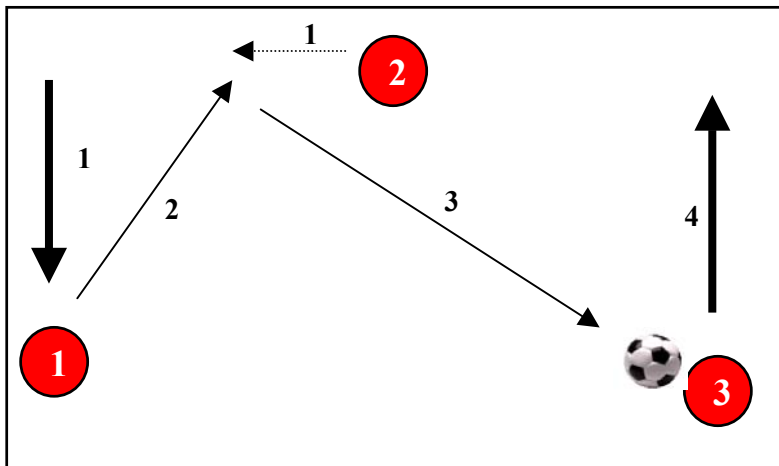
(Wayne Harrison)



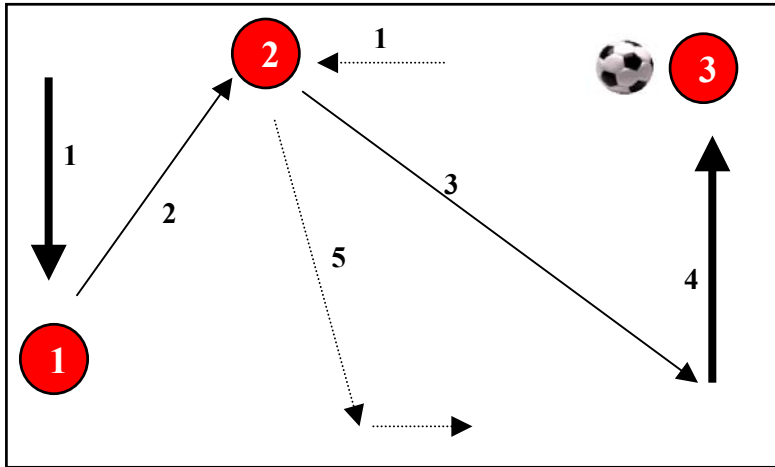
6. Now working on the **movement** of the **outside player** to create a bigger angle to pass and receive the ball. Above (2) passes to (1) who moves the ball into space with a **good first** touch to pass the ball back with a second touch. The movement is shown below. Likewise (3) receives and moves the ball off at an angle and the cycle continues.



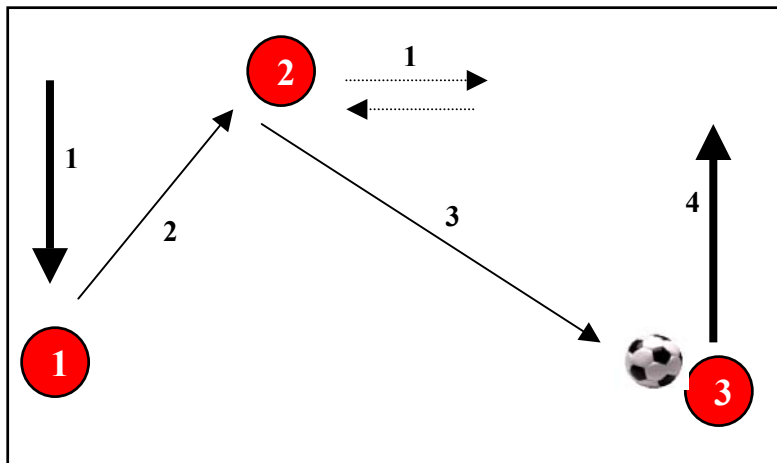
7. Working on the middle player again, if they are marked in a game for example look to **come short** to receive the pass to get away from the defender (create space and time).

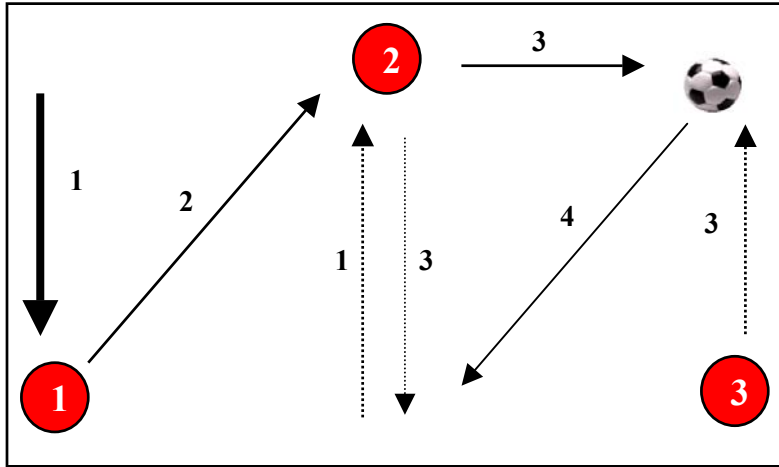


8. Moving **short** to receive the pass; in a game it is getting away from the defender to receive in space with time on the ball. Keep the angle wide so you can still receive the pass side on, if you move short but more central you will receive the ball more with your back to the play with less room to work the ball in.



9. Develop by the middle player **moving away** from the ball to take a defender away from the space and then **checking back** to receive the pass in time and space.
10. With these movements the passer must be aware of the receivers movements to get the **timing of the pass** right. The receiver must be aware of how quickly the passer has control of the ball and is ready to pass it to get the **timing of the run** right (therefore always looking).
11. These movements in a game are dictated by how much **time on the ball** the passer has, if **no time** then coming short to receive the first pass, if **time** on the ball then the receiver can run a defender off the check and receive to feet.





12. The middle player receives the ball and passes into **space** to **move** the outside player. Previously it was a pass to feet and the outside player moved the ball.
13. The outside player away from the ball can decide to **close down** the middle player or **stay away**. If they close down then the middle player must pass the ball back to the player who passed it to them (where it came from). If they stay in position then the middle player turns and passes the ball to them. This highlights if the player has **looked to see** where the other player is **before** receiving the pass. Put a passive defender in with the middle player to show how they run them off to check and lose them.

