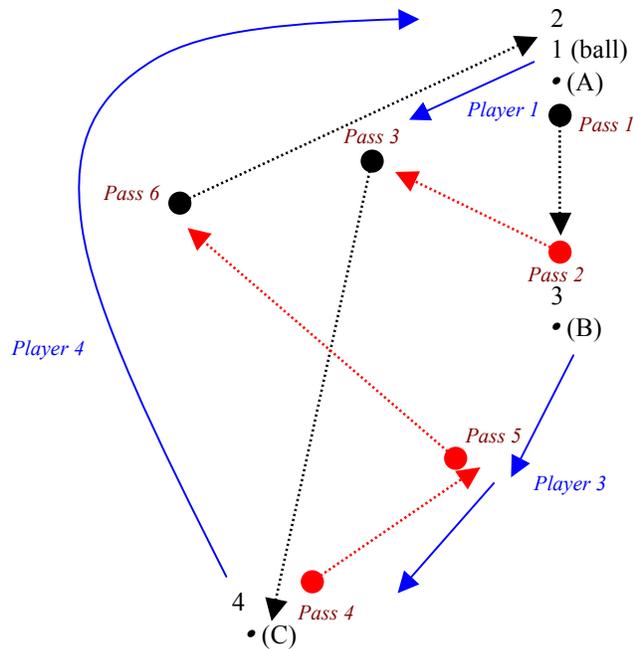


# TAOS SOCCER ACADEMY

## Functional Skills Training

Technical Skills Director: Michael Hensley

### ➤ Y Pattern, Continuous Flow I:



*Player 1 moves to (B) after the long pass*

#### Points of Emphasis

- Accurate passing
- Keeping the ball on the ground
- Proper pace & weight of the pass
- Using Both Feet
- Checking & coordinated timing of runs
- Communication

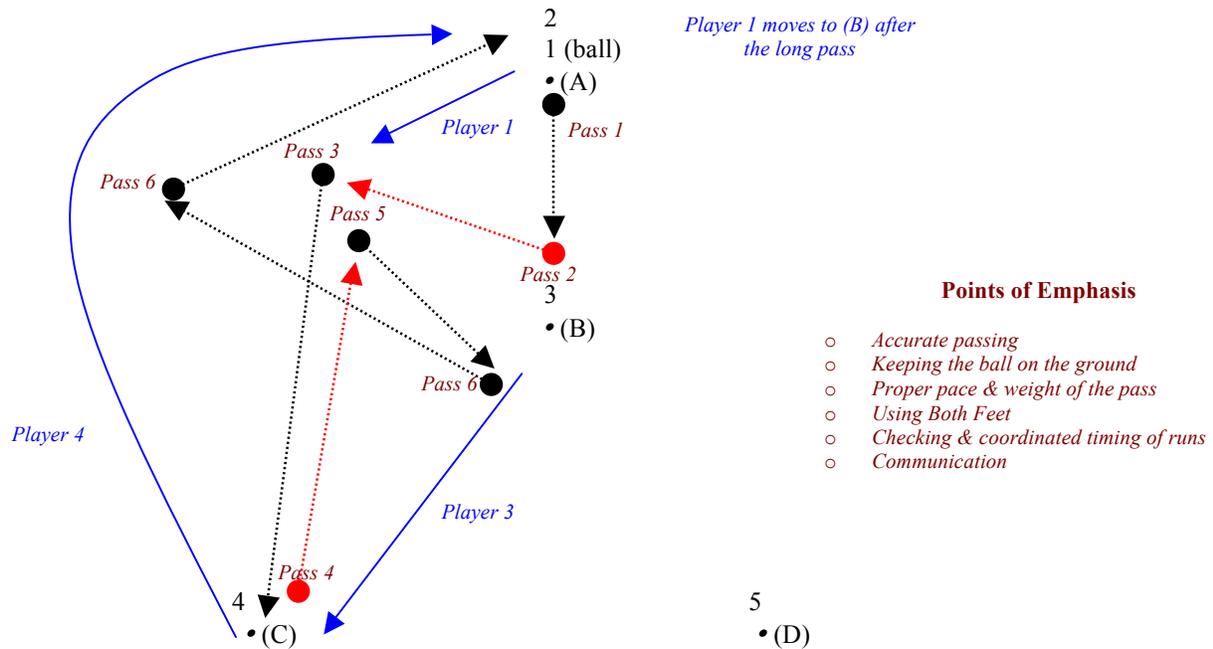
- Place cones (15) meters apart, (5) Players, (4) Cones, (1) Ball
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) wall passes to Player 3 at (B).
- Player 3 at (B) returns the wall pass Player 4
- Player 4 sends the ball to Player 2 at (A)
- Repeat the sequence on the opposite side.

# Functional Skills Training

Technical Skills Director: Michael Hensley

## ➤ Y Pattern, Continuous Flow II:



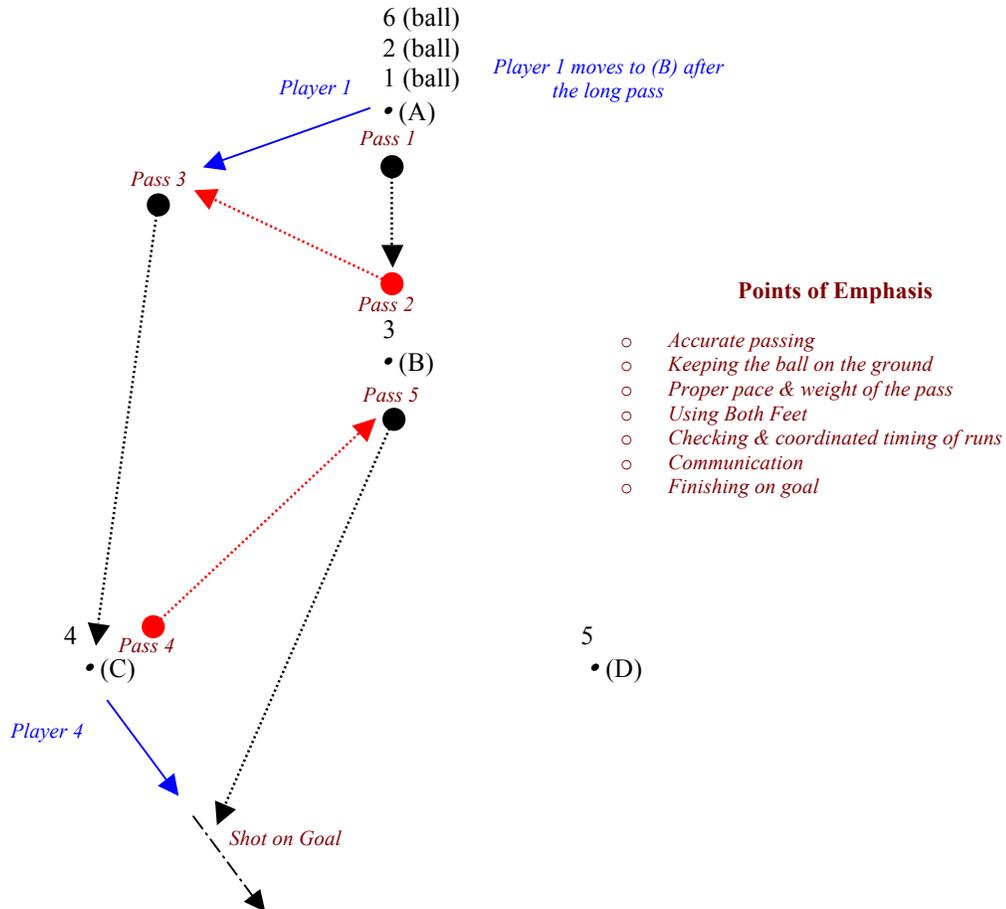
- Place cones (15) meters apart, (5) Players, (4) Cones, (1) Ball
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) wall passes to Player 3 at (B).
- Player 3 at (B) returns the wall pass to Player 4
- Player 4 sends the ball to Player 2 at (A)
- Repeat the sequence on the opposite side.

# Functional Skills Training

Technical Skills Director: Michael Hensley)

## ➤ Y Pattern, Shooting/Through Balls:



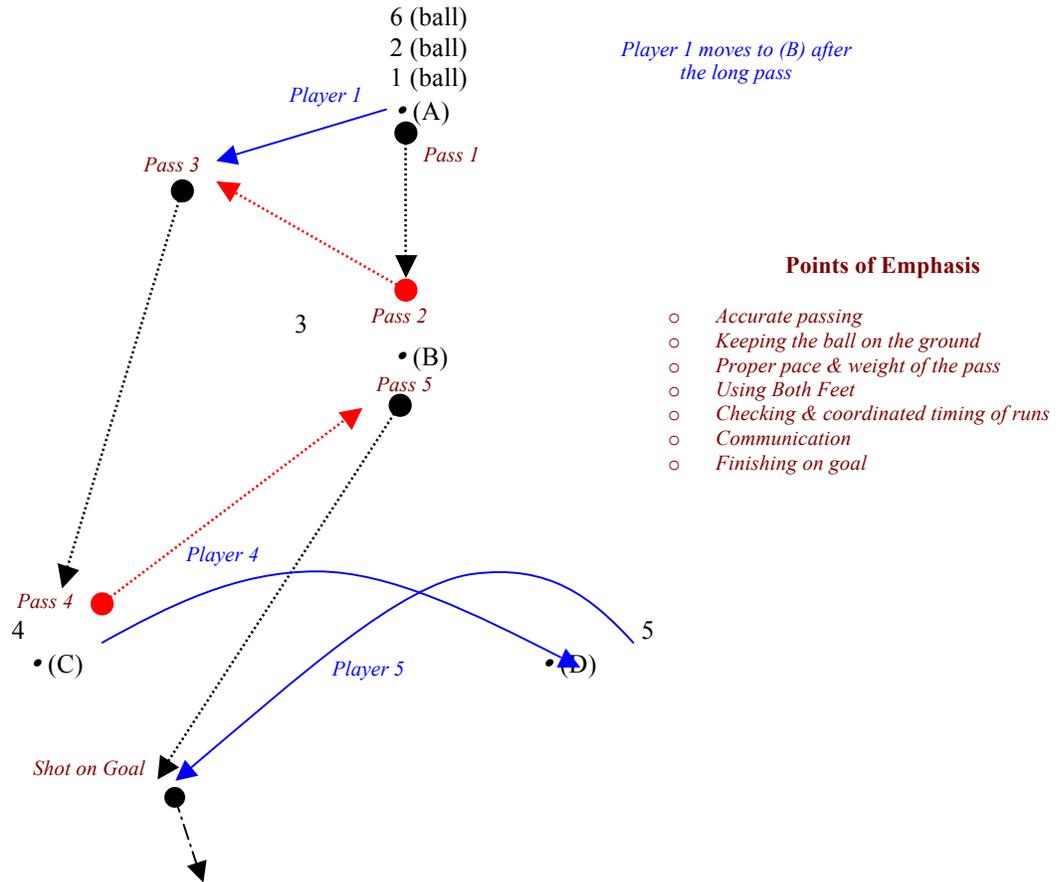
- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) rolls off an imaginary defender, (staying onside) makes a run to goal.
- Player 3 at (B) plays a through ball for Player 4 who runs on to it and shoots on goal
- Repeat the sequence on the opposite side.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, Shooting/Crossing Forward Runs:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



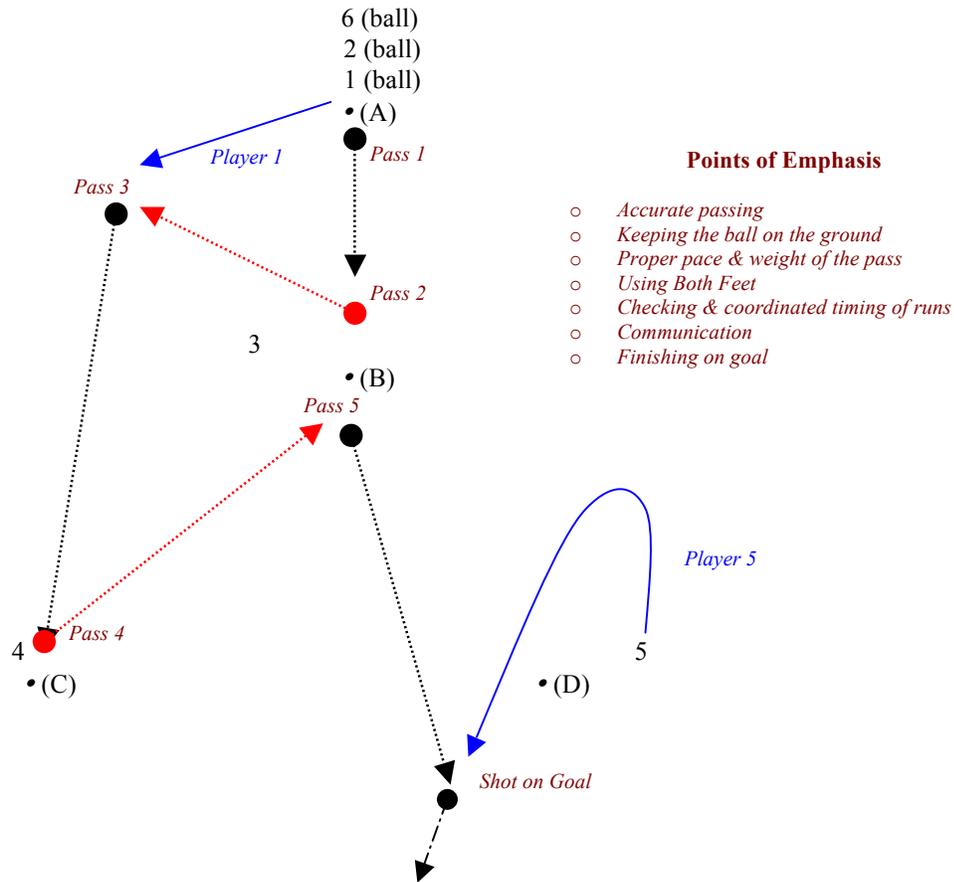
- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B) & then crosses with Player 5 at (D).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, Shooting/Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



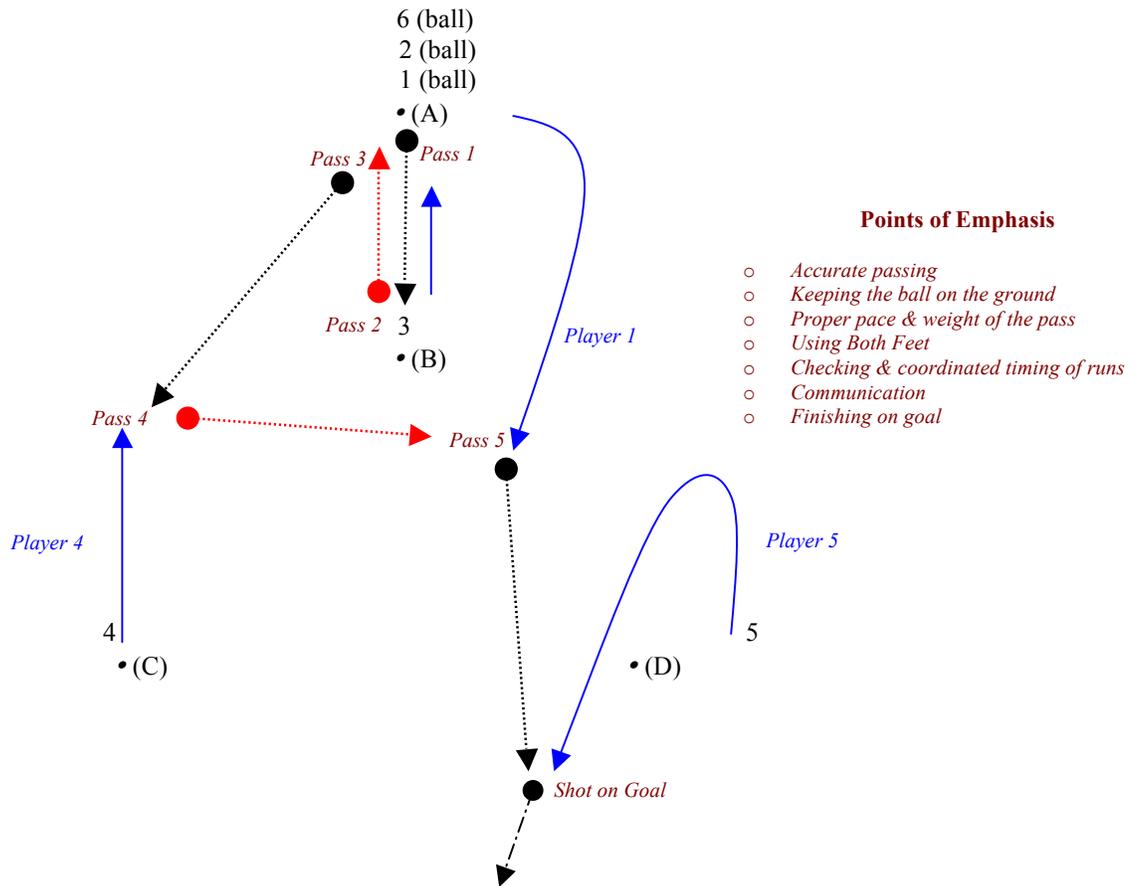
- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, Shooting/Wall Pass, Third Person Run:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



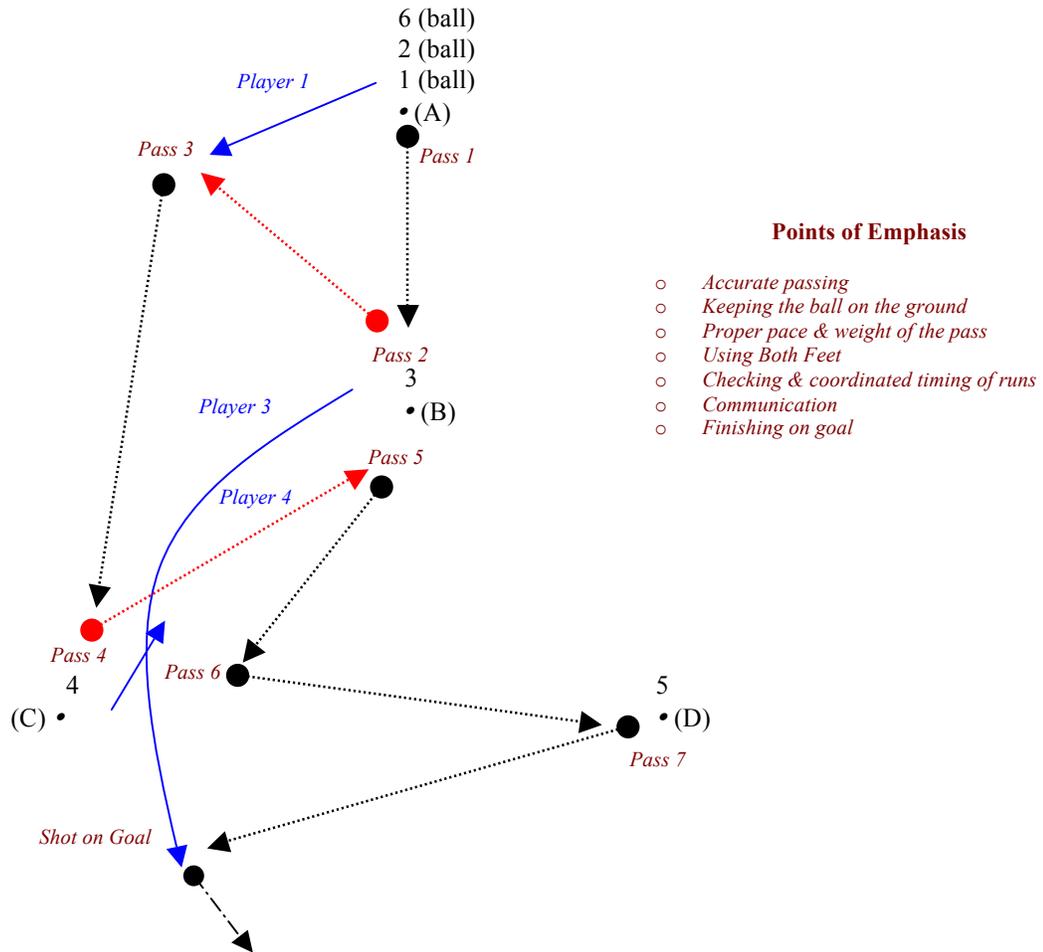
- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 drops to Player 1 at (A) then approaches (A) simulating a defender.
- Player 1 at (A) plays a wall pass to Player 4.
- Player 4 returns the wall pass to Player 1.
- Player 1 now plays a through ball for Player 5 who shoots on goal.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, Shooting/Overlapping Mid:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



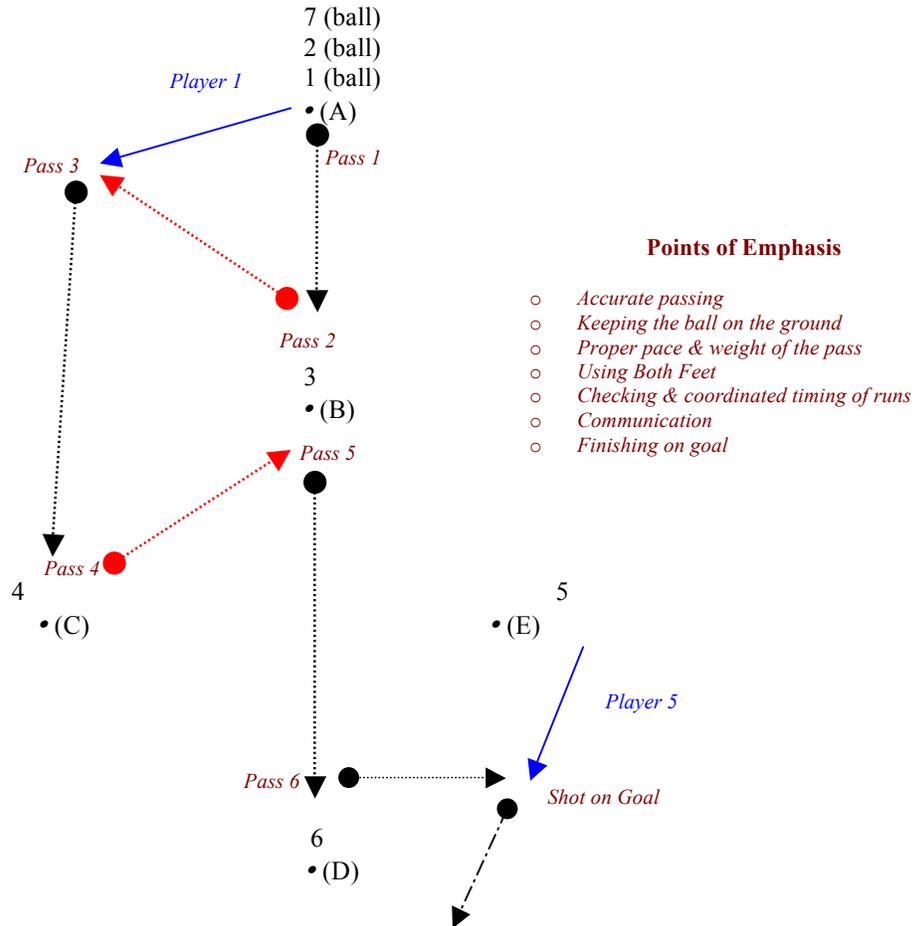
- Place cones (15) meters apart, (6) Players, (4) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) then moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) returns the ball to Player 4 who plays a diagonal ball to Player 5 at (D).
- Player 5 at (D) plays a through ball for Player 4 who shoots on goal.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



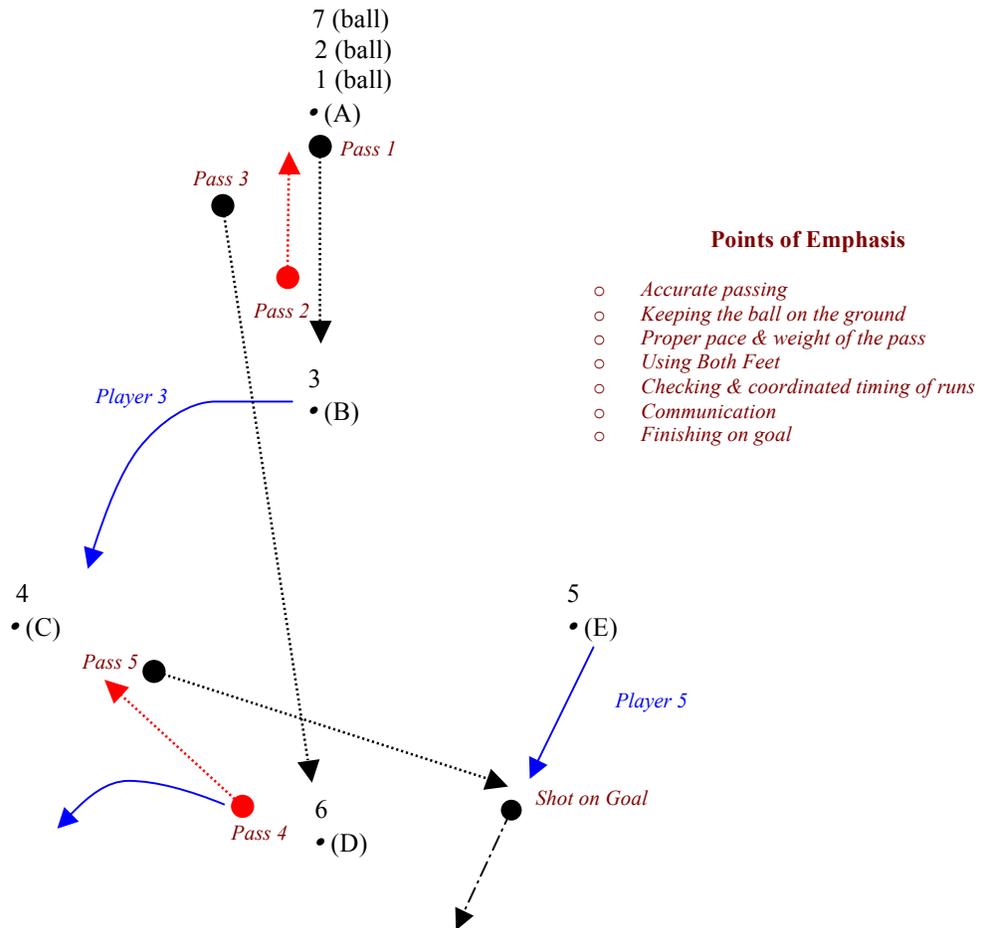
- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B) player 1 moves lateral receiving the ball back from Player 3.
- Player 1 now sends a long ball to Player 4 at (C).
- Player 4 at (C) drops to Player 3 at (B).
- Player 3 at (B) plays Player 6 at (D) who lays the ball off for Player 5 at (E) to shoot.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



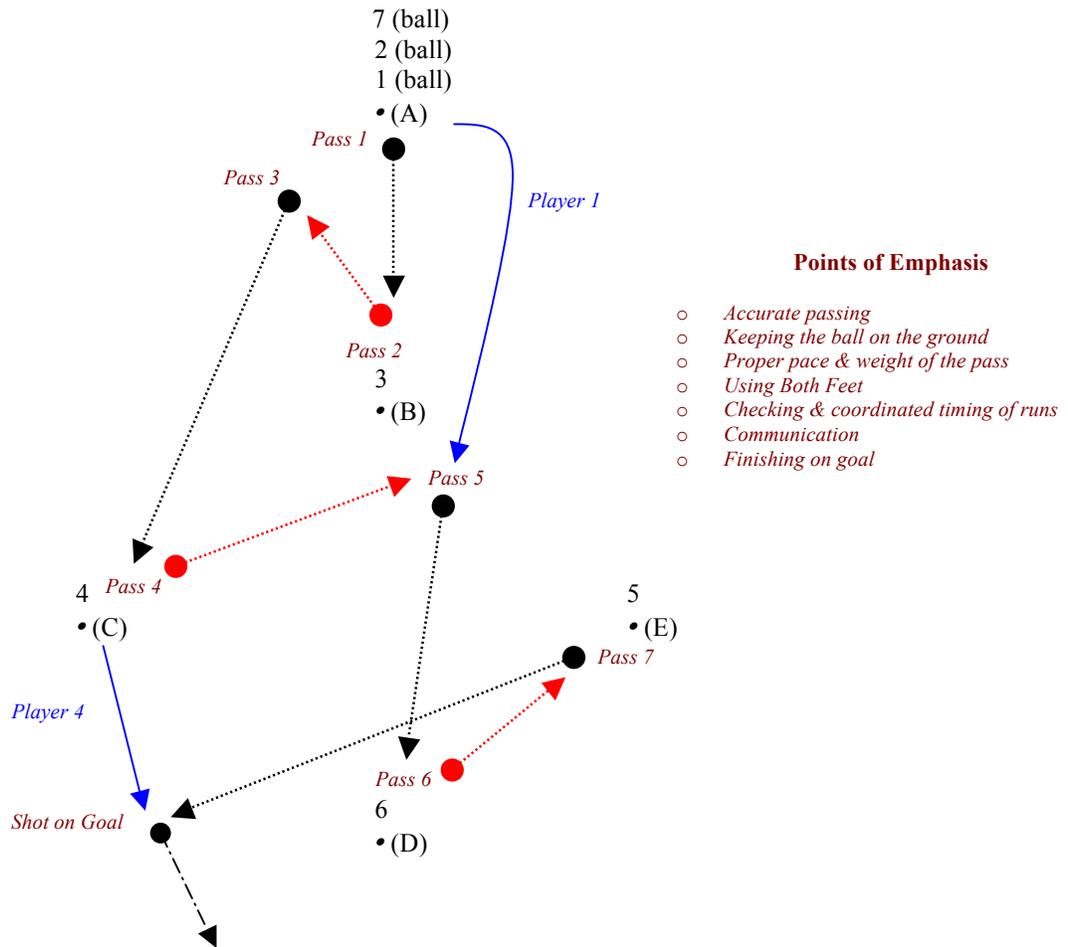
- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a long ball to Player 6 at (D).
- Player 6 at (D) now drops the ball to Player 4 at (C).
- Player 6 at (D) vacates the space and Player 4 at (C) sends a ball through for Player 5 to shoot.
- Repeat the sequence.

# Functional Skills Training

Technical Skills Director: Michael Hensley

- **Y Pattern, With Advanced Forward, Shooting:**
- **Counterclockwise Only for Right Foot - Clockwise Only for Left Foot.**



- Place cones (15) meters apart, (7) Players, (5) Cones, (3) Balls, (1) Goal
- **Rotation:** Each player moves one position further after completing the combination.
- **Note:** Receiving players should check away before showing for the ball.

- Player 1 at (A) starts with a ball.
- Player 1 at (A) passes short to Player 3 at (B)
- Player 3 then drops the ball back to Player 1 at (A) who then sends a diagonal ball to Player 4 at (C).
- Player 1 now overlaps player 3 at (B) and receives the ball back from Player 4 at (C)
- Player 1 now sends the ball to Player 6 at (D) who drops the ball to 5 at (E).
- Player 5 at (E) plays a diagonally ball through for Player 4 to shoot.
- Repeat the sequence.