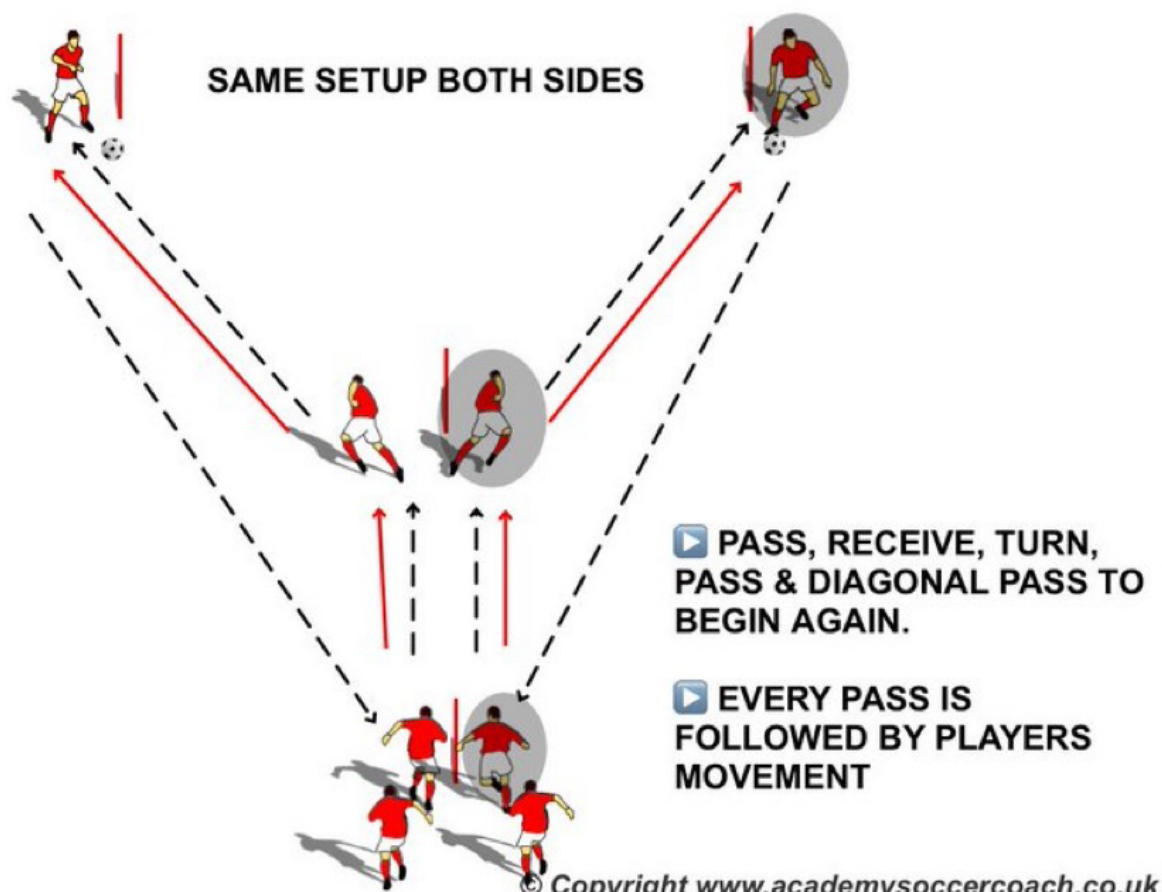


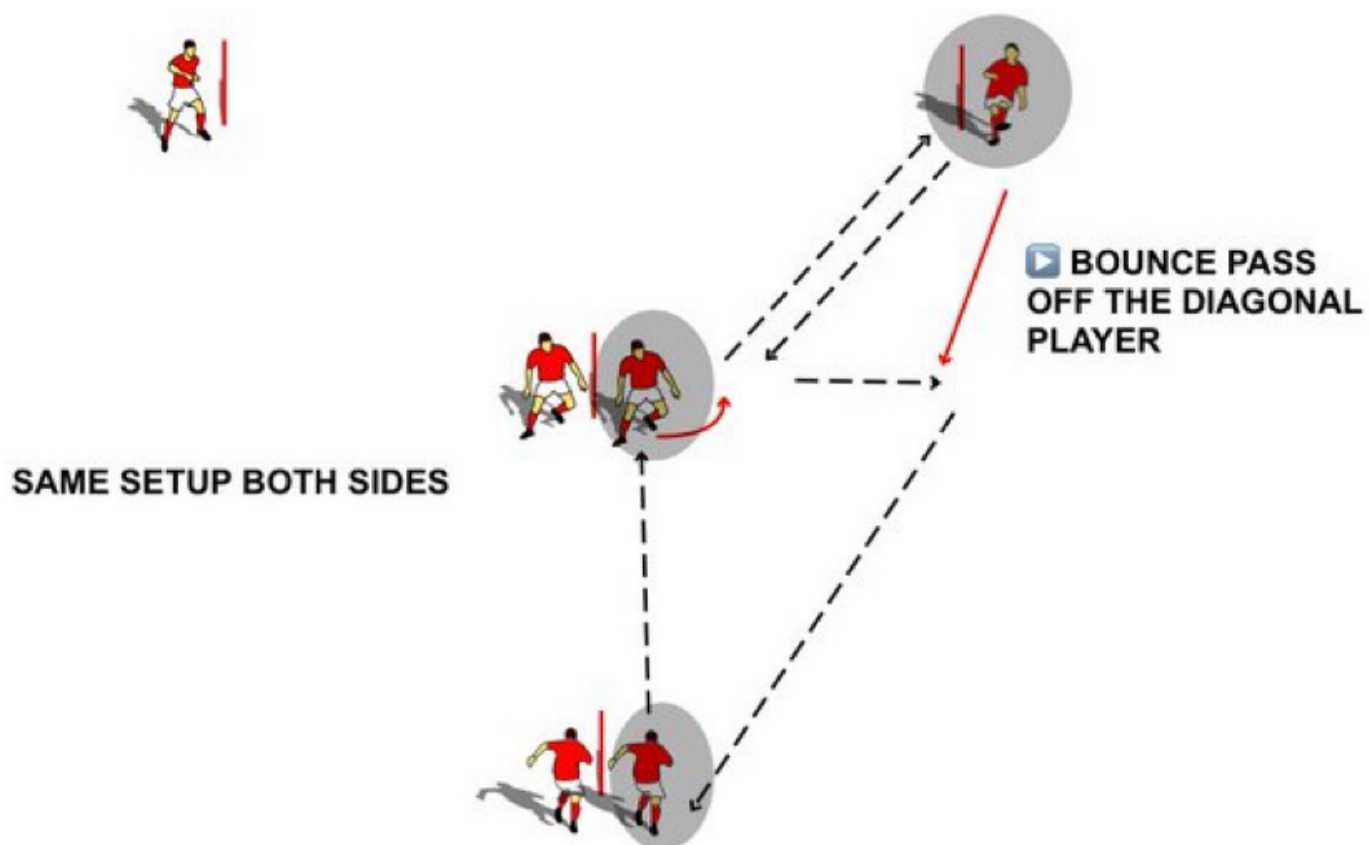
20 NEW Y-PASSING SESSIONS

RELEASED NEXT WEEK

NEIL ADAIR 20 Y-PASSING SESSIONS 1/20

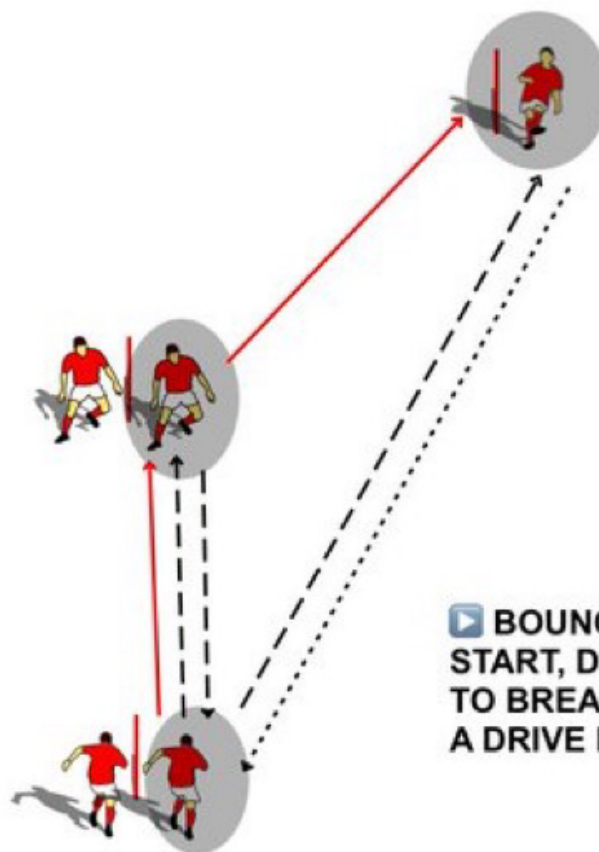


NEIL ADAIR 20 Y-PASSING SESSIONS 2/20



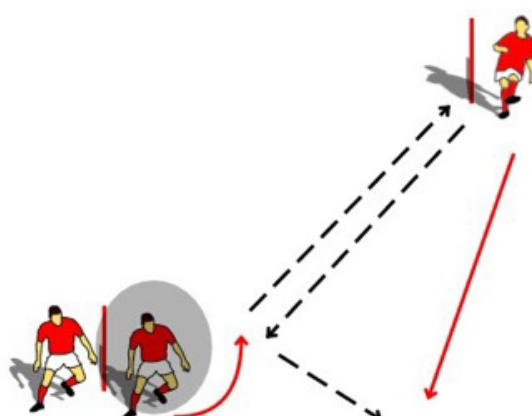
NEIL ADAIR 20 Y-PASSING SESSIONS 3/20

SAME SETUP BOTH SIDES

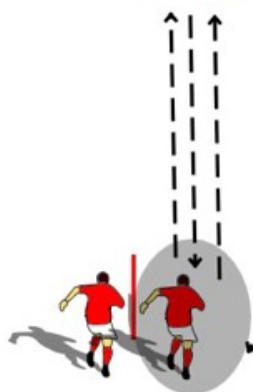


▶ BOUNCE PASS TO
START, DIAGONAL PASS
TO BREAK THE LONE &
A DRIVE HOME

NEIL ADAIR 20 Y-PASSING SESSIONS 4/20

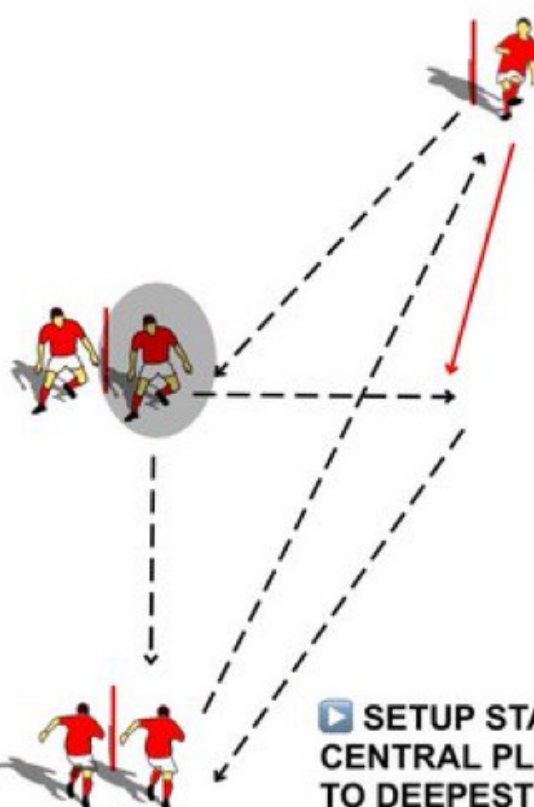


SAME SETUP BOTH SIDES



**▶ THREE SHORT PASSES,
CENTRAL PLAYER OPEN UP
& PLAY THE DIAGONAL.
BOUNCE PASS & DRIVE HOME**

NEIL ADAIR 20 Y-PASSING SESSIONS 5/20



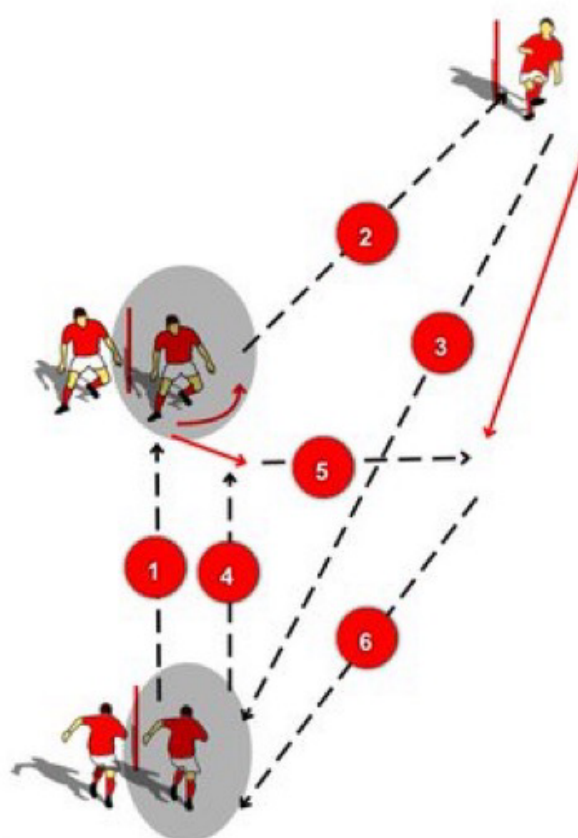
SAME SETUP BOTH SIDES

▶ **SETUP STARTS WITH CENTRAL PLAYER PLAYING TO DEEPEST PLAYER BEFORE A LONG DIAGONAL & A BOUNCE RETURN**

NEIL ADAIR 20 Y-PASSING SESSIONS 5/20



SAME SETUP BOTH SIDES

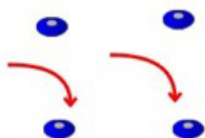


▶ PASS FROM DEEPEST TO START, RECEIVE TURN & HIT THE DIAGONAL, DEEPEST PLAYER RECEIVES & SETS CENTRAL PLAYER FOR THE RUN

WORKING PLAYER IN YELLOW



**TWO PLYO JUMPS
(USED 1m YESTERDAY)**



5m SPRINT



8m BOX



**WIN
POSSESSION
FROM
SHIELDING
RED**

5 SECS

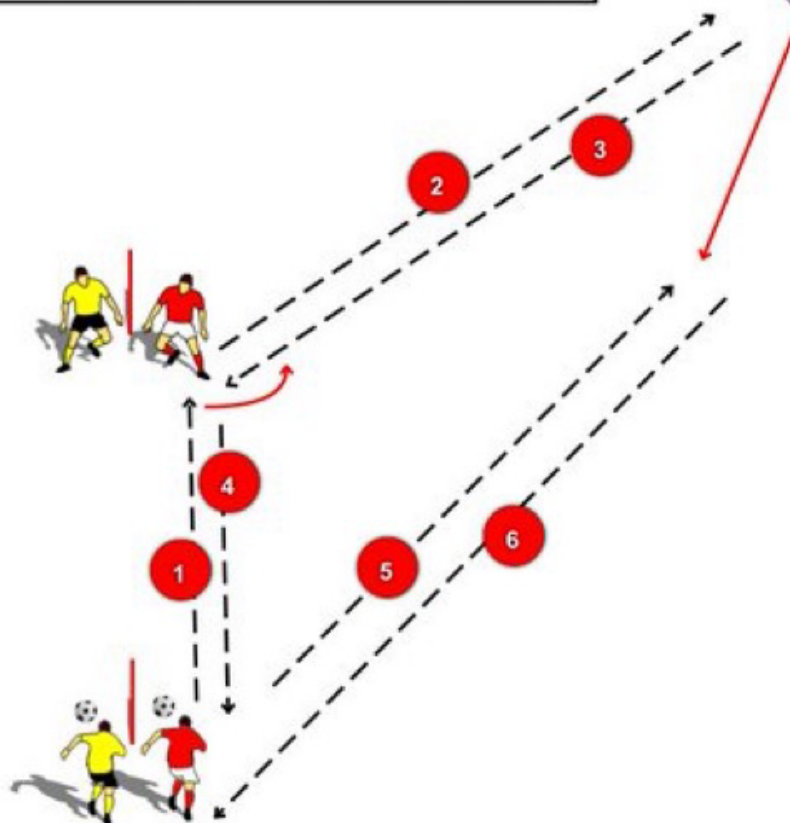
**10 YARD
SPRINT TO
ANY RED POLE**



NEIL ADAIR 20 Y-PASSING SESSIONS 8/20



SAME SETUP BOTH SIDES

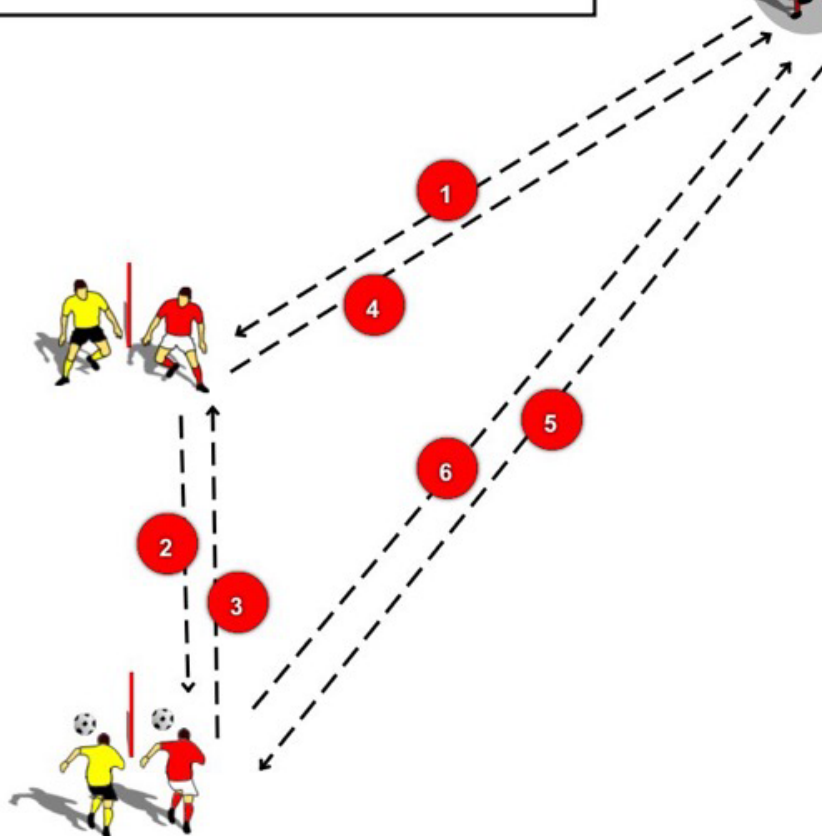




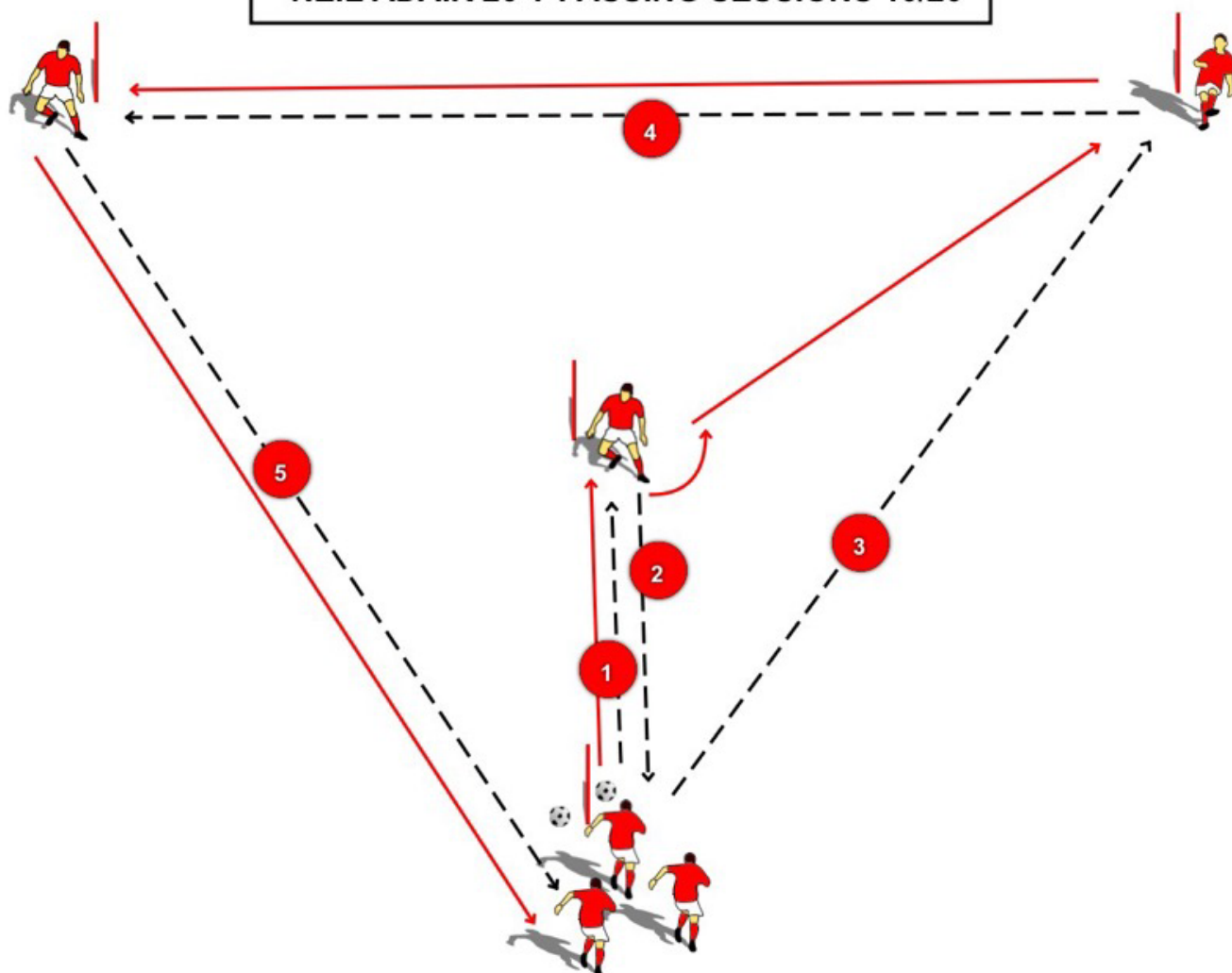
NEIL ADAIR 20 Y-PASSING SESSIONS 9/20



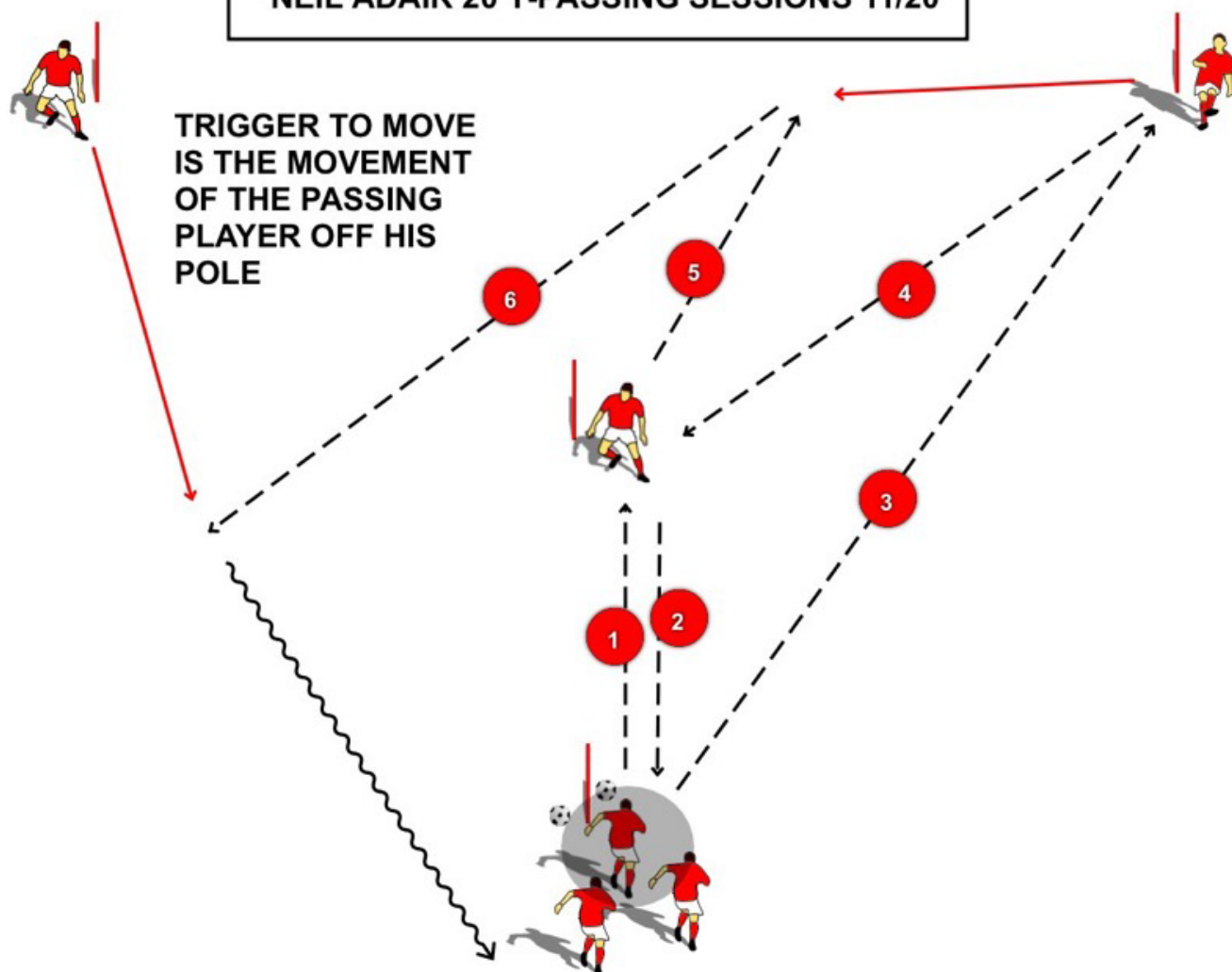
SAME SETUP BOTH SIDES



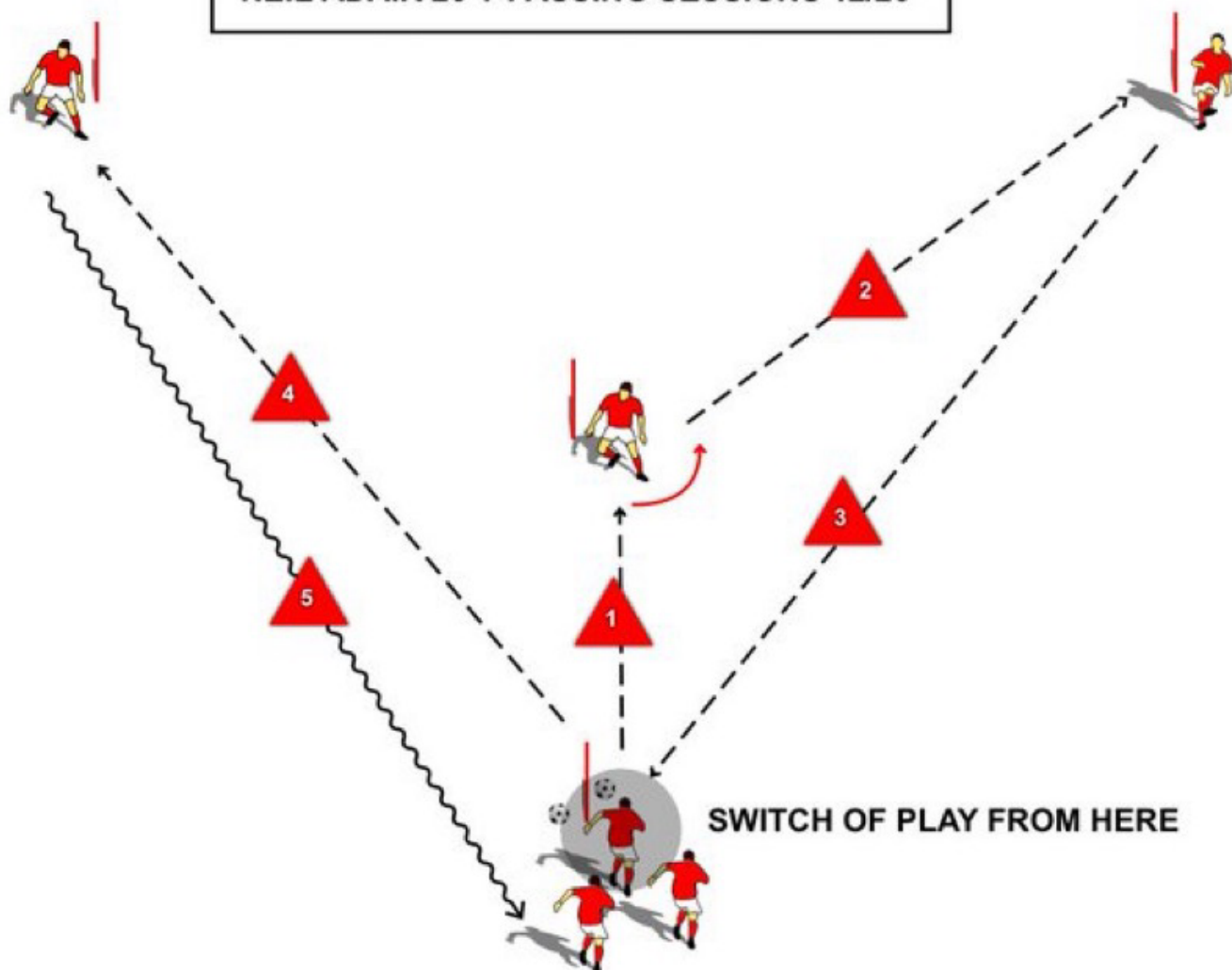
NEIL ADAIR 20 Y-PASSING SESSIONS 10/20



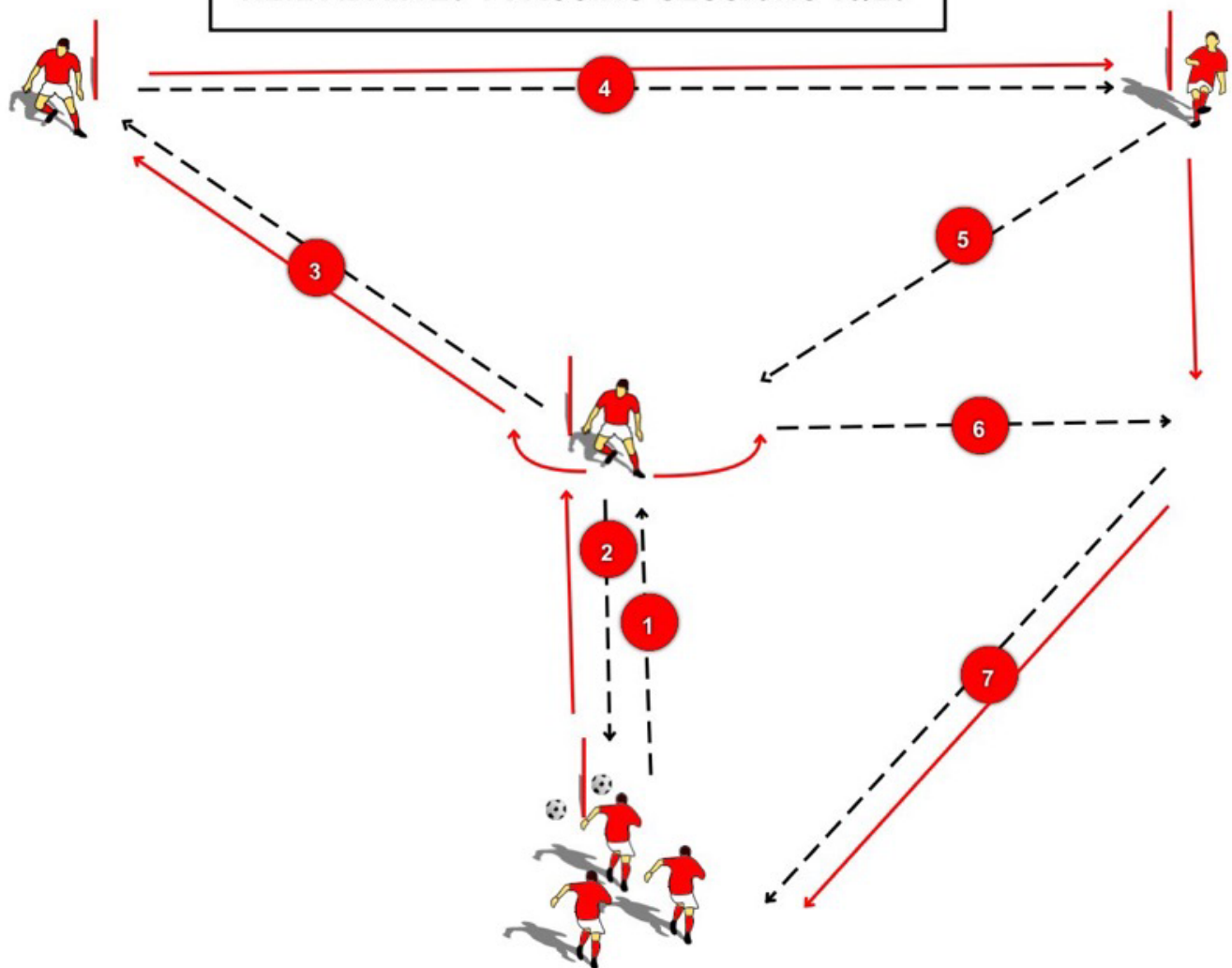
NEIL ADAIR 20 Y-PASSING SESSIONS 11/20



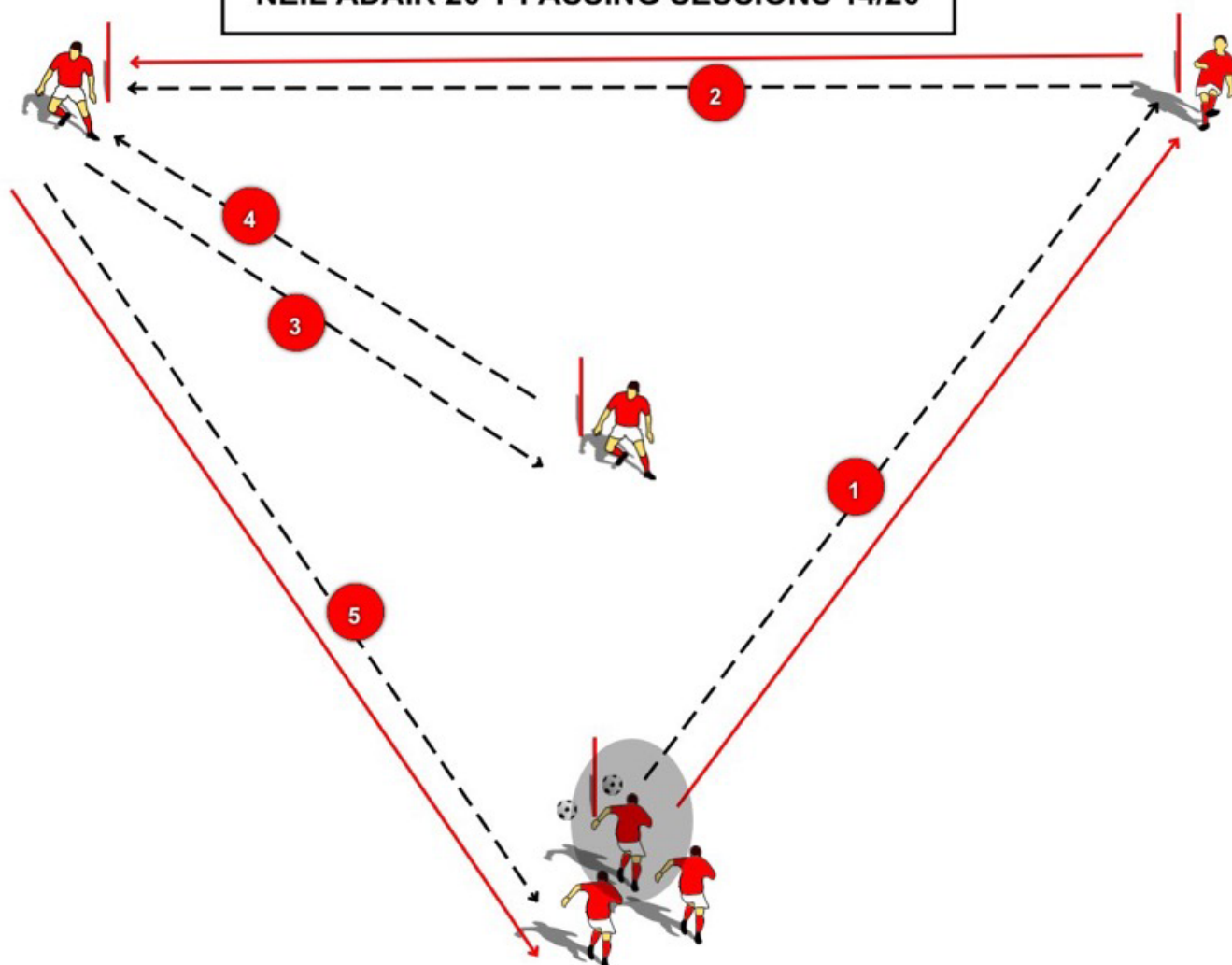
NEIL ADAIR 20 Y-PASSING SESSIONS 12/20



NEIL ADAIR 20 Y-PASSING SESSIONS 13/20

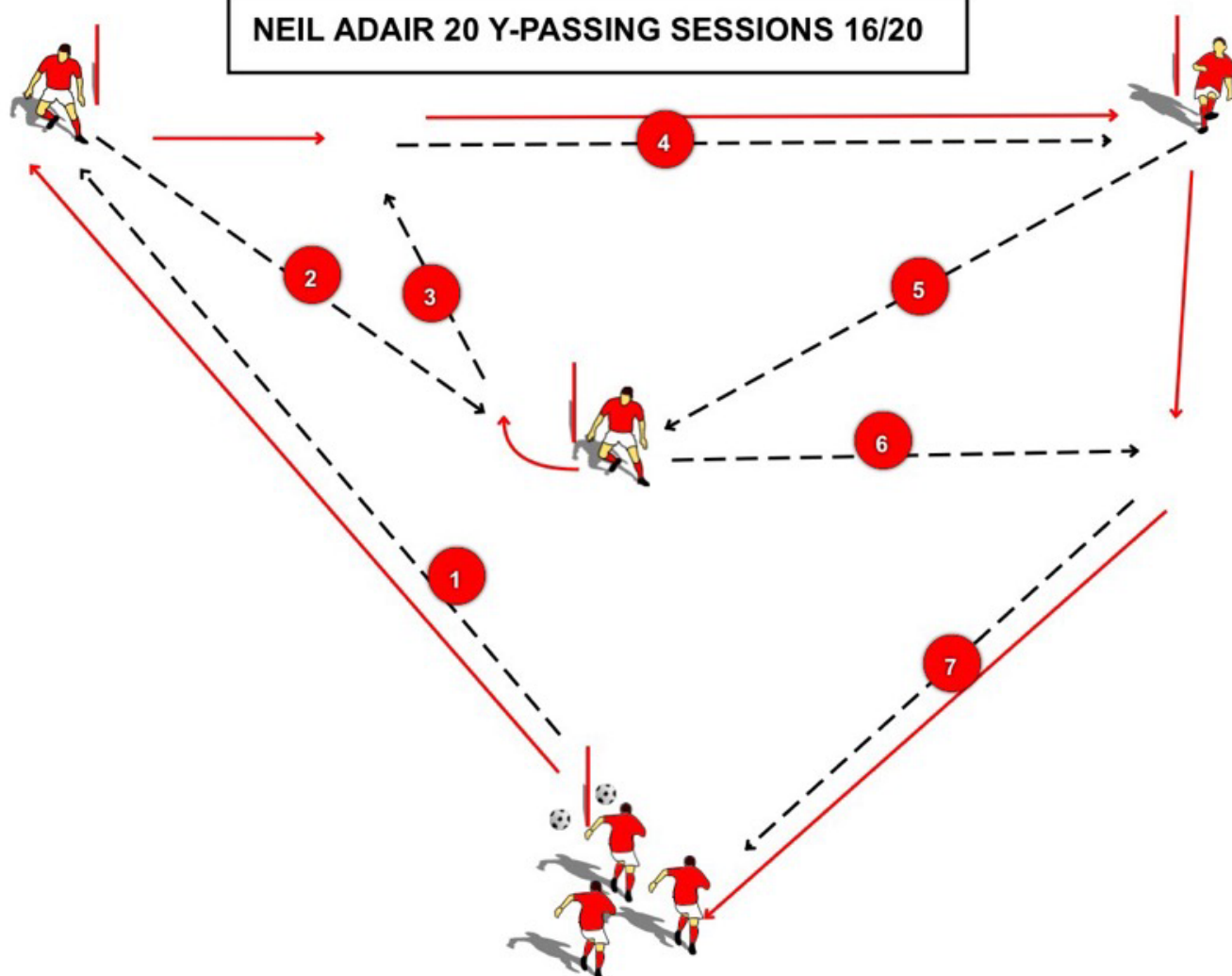


NEIL ADAIR 20 Y-PASSING SESSIONS 14/20

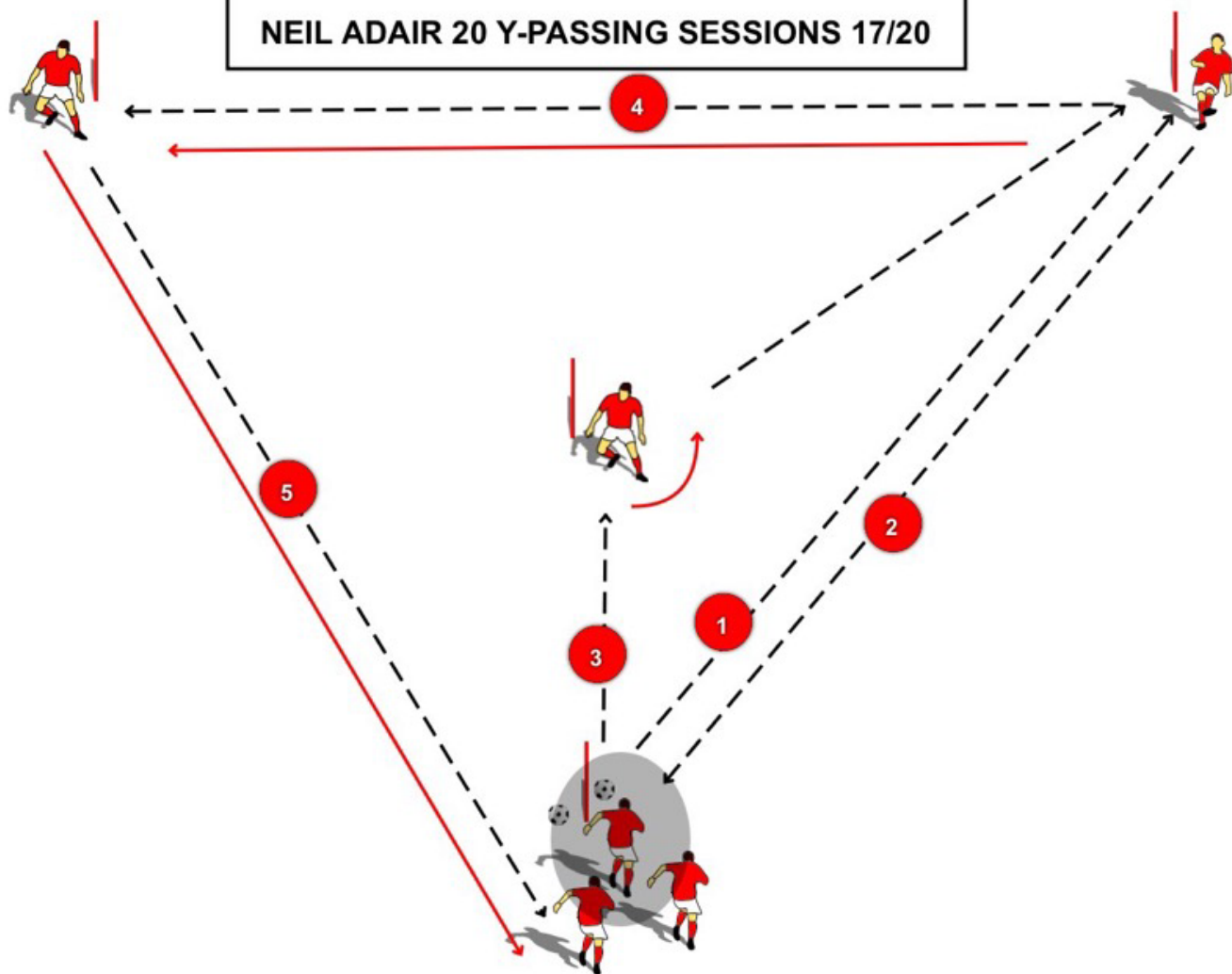


[illegible]

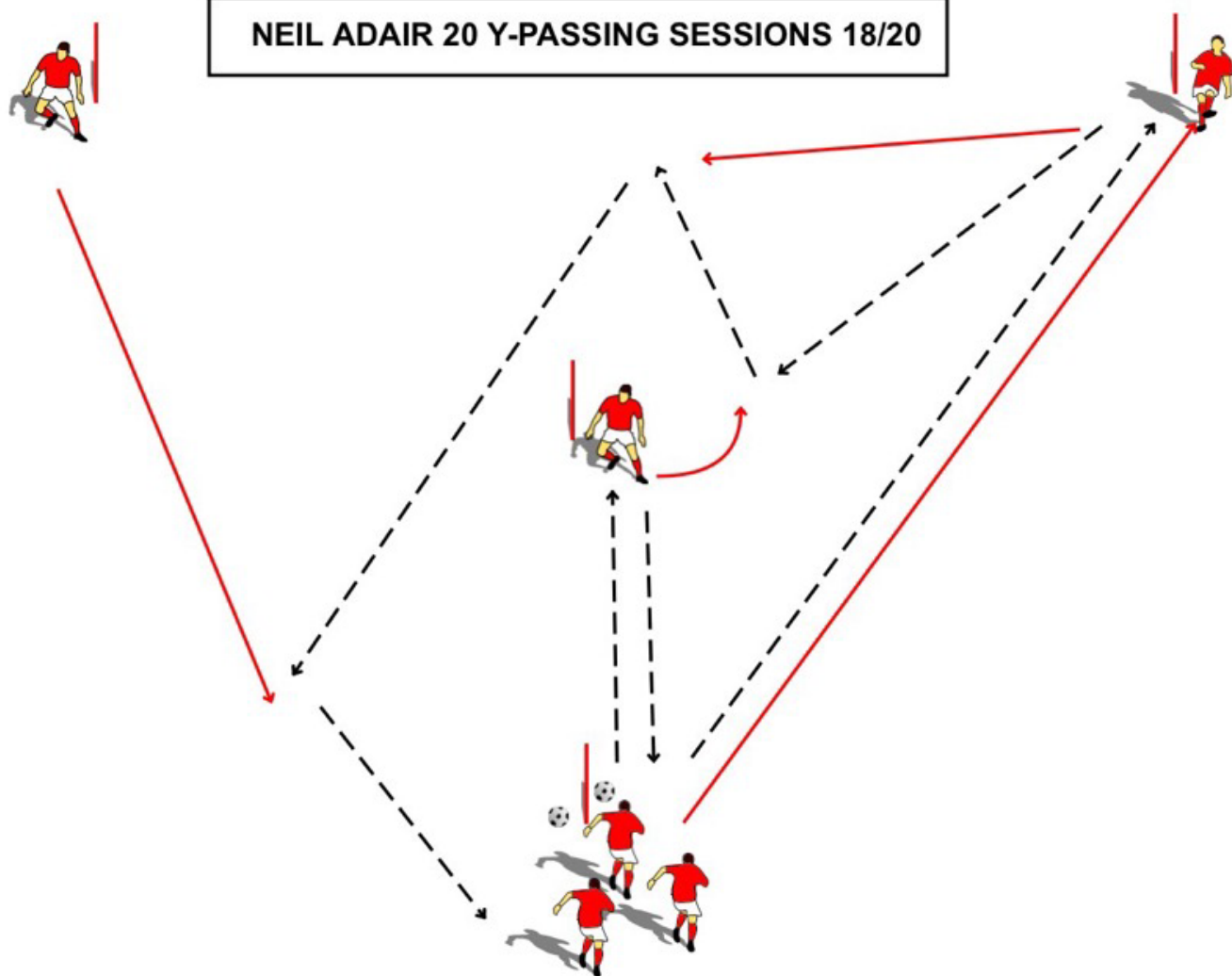
NEIL ADAIR 20 Y-PASSING SESSIONS 16/20



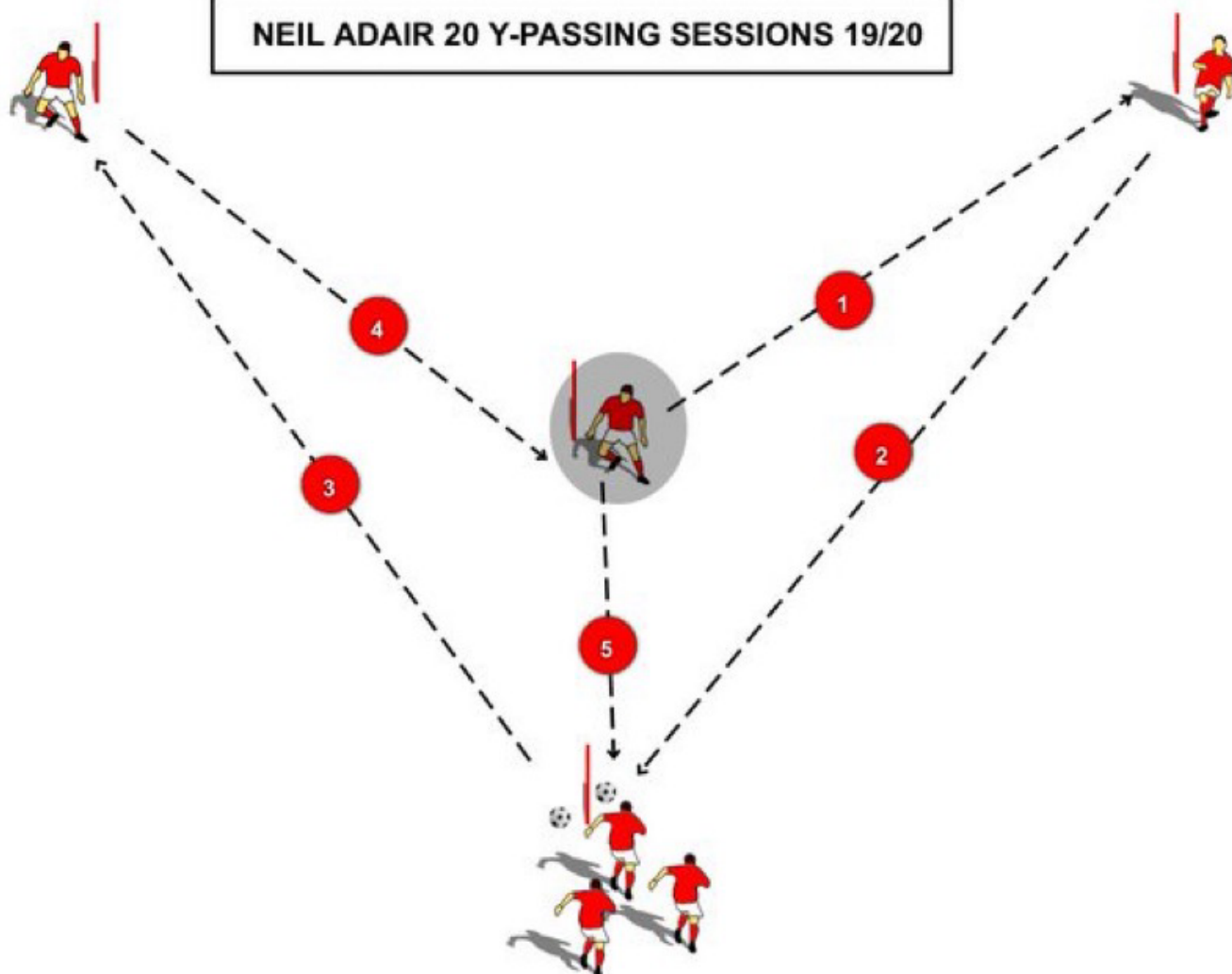
NEIL ADAIR 20 Y-PASSING SESSIONS 17/20



NEIL ADAIR 20 Y-PASSING SESSIONS 18/20



NEIL ADAIR 20 Y-PASSING SESSIONS 19/20



[illegible]

© Copyright www.academyfootballcoach.co.uk 2023