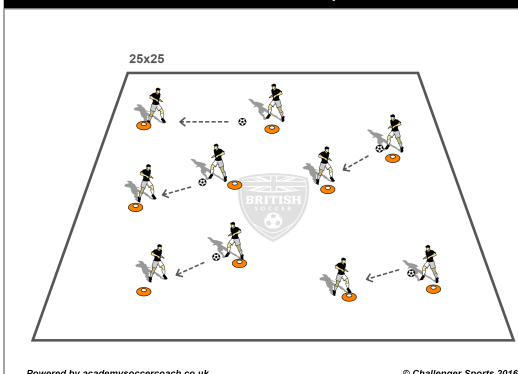


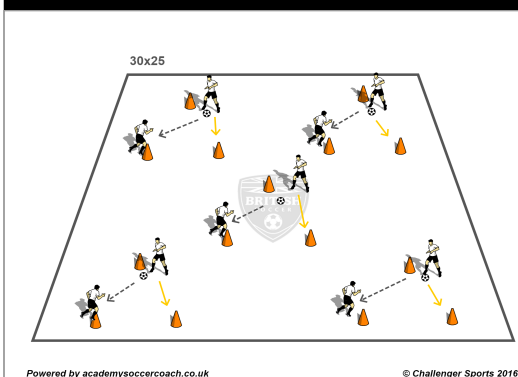
Topic: Passing & Receiving

Objective: To understand how to use different surfaces to receive the ball and pass with the inside of the foot.

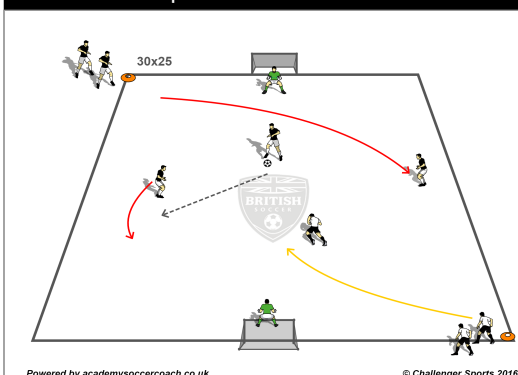
Session Part: Technical Warm-up



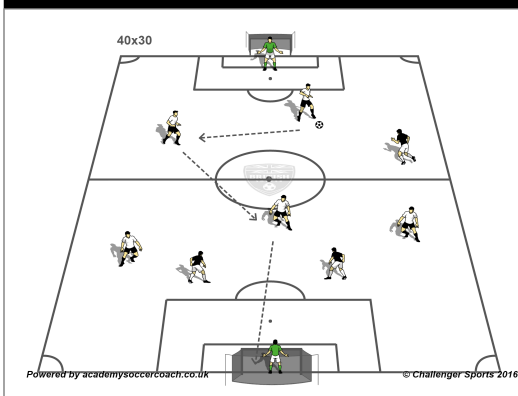
Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization

Time:

10

Area: 25x25

Numbers: 10 Players

- Players split into pairs - 1 ball between 2.
- Each pair will be set up between 2 disc cones 5-10 yards apart.
- Players will pass the ball back and forth using the inside of the foot.
- Players will receive with inside or outside of the foot before passing the ball.
- Players will progress to passing and moving within the area between different cones.

Progressions

- Increase/decrease distance of cones.
- Use of both feet.
- Set challenges - how many passes in 1 minute?
- 1 touch passing depending on success.

Coaching Points

- Ready position to receive the ball - on your toes.
- Control with the inside/outside - keep the ball moving at all times.
- Head up and eye contact with partner.
- Plant standing foot & lock ankle when passing.

Organization

Time:

15

Area: 30x25

Numbers: 10 Players

- Players remain in pairs - 1 ball within a triangle of cones.
- Player with the ball passes to their partner before moving to the free cone in a triangle which is 5x5x5.
- Player who receives the ball will pass to their partner then move to the free cone.
- The practice continues with players always on the move after playing a pass.
- Encourage players to communicate both verbally and visually.

Progressions

- Increase/decrease dimension of the triangle.
- Limit touches - begin 3 touch, gradually decrease.
- Restrict players to specific foot to receive & pass.
- Set challenges - number of passes in a set time limit.

Coaching Points

- Communication with partner.
- Awareness of partners movement.
- Good first touch in direction of where the next pass is going- keep the ball moving.
- Clean passing technique.

Organization

Time:

20

Area: 30x25

Numbers: 10 Players

- Split players in 2 groups - 5 attackers - 3 defenders. 2 goals with goalkeepers.
- 3v1 in favor of the attacking team who begin with the ball.
- Attackers are set a time limit to beat the defender and score a goal.
- Attackers can use the goalkeeper for a pass if needed. Defenders can transition and score in the attackers goal if they steal the ball.

Progressions

- Increase/decrease overloads.
- Set amount of passes before scoring - start low, gradually increase as players improve.
- Decrease time limit to score.
- Attackers and defenders switch roles.

Coaching Points

- Body shape to receive & movement off the ball.
- Awareness of ball, space, teammates.
- Positive mind-set - can we play forward?
- Correct passing technique.

Organization

Time:

15

Area: 40x30

Numbers: 10 Players

- 6v4 with 2 goalkeepers.
- Goalkeepers have a healthy supply of soccer balls behind the goals.
- Team of 6 players aim to complete 5 passes before they can score a goal.
- Team of 4 players aim to steal the ball and complete 2 passes before they can score.
- Play always restarts with the goalkeepers rolling the ball out to their team.

Progressions

- Rotate team of 6 & 4.
- Limit amount of passes for team of 6.
- Increase/decrease number of passes needed.
- End with free play.

Coaching Points

- Encourage short passing to team-mates.
- Awareness of space and penetration.
- Good weight of passes and first touch control.
- Communication and movement off the ball to create angles to receive a pass.