

## Passing & Receiving

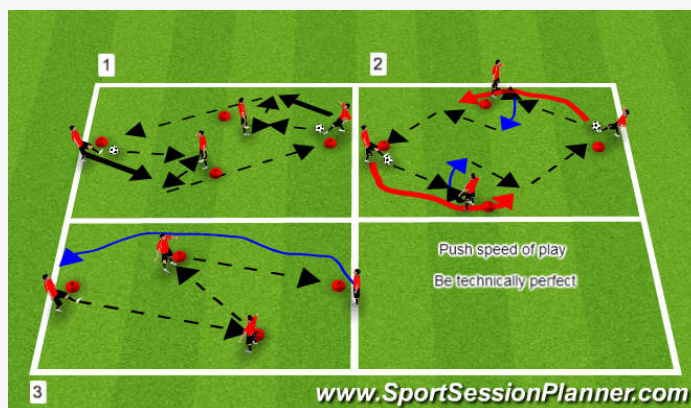
**Exercise 1:** Wall Pass with Checking player. Two balls at the same time. (10 mins)

**Exercise 2:** Overlap with Turning checking player. Two balls at the same time. (10 mins)

**Exercise 3:** All one touch, follow your pass. Dribble at pace back to start.

**Coaching Points**

- Passing pace
- First touch to set up second touch
- Checking runs arrive as ball arrives
- Checking run must check shoulders
- Proper passing and receiving technique



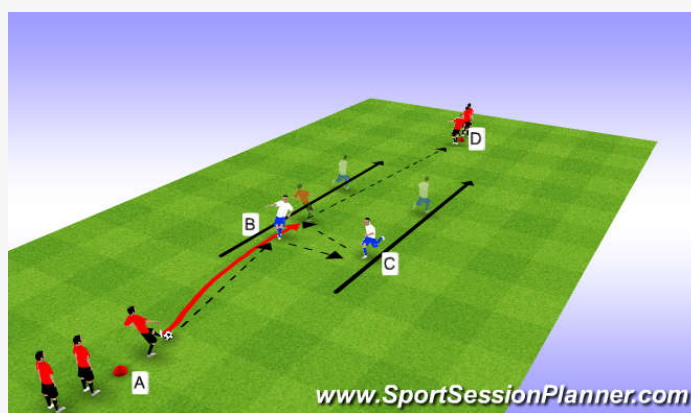
## Diamond Passing 1

**Organization:** 30 x 15 (LxW) Players divide themselves at line A & D place 2 players in position B&C

**Objective:**

1. Play starts from player in line A passing into supporting player B, B lays pass off into player C who returns pass into A's overlapping run in behind player B. A then plays long ball into D. B&C repeat the sequence now with player D. D plays into C who plays into B as player D makes an attacking overlapping run in behind C to receive a pass from B to play back into line A.

**Coaching Points:** Quality of pass, pace and weight of pass. Pass on the ground with accuracy, message in the pass. Angle and timing of supporting runs, timing of attacking runs

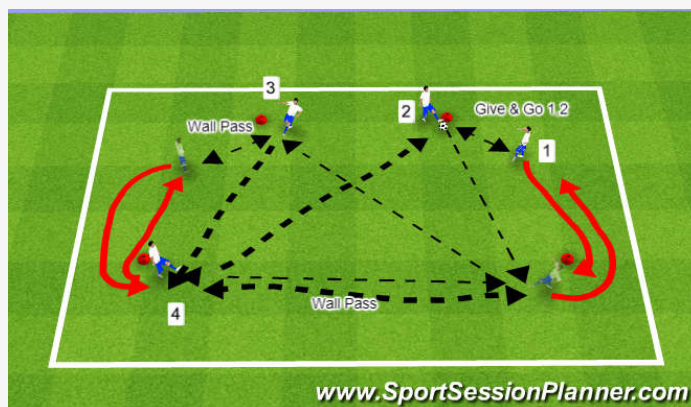


## Unopposed passing

**Set Up:** 4 Players Grid shape is 15 yds between the cones at the top and 7 yds between the cones at the bottom.

**Instructions:** Player 1 starts with the ball and performs a *Give and Go* between 1 & 2. player 1 immediately spins off to get around the cone up top to receive a long pass from 2. on the reception 1 plays long pass into 4 who plays *Wall pass* back into 1. Once player 4 plays the wall pass he/she must spin off to support the long pass into 3 as player 1 is playing long diagonal pass into 3. Sequence continues in the opposite direction. Allow players to execute for about 3min then rotate the players at the bottom position.

**Coaching Points:** Accuracy, timing/pace/weight, support the man, support the ball timing of runs and support.



## Technical Passing & Receiving

### Organization:

4 Quad Areas of 15 x 20yds

6-8 players maximum per Quad

8 minutes per Technique (4 minutes & switch direction before moving clockwise through the Quads)

**Exercise 1:** (Scan shoulders) Receiving to turn with the ball and pass. Two balls at the same time. Work on turning with the instep or the outside surface of the foot, hide the ball with your body before turning

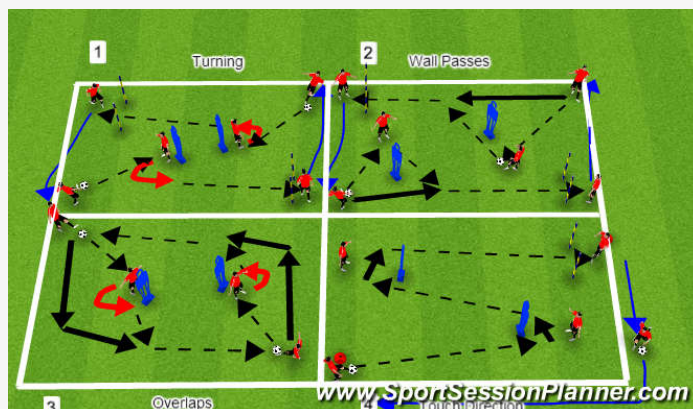
**Exercise 2:** Wall pass with player supporting on an angle 3 yds from defender while 1/2 turned to scan over shoulder. 2 balls at the same time. Player starting with the ball looks to play forward, attack forward.

**Exercise 3:** Overlap after player on the ball turns to face forward. Pass Safe Side. 2 balls at the same time.

**Exercise 4:** 2 touch, follow your pass. (start behind pylon 1st touch either side/exemplifying the opponent forcing inside or outside towards the sideline). Dribble with speed back to the start. Players to receive the ball, behind the mannequin and move the ball to the opposite side of the mannequin (instep/sole of foot) before playing the pass forward.

### Teaching Points

- Be aware of the space available by receiving player arrive 1/2 turned, look over shoulder
- Passing pace, safe side passing away from the pylon away from pressure
- First touch (within your personal space) to set up second touch
- Supporting runs to be on an angle, arrive as ball arrives
- Proper passing (point your belly button) firm accurate pass between poles
- Receiving technique (body behind the ball) touch direction by changing the path of the ball



## Playing through the lines

### Organization:

7 v 5 playing through the lines.

Red team must transfer the ball from one end man to the other, playing through the zones. If defending side intercept they must find any end man. Play starts again with Red team.

All players must stay within designated zones.

### Key Factors:

Central players' on half-turn when receiving.

Movement off the ball when in possession.

Rotation of central 3.

Can players' play high/wide.

### Progressions:

1. One player from end zone can join central zone to create 4v3 overload.
2. One player/defender from receiving zone can drop into central zone to relieve.
3. Once ball has been used in central zone, players' able to set back into first zone and play into end zone/man.



## Warm Up Combined Play

**Organization:** Warm up Passing and awareness combination play Unopposed.

**Instructions:** Divide the group of players into 3 equal groups separated by three different colours. Each team has 1 ball per group. A red player will perform the 1st passing sequence (Wall Pass) with a teammate and then send the ball into the white team. White team will perform (Wall pass) and play into Yellow team. Yellow team performs the same sequence and plays into Red team. (Red to white, white to yellow, Yellow to red)

Combination sequences:

- Wall Pass
- Give and Go
- Take Over
- Check and show 1,2 and lay off into run
- 3rd man run

### Coaching Points:

- Create space
- Quality of 1st touch
- Weight and accuracy of pass
- Movement and angle to receive pass



- When to pass, when to play into space