



## Passing and Receiving

**Category:** Technical: Passing & Receiving  
**Difficulty:** Academy Sessions

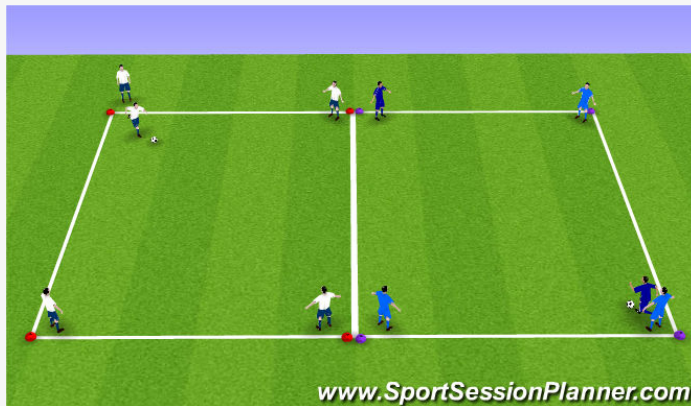
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### Description

Passing and moving, short & long pass variations

### Begin

Active player brings ball into center of playing area and then passes to a team mate, who does the same, and so on...

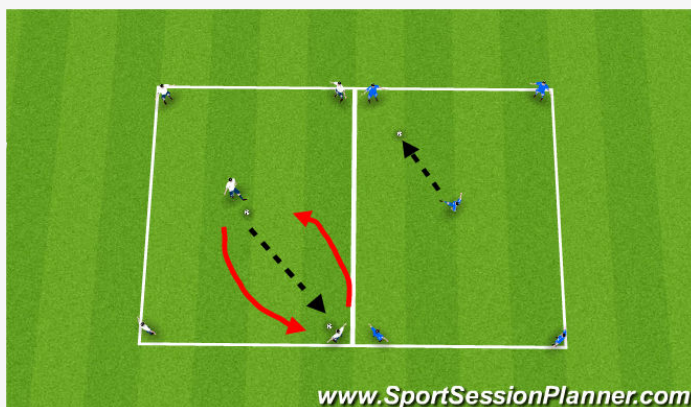


### Pass & move

Player with ball makes the pass to one of edge players.  
good firm pass to keep the game quick  
edge player now becomes active and brings the ball into playing area.

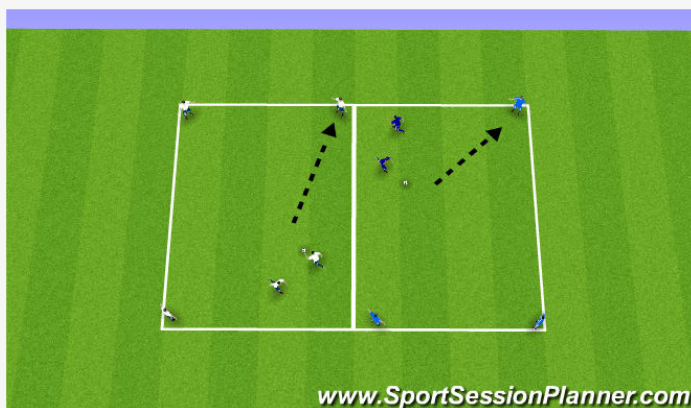
1st touch should be out of feet and in front, look for player watching the ball onto foot, relaxing when receiving ball to keep control

encourage player passing to call name of player passing too.



### Fluidity

The game continues with players swapping with player they pass to, for couple of minutes or until ball is moving fluidly around area.

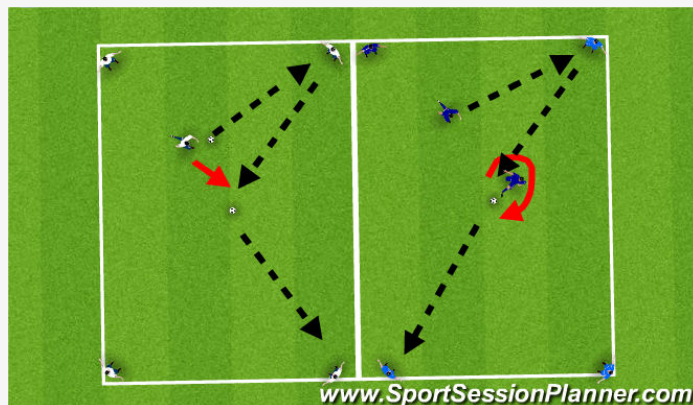


## one-two

Active player now plays a one-two with one of the receiving players, then passes and swaps with a second receiver.

All players encouraged to play 2 touch, 1st receiver try to play one touch for the one two.

encourage active player to turn after the one two, using his/her 1st touch to facilitate the turn.



## long pass

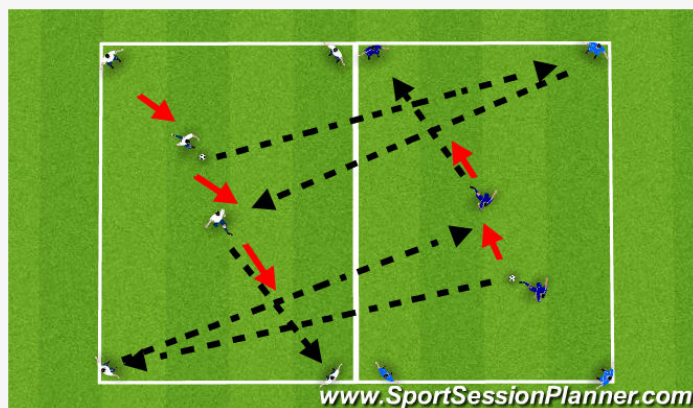
Active player now plays a long pass to one of the far players in adjoining square.

the receiver plays a long pass back. Active player then passes to another player in theyre own square and game continues, long pass can be used everytime or on the whistle,

Look for heads up, communication.

Ask players to add loft to longer pass.

Look for good 1st touch, bringing the ball into play, keeps the game flowing fast.



## Small sided game 1

Split pitch into 3rds, score a point for every time a pass is made through the zones (forward or backwards).

If a successful long pass is made, from one end zone to another, then score 2 points.

Score 3 points for goal.

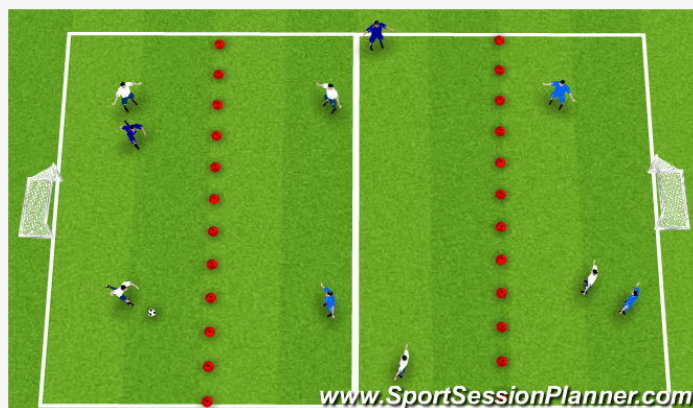
Encourage variation in play, slow-slow-fast.

If too hard remove one of the defenders so striker is 1v1.

Add bonus points for consecutive passes.

If player makes succesful pass then is allowed freedom of pitch, until possesion lost, then must return to zone.

If to difficult then Have one ball per team and play with no opposition, to practice playing throught the zones, try to encourage same passing patterns as in technical, i.e. short-short-long.



## Progressions

Add in a player to be floating player, can receive pass from either side, creating attacking overload, OR play as defensive player, trying to intercept passes to create defensive overload.

Make game 2 touch, or 3 seconds on ball.

If one side scores, remove one of the central players for 10-20 seconds to give conceding team overload opportunity.

