

## Replacing passing lines

**Category:** Technical: Passing & Receiving

**Difficulty:** Beginner

Reseller-Club: Ohio University  
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### Activity A

**Setup:** 20x20 square (about half the penalty box). 3 blue vs 3 yellow + 2 red neutral players.  
Red plays for whichever team has the ball. Count passes, every 5 consecutive passes counts as a point.

**Coaching:** Play 2x8-minute repetitions. Focus on gross motor parts of passing and receiving and communication. Receivers should ask for a pass by first moving into space and then also signalling which foot they want to receive with via pointing. Best case is to receive across their body with the foot that would allow them to naturally see most of the field.



### Activity B

**Setup:** add a 5 yard wide endzone. Receiving a ball in the endzone (not dribbling in) will count as a point.

**Coaching:** move into the space and weight the ball appropriately. Do not stand in the endzone and demand a pass to a stationary target, it is too easy to defend. With three defenders and 4 possible receivers, there should always be an open target. Find that target.

