



Decision Making - Passing and Receiving

Category: Tactical: Decision making practices

Difficulty: Moderate

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Box Of Passes

Organization:

- 15 x 15 Box
- Make more as needed

Instructions:

- Pass the ball to your teammate, ball stays to the outside of the box.
- Follow your pass
- Switch direction on coaches command.
- Box 1: Receiving > Passing
- Box 2: Receiving > Passing > Passing back > Passing
- Box 3: Receiving > Passing > passing back > Passing to space

Coaching Points/Questions:

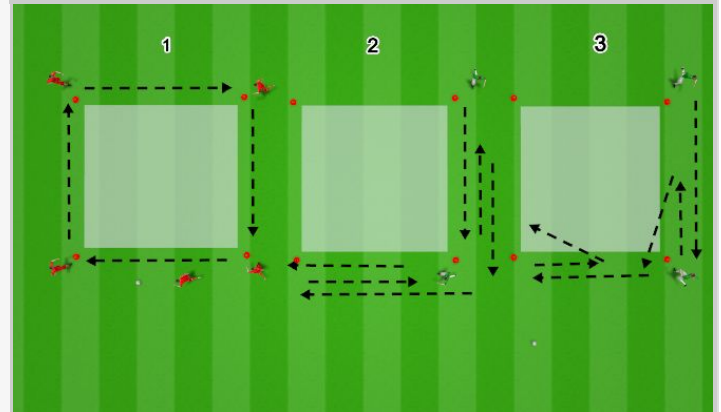
- Open Body position when receiving
- Receiving with a back foot
- Clean Pass, remember Accuracy, Speed and Timing
- Always on your toes

Progressions:

- More intensity.
- 1 Touch

Regressions:

- Less intensity
- More touches



Double Rondo with Neutral

Organization:

- 2 Boxes 10 x 10 Yards.
- 3 vs 1 Per box.
- 1 Neutral player between boxes.
- 1 Ball each box.

Instructions:

- Rondo 3 vs 1 in each square.
- Neutral player can act as an option for both squares.
- When the defender steals the ball, they become the attacker and the player who lost the ball becomes the defender.
- Switch the neutral every 3 minutes.



Coaching Points/Questions:

- Open body position for the neutral player.
- Scanning both squares for the neutral player.
- Can only pass to the neutral player when eye contact is made and player is expecting the pass
- Pass and move
- Quality of passes

Progressions:

- 1 ball for both squares, when they complete 3 to 5 passes they pass to the other square.
- Defender can travel 3v2 per square.

Regressions:

- Add 1 more neutral
- One ball and one defender for the 2 Squares.

SSG

Organization:

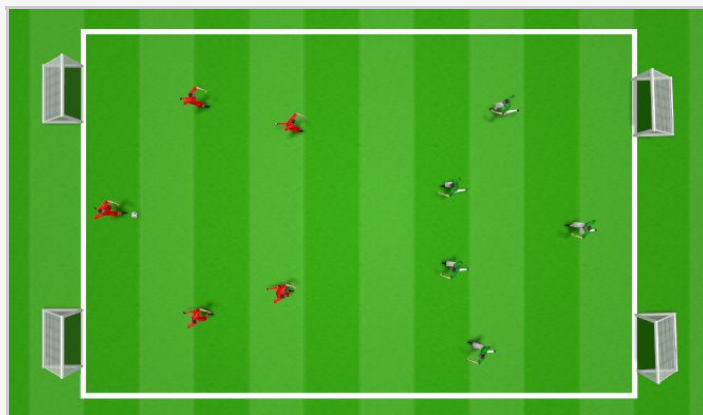
- 40 x 25
- 5 vs 5
- 2 Pugg goals each side

Instructions:

- Less than 3 - 5 Passes and Goal = 1 point
- More Than 3 - 5 Passes and Goal = 2 Points
- More Than 10 Passes and Goal = 10 points
- No offense, no defense, no goalkeepers

Coaching Points/Questions:

- Pass and move, get open
- Spread out, you have two goals to score in



Scrimmage

