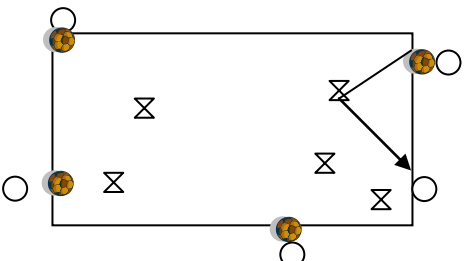
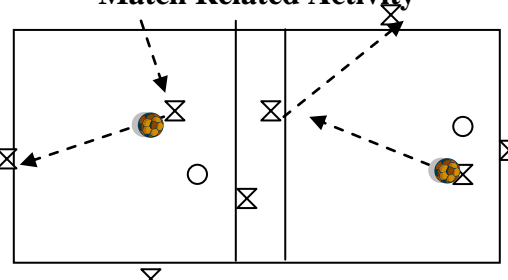
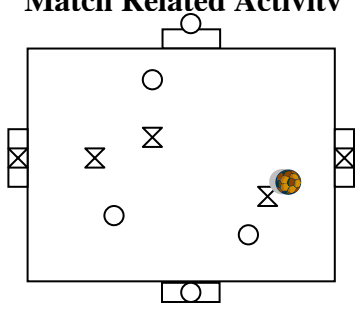
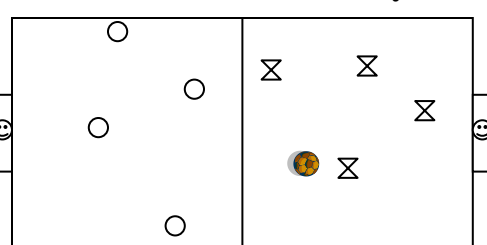




## Passing and receiving for a Purpose: Technical.

<p><b>Fundamentals ( Warm up)</b></p> 	<p><b>Organization</b></p> <p>Area 30 x 20 max 10 players            Players on the outside pass to players inside            Inside players use one touch out of feet and pass to different outside player.            Players receive a short pass then look for a long pass. Inside players now can pass to inside players. Vary the pass players receive  <i>Side foot push pass</i></p>	<p><b>Coaching Points</b></p> <p><b>Spend time with individuals on technique</b></p> <ul style="list-style-type: none"> <li>Relaxed movement with ball, good body shape.</li> <li>Observe the position and steadiness of the head.</li> <li>Placement of the non-kicking foot locking ankle Observe timing, pace and weighting of the pass.</li> <li>Observe the action of the kicking foot and its point of contact with the ball</li> </ul> <p><i>Observe and correct the accuracy of the passing.</i></p>
<p><b>Match Related Activity</b></p> 	<p>2 grid areas 10 x 15 yards            3, X players on outside of square plus 1, X player in the area play keep-away against , O players in Red vests            If defender wins the ball back the last player to touch the ball becomes the new defender            Defenders restricted to area and can't go out            Progress to adding X players in the square</p>	<ul style="list-style-type: none"> <li>Accuracy of passing</li> <li>Position of the body in relation to the ball.</li> <li>Awareness of passing options before ball arrives</li> <li>Pace and weighting of the passing.</li> <li>Emphasize the importance of the first touch.</li> <li>When to play one touch, and when to play two touch</li> </ul>
<p><b>Match Related Activity</b></p> 	<p>Area of field: 35 x 35 yards square.            Vests 5 Reds 5 Blues, Good supply of balls            3v3 in the playing area, 4 target players.  <b>O</b> team plays north to south. <b>X</b> team plays east to west. Play with one ball.            First objective is to play the ball into own target players and keep possession of the ball.            Second objective to keep the ball and change position with your own target player</p>	<ul style="list-style-type: none"> <li>Being aware of the transition from attract to defense</li> <li>Early selection of passing technique</li> <li>Accuracy of passing to keep possession.</li> <li>Awareness of passing angles and distances</li> <li>Passes that change the direction of play</li> <li>The ability of players to disguise their passing intentions.</li> </ul>
<p><b>Game Condition Activity</b></p> 	<p>Area of field 30 x 20 or age appropriate            4 v 4 with Goal keepers, 5 v 5            A good supply of soccer balls.            Objective is to create opportunities to pass the ball into the goal</p> <p><b>Observe correct warm down stretching</b></p>	<ul style="list-style-type: none"> <li>Communication skill between players in possession</li> <li>Accuracy of passing to retain possession</li> <li>Retaining passing angles and creating passing lanes</li> <li>Encourage disguise through communication and visual clues</li> <li>Observe pro-active not reactive movement of players.</li> <li><b>To pass or not to pass that is the question</b></li> </ul>