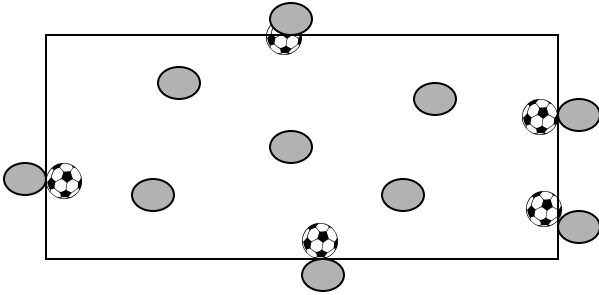




Passing and Receiving

Fundamental (warm up)



Organization

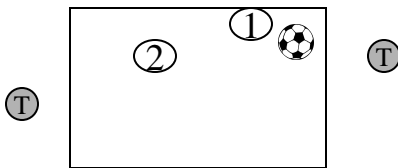
Area 30x40 Outside players have ball each

1. Inside Players receive a pass from an outside player and pass it to another outside player
2. Outside players can pass to outside players
3. Add defenders on the inside

Coaching points

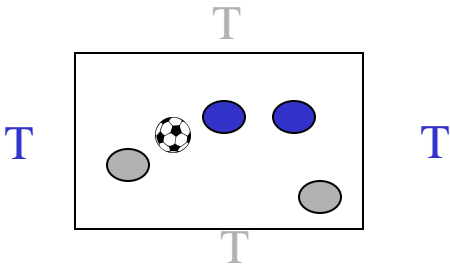
- Quality of pass- accuracy weight
- Line of flight
- Relaxed surface
- Selection of surface
- Ball out of feet
- Communication
- Awareness of open player

Match related



Area 10x10 1v1 with 2 targets
To score- inside players pass to targets
On receiving, targets pass back to scoring player

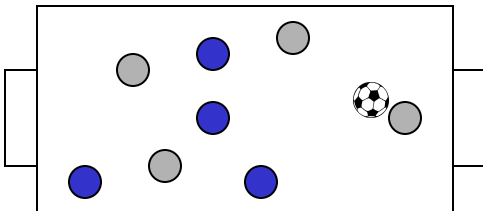
- Check to receive
- Body Shape- open with shoulders not facing one target
- Select controlling surface
- Control away from pressure



Area 20x20 2v2 with 4 targets
To score teams must get the ball to their target players
Blue team plays to targets North and south
Red to east and west

- Awareness of Defenders
- Receive and turn out of trouble
- Open body shape

Game Conditioned



Area 30x40
4v4 with 2 goalkeepers
Two touch
Unlimited touches

- Team shape
- Awareness of pressure