



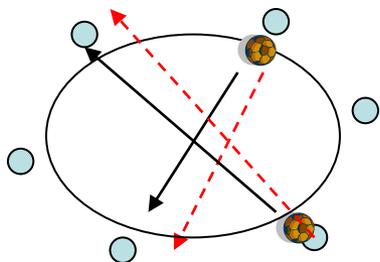
# Passing and Receiving

## Phase 1-Warm up Activities

→ Ball

- - - - - Player

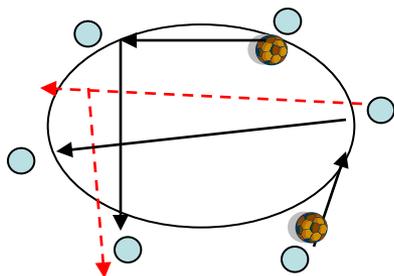
1.



This practice has 3 different warm up phases to increase repetition. The exercises are designed to promote player movement on and off the ball. The demands of the activities are constantly changing to continually challenge and motivate the players. The coach should first add more balls or look to touch restrict each warm up phase before moving onto the next phase. This activity should span a minimal of 3 training sessions

1. Area 20 Yard Circle 12 players 2 balls Players pass the ball across area and follow

2.

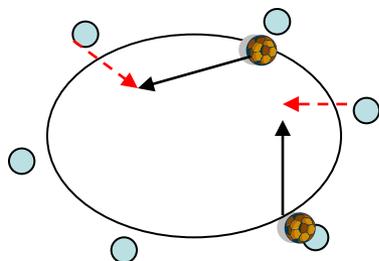


2. On receiving a pass the player passes to a supporting player on either side the left or right

3. On receiving the player passes ball inside to invite a team mate to pass across and then follow

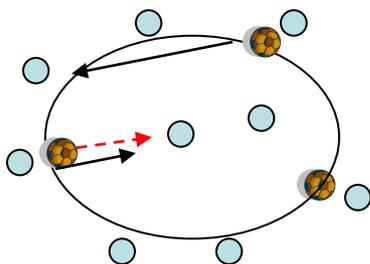
4. On receiving the player has the option of either passing inside and switching with central player or passing across and following

3.



5. Player from both sides of receiving player goes inside circle for a short pass before 1<sup>st</sup> receiving player passes long and follows

4.



### **Coaching points –Areas of failure**

- Communication –Calling out the next pass to ready and warn others away
- Quality of pass –Accuracy and Pace
- Line of flight-Readiness to receive
- Address technique- Position of non kicking foot. Body shape, Surface of foot
- Selection of surface- Choosing the correct surface early to give comfort
- Anticipation –reading the body language of passing player and moving early
- 1<sup>st</sup> touch- making sure the 1<sup>st</sup> touch is out of the feet to encourage vision
- Praise – This is a difficult task so give plenty of positive reinforcement



→ Ball

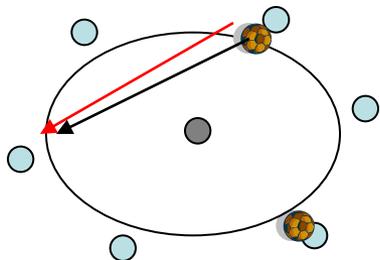
- - - → Player

# Passing and Receiving

## Phase 2 Adding Progressions



1.



Once the warm up (no pressure) has reached a peak by increasing demands, adding extra balls and restricting touches the next progression is to add pressure in the form of opposition. In this exercise the attackers are always looking whenever possible to get across the circle and the opposition always have an incentive to win possession providing a high pressure atmosphere. In each of these progressions you have the option of adding defenders or decreasing touches to further the challenge. The attackers in all of these progressions are allowed to move freely in their areas to encourage supporting movement.

**1.** 2+ Balls, Players pass the ball across area and follow and avoid the defender who is restricted to the circle. If defender wins the ball they change places with attacker. After a set amount of time all attackers receive 1 point

**2.** Player now has the option to maintain possession by either passing across or passing inside to supporting player and switching

**3.** Green defenders are added on the outside of the circle and cant come in, Grey defenders are in the middle and cant come out

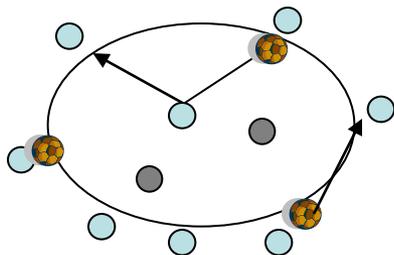
**4.** Now the Greens and the Grey defenders can go anywhere.

**5.** Finish with even numbers 5v5 and play for 3 minutes. The winning team has the most balls

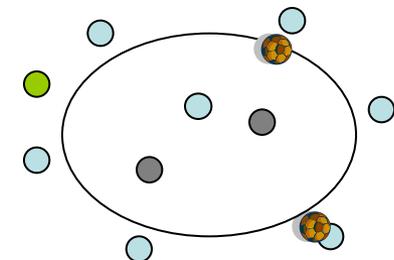
### Coaching points –Areas of failure

- Awareness of pressure- Playing away from defender
- Awareness of team mates- Playing the best pass out of pressure
- Communication – Calling out the next pass and alerting team mates
- Off Ball movement- Supporting the player on the ball early before he receives
- Deception- Using good team support to wrong foot the defender

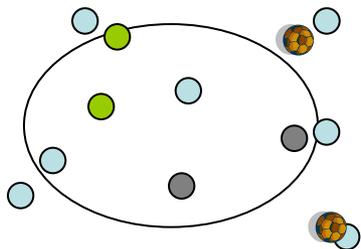
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3.



4.





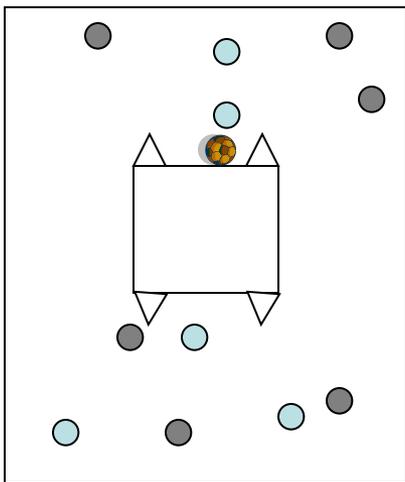
# Passing and Receiving

## Phase 3 Progressive Activities

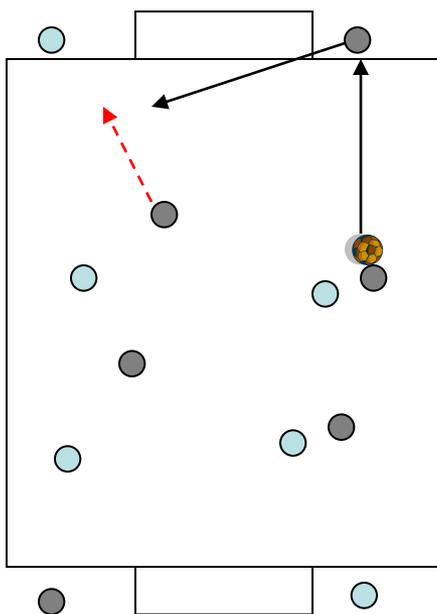
→ Ball

- - - → Player

1.



2.



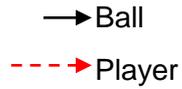
After adding pressure in phase 2 the next goal is to go into a game related practice. A game related practice means the environment is becoming more like the game. Both environments can be touch restricted or area reduced to further challenge. Look to alter numbers and decrease areas to increase technical repetition. With area manipulation passing can be changed between short and long distance. For the benefit of economical training a larger area can also give the player repetition on things like running/ fitness with the ball. **Make sure the coaching focus is still on the single topic.** To further increase the effectiveness of the activity bring in goalkeepers and pick out a technique for them to be coached on.

1. Area 30x 40 with a 5 yard square in the middle 2 teams. No players are allowed in the square. To score players either put together 5 consecutive passes or pass the ball through any of the 4 sides of the square  
Progression – Add Goalkeepers in the square

2. Area 30x40 4v4 with 4 targets- Targets are off the field and unopposed  
Teams score a goal by getting the ball to their target and must score again at the alternate side unless the ball goes out of play or the opponents score  
•Progression – Targets can call a switch when their team has the ball

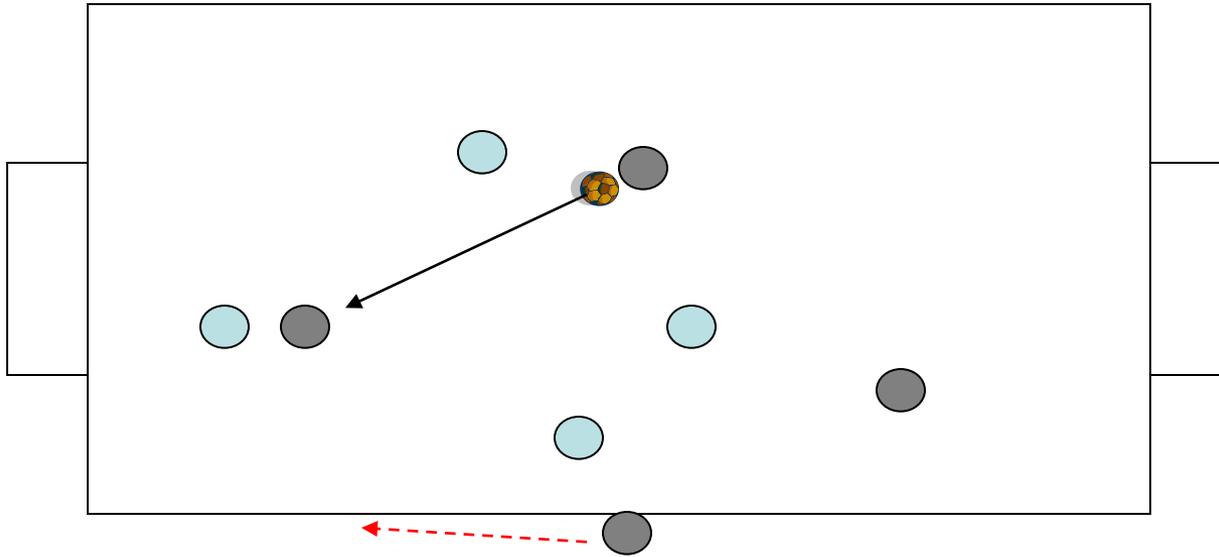
### **Coaching points –Areas of failure**

- Awareness of pressure- Playing away from defender
- Awareness of team mates- Playing the best pass out of pressure
- Off Ball movement- Supporting the player on the ball early before they receive
- Speed of play- Recognizing when to go fast (attack) or to go slow (Draw in)



# Passing and Receiving

## Phase 4 Small sided game



As we are dealing with a technical practice we need to finish with a small sided game. The small sided game format will ensure that players receive high game involvement giving each the opportunity to perform the topic of the day. Make sure your area is conducive to your topic then look to manipulate or restrict (either Zones or individuals) to maximize the players repetition. The final game should always finish with a free playing game with **no** restrictions.

### **Organization**

Area 30x40 4v4 Two goals No Gk Passing to replace throw ins

### **Coaching points – Areas of failure**

- Good team shape- Players should be coached to recognize a shape not set positions. These positions are interchangeable. A good team shape also contains the appropriate amount of width and depth
- Awareness- Space/opponents/isolation – The recognition to either pass or run with the ball

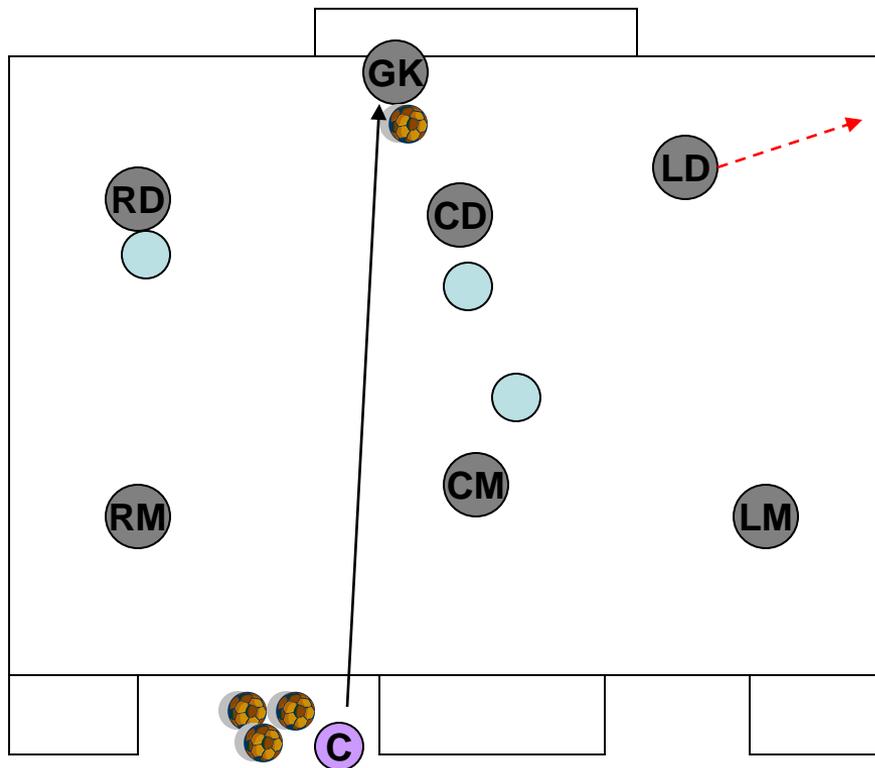


→ Ball

- - - Player

# Passing and Receiving

## Phase 4 Functional Practices



To conclude your session you have the option of going into a functional practice or a small sided game. A small sided game allows the players increased opportunity to perform technique, whilst a functional practice allows the players to see the relationship between technique and the real game. The restarts are key, as you the coach begin the practice by placing the ball into areas the team has difficulties with.

In the functional practice you have the option of either building up the opposition (see across) or by playing different formations against your players. In this functional practice the blue team scores in the big goal and the grey team scores in any of the 3 counter goals.

As a coach take into consideration the age and ability of your team and maintain a balance between functional practices and small sided games.

Functional practices not only provide a great opportunity to practice how we play, but they also allow us to prepare the team for known opponents with specific strengths.

### **Coaching points –Areas of failure**

- Awareness of pressure- Playing away from defender
- Awareness of team mates- Playing out of pressure
- Off Ball movement- Supporting the player (either in front or behind) on the ball before they receive
- Speed of play- Recognizing when to go fast (attack) or to go slow (Draw in)
- Maintaining team shape after player makes support run

1. 6v3 Game restarts from goalkeeper
2. 6v3 Game restarts by passing ball into blue team
3. 6v3 Game restarts from Grey throw in
4. 6v3 Game restarts from coach pass in behind a pushed up Grey team
5. Progress by adding opposition