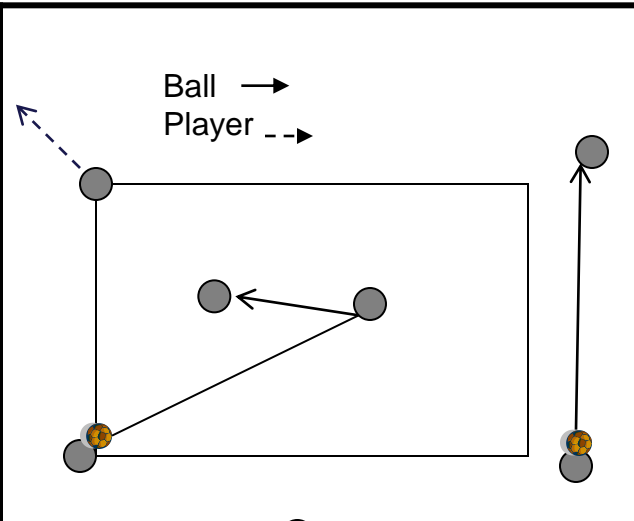




# Passing and Receiving



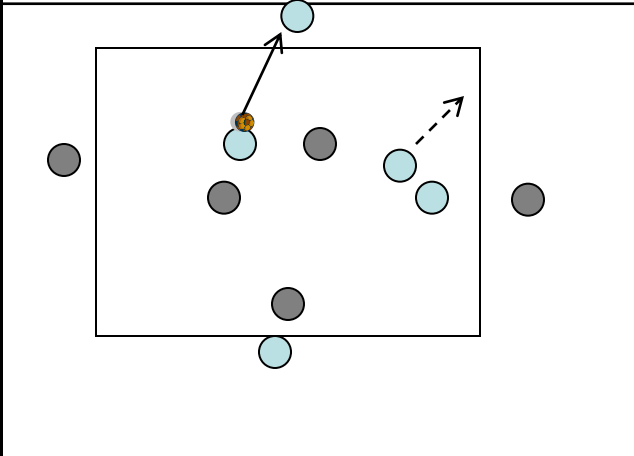
*Organization*

Area 20 yard square in groups of four one ball

1. Players try to pass the ball around the outside of the square as quickly as possible
2. After the ball has been passed one way switch directions
3. If players pass to front foot the ball changes direction. If passed to the back foot the ball continues in the same direction
4. Add in two central players and a 2<sup>nd</sup> ball. One player in the middle receives a pass, combines with the other and passes out

*Coaching Points*

- Communication
- Check away from the cone as ball travels to player that passes to player
- Accuracy/ pace of pass
- Open body
- Passing to Back foot
- Awareness of 2<sup>nd</sup> ball



25x25 3v3 with 4 target players

Team 1 has targets North and south

Team 2 has targets East and West

Players score by getting the ball to their target/s

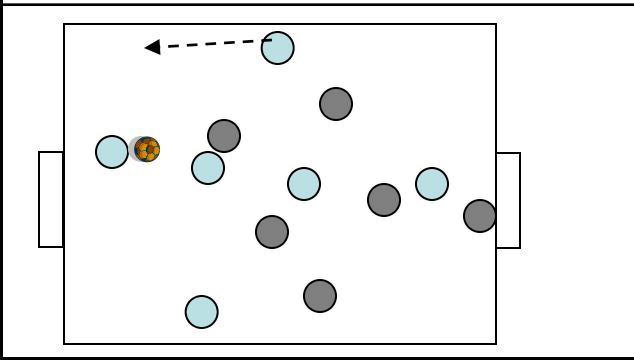
Players can score at the same target

Teams score 2 points if target passes to target

On passing to the a target the scoring player switches places

Player can run in and become a new target and receive pass

- Angle/distance of support
- Awareness of target
- Can you score
- Off Ball movement
- Team Shape
- Speed of play



30x40 6v6 closest player to goal becomes Goalkeeper

Teams play 3 defenders 1 goalkeeper 1 mid and 1 forward

Coach starts the game by passing to Goalkeeper

Forward

Wide players passing back to goalkeeper

- Team shape
- Move as the ball moves
- Can you penetrate with shot / pass/dribble
- Can you create a passing lane