

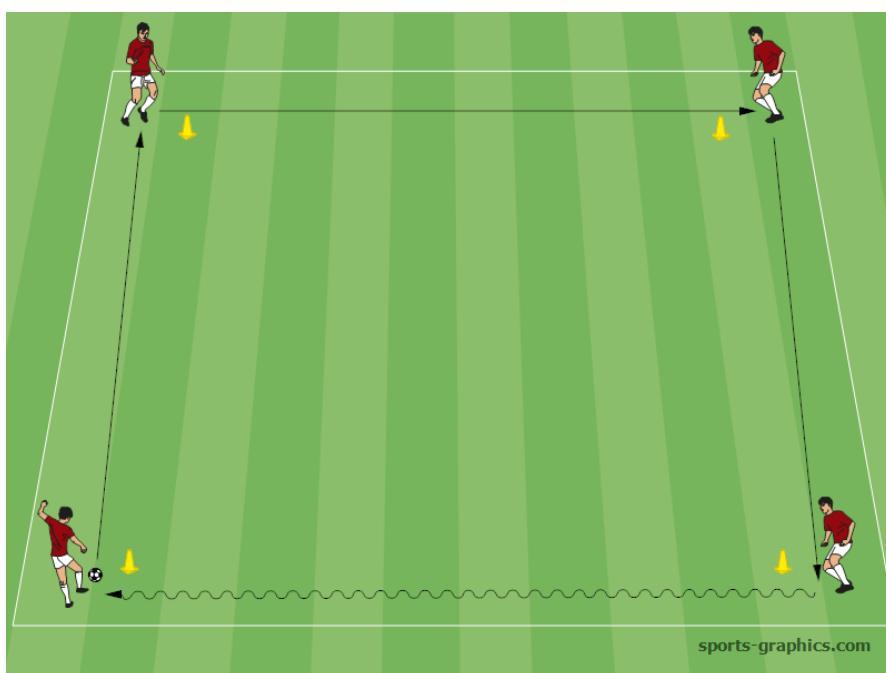
AROUND THE SQUARE

Receiving with the inside of the furthest foot and also using a change of feet.

TECHNICAL

Passing

First Touch



Set up a playing area 8x8 or adjust if necessary.

Place one player on each corner of the area. The starting player passes clockwise to the next player and follows the pass.

Once the third player receives the pass they dribble to the last corner and the practice continues.

If there are five players for the practice, two stand at the starting position ensuring there is always a player on each of the corners.

The player receiving uses the inside of the furthest foot, opens their body, and passes to the next.

After a few minutes, coach to change direction.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- Creating space away from the ball.
- How the speed of the pass affects the movement of the receiver.
- To improve receiving with the inside of the feet.
- To improve the technique of passing with the inside of the foot.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Receive on furthest foot to face forward
- Stay light on feet

FOCUS AREAS

- Angles and distances of support.
- Body shape.
- Communication.
- Decision of what choice of pass.
- Ensure that the ball is passed in both directions so that the players can practice receiving and passing with both feet.
- Keep the ball moving.
- Observe technical components of passing with the inside of the feet - standing foot placed alongside the ball; knees slightly bent; lock ankle at 90 degrees; push the foot through the ball and follow through to aim at the target.
- Standing foot aimed at target.
- The use of the insides of the feet to receive the ball has two great advantages - the insides of the feet are large, flat surfaces and when they are used the body's centre of gravity remains central and helps the player to stay strong and well balanced.

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