

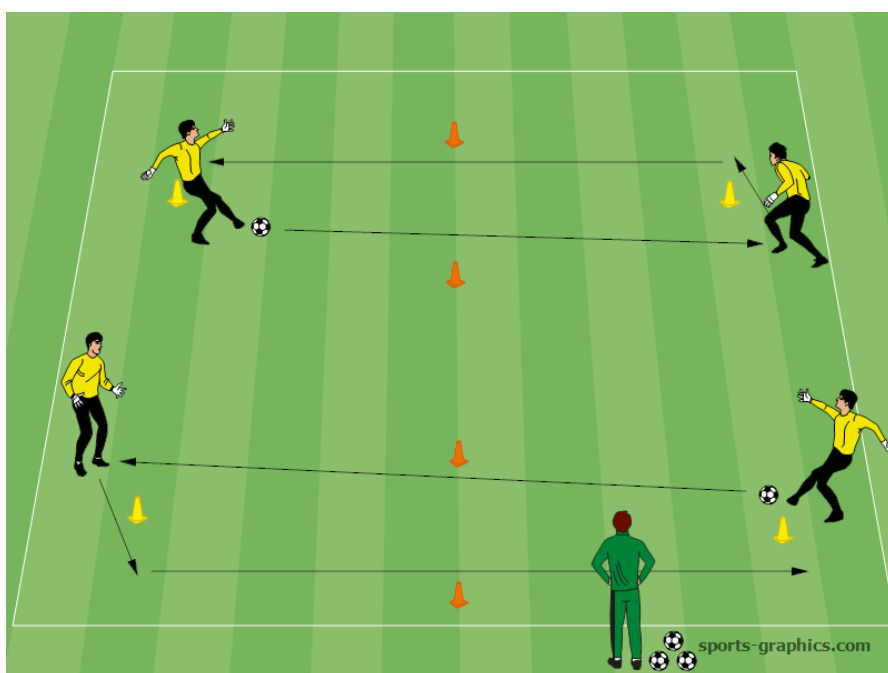
PASSING WITH FEET TWO TOUCH TO PARTNER

Improve passing and receiving

TECHNICAL

Goalkeeping

Distribution



This basic practice is designed solely on improving the technical execution of passing and receiving.

Distances should be appropriate to the required outcomes. For example shorter distances are required for passing using the insides of the feet and increased if the practice is focusing on longer driven passes using the instep.

Arrange two goalkeepers as per the diagram. The players are required to strike the ball through the central markers and receiving player then has a touch out of their feet to change the angle before passing the ball back through the two central markers.

The process is continuous with both GKs having one touch to receive and a second touch being the pass.

Encourage accuracy and the correct weight of the pass, as well as an assured first touch from the GK when receiving the ball.

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

- Accuracy of distribution.
- Improve basic passing technique.
- Improve distribution.
- Improve footwork.
- Technical refinement of how to receive.

KEY FACTORS

- Approach at a slight angle
- Communication
- Ensure a good quality pass (accuracy, weight and timing)
- First touch forward and across body to change the angle
- Get into line ready to receive
- Good first touch to receive
- Good/correct technique
- Ready on balls of feet
- Relax on touch

FOCUS AREAS

- Demand good technique with passing and receiving.
- Demonstrate the correct technique.
- Encourage the goalkeeper to relax their touch and to gain the advantage by moving the ball forward and across the body to change the angle.
- Is the ball distribution accurate and is the technique selection correct?
- Observe the quality of technique.
- Should always be progressive.

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