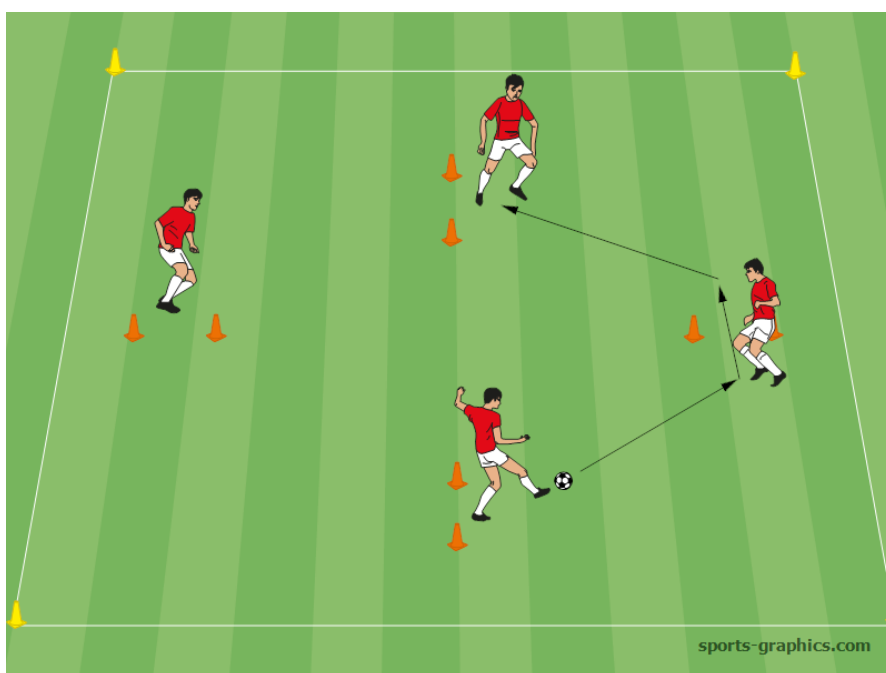


# PASSING ACCURACY

Develop passing and receiving techniques

TECHNICAL

## Passing



## First Touch

Set up a 20x20 playing area with four 1-yard gates within the area.

Four players work together starting with one ball.

Players must pass to feet and allow their first touch to take the ball through the gate. It is important that players 'check' away from the ball before coming to receive, to ensure the players are practicing good habits. Players work clockwise and must focus on the quality of the pass so the next player can continue the sequence.

After a certain period of time change the direction of the ball.

More balls can be added to increase difficulty and speed.

For larger numbers of players, set up more 20x20 squares. In this instance each group can compete to see which one can circulate

the ball the quickest.

A further progression is to randomly change direction so that players must react quickly to the command.

## 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

- Correct passing technique.
- Improve passing and receiving techniques.
- To develop more fluent and quicker passing.

## KEY FACTORS

- Body shape
- Communication
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Receiving on the back foot (furthest foot away from opponent)
- Selection of pass - technique
- Stay light on feet

## FOCUS AREAS

- Correct technical shortfalls with quality of pass where necessary.
- Correct technical shortfalls with quality of the control.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Encourage use of both feet.
- Good movement to show for the ball.
- Observe the quality of the pass (accuracy, weight and timing).
- Observe the session from outside the grid to identify and make necessary improvements.
- Quality of first receiving touch.

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