

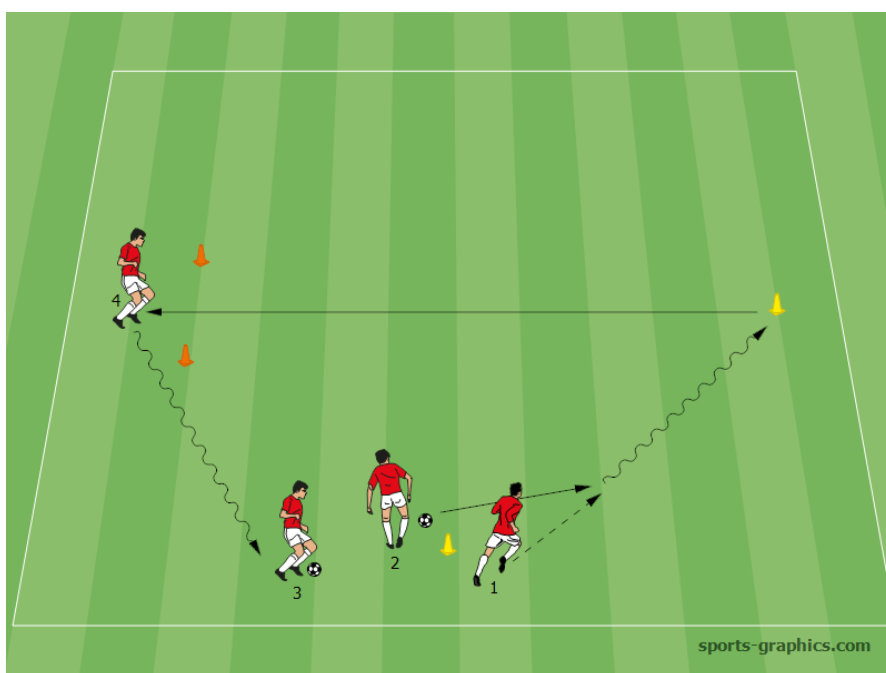
RUN WITH BALL, PASS THROUGH GATE

Develop passing and receiving techniques

TECHNICAL

Passing

First Touch



In a 20x20 area, set up a 1-yard wide gate and place a cone 15-yards in front of the gate.

Four players work together. Only Players 2 and 3 have a ball.

Player 1 runs towards the cone and Player 2 plays a ball into their stride.

Player 1 attacks the space towards the cone before turning and playing the ball through the gate to waiting Player 4.

Player 1 follows their pass and replaces the gate player who joins the line behind Player 3.

This cycle is repeated and done with speed for game realism.

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.
- Correct technique to receive.
- Improve team work.
- Observation and selection of the pass.
- Passing angles.
- To be comfortable in receiving the ball.
- To competently receive the ball using correct technique to gain an advantage.
- To develop fluent and quicker passing in tight areas.

KEY FACTORS

- Body shape
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Stay light on feet
- Support quickly

FOCUS AREAS

- Encourage communication between the players.
- Encourage use of both feet.
- First touch.
- Good movement to show for the ball.
- Keep the ball moving.
- Play fast, confident passes.
- Quality of the pass - accuracy, weight and timing.

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