

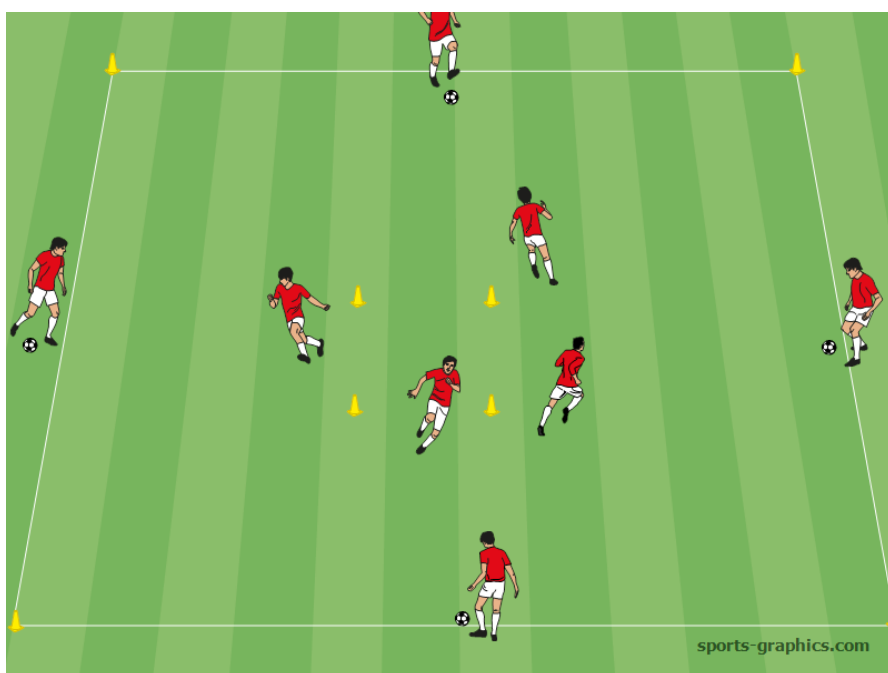
TOUCH SQUARE

Develop passing and receiving techniques

TECHNICAL

Passing

Combination Play



Set up a 15x15 playing area and mark out a 2x2 square in the middle.

Four players on the outside of the area with a ball each, pass to the supporting players within the playing area.

The players within the area move through the centre square before receiving the next pass from any of the outside players.

This practice can accommodate more players by increasing the size of the playing area.

Encourage players to use the inside of the foot to pass the ball at all times.

Change roles after a period of time.

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.
- How to support the ball correctly.
- Improve team work.
- Passing angles.
- To learn when to release the pass (timing).
- Understanding of spatial awareness.

KEY FACTORS

- Communication
- 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

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Decision of what choice of pass.
- Encourage communication between the players.
- Execution and weight of pass.
- Good first touch.
- Good movement to show for the ball.
- How to control the ball to gain an advantage.
- Keep the ball moving.
- Quality of the pass - accuracy, weight and timing.
- Team work and communication.

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