

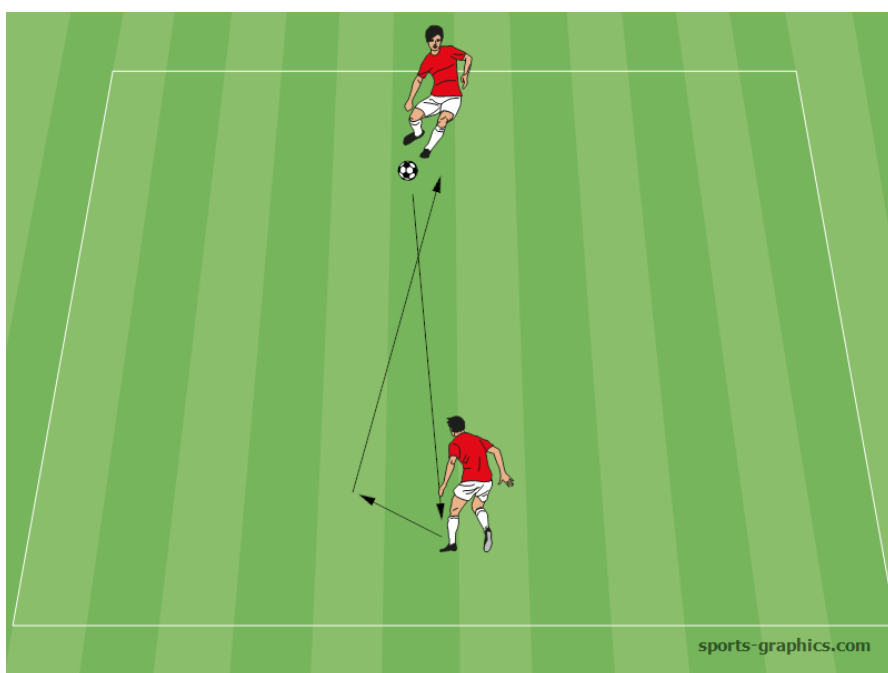
RECEIVE WITH INSIDES AND PASS TO PARTNER

Develop basic passing technique with no defensive pressure

TECHNICAL

Passing

First Touch



Players practice in pairs and pass to each other over a short distance with the following sequence.

Player 1 passes to Player 2 who receives using the inside of the foot and pushes the ball away and slightly in front of the body. Player 2 passes back to Player 1 using the inside of the same foot that they used to control the ball.

Both players continue with the sequence pattern.

Encourage players to use both feet and increase distance between the players.

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

- Improve passing and receiving techniques.
- To competently receive the ball using correct technique.

KEY FACTORS

- Body shape
- Good first touch
- Head up
- Stay light on feet
- Technical execution

FOCUS AREAS

- Body shape.
- Demonstrate the correct technique.
- Encourage players to keep the ball moving.
- Ensure that players are coming towards the ball to receive.
- Execution and weight of pass.
- First touch.
- 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.
- Quality of first receiving touch.
- Staying light on feet.
- Team work and communication.

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