

WORKING AROUND THE SQUARE

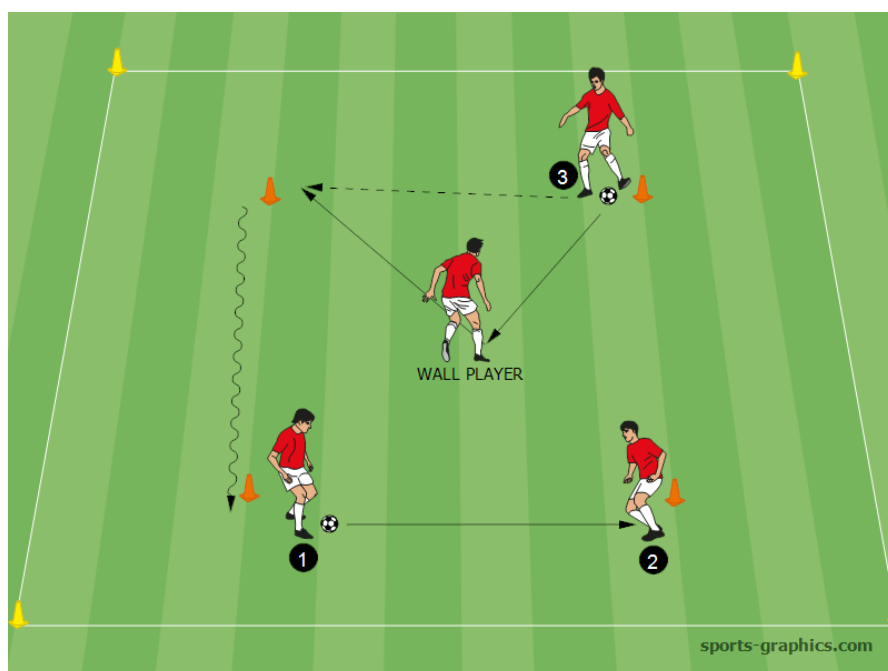
Develop passing and receiving techniques

TECHNICAL

PSYCHOLOGICAL

Passing

First Touch



Set up a 15x15 practice area. Adapt if necessary.

Four players, two with a ball, set up as shown with the player in the middle acting as a wall player.

Player 1 passes to Player 2, and while doing so, Player 3 plays a one-two with the wall player with movement as shown.

Player 3 plays the ball to Player 1, while Player 2 plays a one-two with the wall player.

Continue the sequence and regularly change the wall player.

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.
- Creating space away from the ball.
- Good movement to show for the ball.
- How to support the ball correctly.
- Improve team work.
- To develop technical ability, decision making on what type of pass and when to play, how to control, and how to work as a pair.

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)
- Stay light on feet
- Support quickly

FOCUS AREAS

- Encourage players to keep the ball moving.
- Encourage use of both feet.
- Ensure passes are kept on the ground.
- Execution and weight of pass.
- Good first touch.
- Play fast, confident passes.
- Team work and communication.

WORKING AROUND THE SQUARE

Develop passing and receiving techniques

