

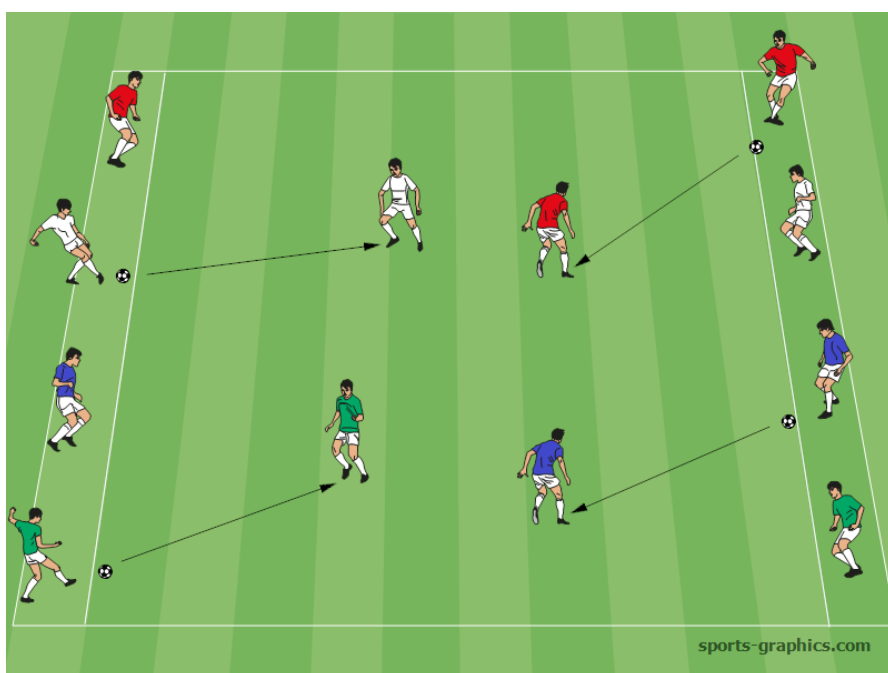
PASS AND MOVE IN THREES

Receiving with the inside of the furthest foot and also using a change of feet.

TECHNICAL

Passing

First Touch



Set up a 20x20 practice area or adjust as necessary.

Players work in threes - a player on each side and one player in the middle.

Each group of three has a ball.

Player in the middle goes towards the ball, receives and plays to the opposite teammate.

The outside players move up and down the outside creating new angles and passing options.

This sequence continues and the working player continues to receive the ball in different areas of the square.

After a few minutes, rotate the working 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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Creating space away from the ball.
- Good movement to show for the ball.
- How the speed of the pass affects the movement of the receiver.
- Improve passing and receiving techniques.
- To improve receiving with the inside of the feet.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Receive on furthest foot to face forward
- Stay light on feet

FOCUS AREAS

- As players become competent, encourage playing with head up to see options early. The importance of the first touch is vital. Teach players to move the ball off straight lines as this changes angles and therefore new passing options. By getting players to understand how to open their body when receiving will help them to find teammates and make play less predictable for the defenders.
- Decision of what choice of pass.
- Demonstrate good angles and distances of support.
- Emphasise the need to receive on the back foot to be able to be on the half turn when receiving the ball.
- Encourage communication between the players.
- Encourage players to keep the ball moving and to use the insides of feet to receive the ball.
- Encourage use of both feet.
- Ensure that the ball is passed in both directions so that the players can practice receiving and passing with both feet.
- Keep the ball moving.
- Observe the quality of technique.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Show and encourage the necessity of good body shape.
- The use of the insides of the feet to receive the ball has two great advantages - the insides of the feet are large, flat surfaces and when they are used the body's centre of gravity remains central and helps the player to stay strong and well balanced.

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