

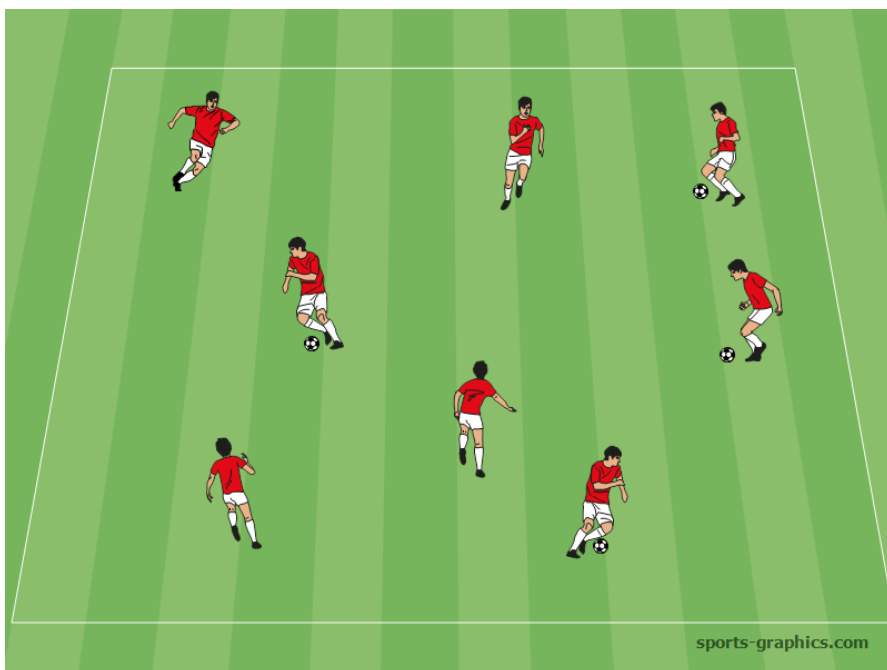
HALF ON HALF OFF

Develop passing and receiving techniques

TECHNICAL

Passing

First Touch



Set up a 20x20 playing area - adjust for number of players.
Using no more than one ball for each two players, players pass and move around the area. Using less than half the amount of balls will ensure good movement to receive. Players will have to be aware of the other players around them, as well as the balls. Encourage quick passing, one and two touches where possible.
To progress, ensure players move away quickly with a change of direction after releasing the ball.

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?
- Contact point on the ball and follow through.
- Correct passing technique.
- Correct technique to receive.
- Creating space away from the ball.
- How the speed of the pass affects the movement of the receiver.
- To improve receiving with the inside of the feet.
- To improve the technique of passing with the inside of the foot.

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

- Angles and distances of support.
- Body shape.
- Encourage communication between the players.
- Encourage good crisp, flat passes. Players should pass and move quickly to open space. Reinforce this repeated action of pass and move, in all relevant practices and games.
- Keep the ball moving.
- Observe the session from outside the grid to identify and make necessary improvements.
- Quality of the pass - accuracy, weight and timing.
- Standing foot aimed at target.
- 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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