

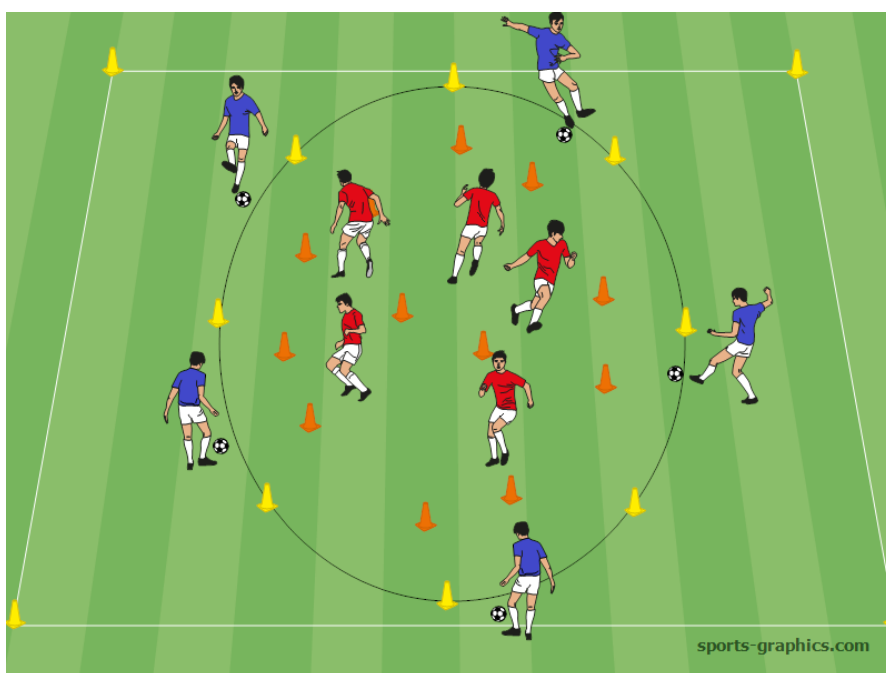
SPACE RECOGNITION

Develop passing and receiving techniques

TECHNICAL

Passing

Support Play



In a 35x25 practice area, mark out a circle to fill the area.

Arrange a series of 2-yard wide cone gates inside the circle.

Divide players into two groups.

Place the receivers (red) on the inside of the circle and the servers (blue) on the outside.

The servers have a ball each and pass into the reds who receive and turn through a gate.

The challenge for the receiving player is to turn through a gate using one or no touches.

The red players then pass the ball out to a different server and move to receive another pass.

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.
- Develop good decision making.
- How to create space to receive.
- Passing angles.
- To be comfortable in receiving the ball.
- To develop fluent and quicker passing in tight areas.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Support quickly

FOCUS AREAS

- Awareness of passing options.
- Encourage players to keep the ball moving.
- Encourage use of both feet.
- Ensure passes are kept on the ground.
- Execution and weight of pass.
- Observe the quality of technique.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Passing and support play skills.
- Passing angles and distances.
- Team work and communication.
- Timing of release of passes to fellow attackers.

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