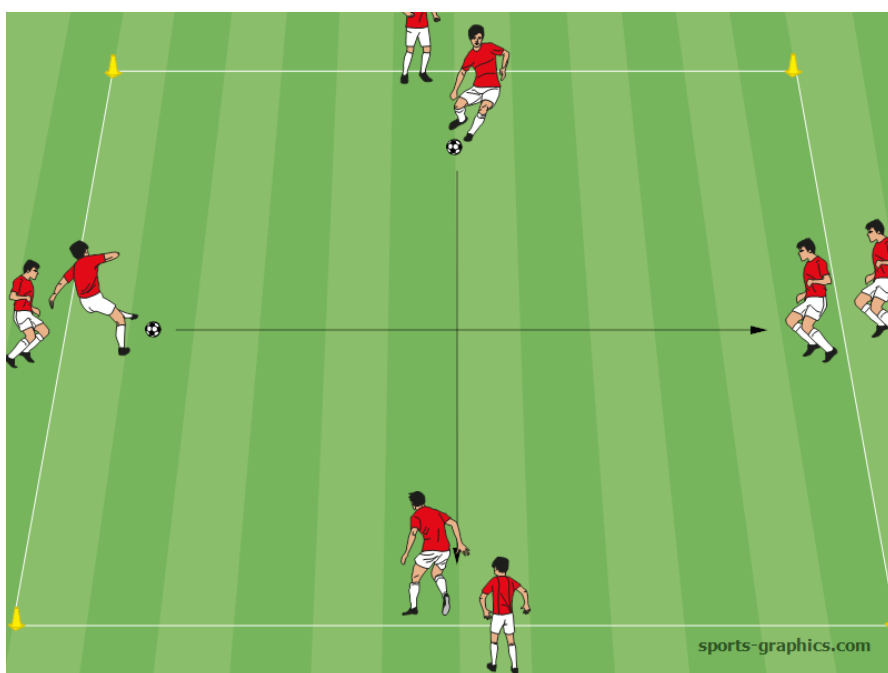


PASSING INTERFERENCE

Improve passing and receiving skills in a technical practice

TECHNICAL

Passing



First Touch

Set up a 15x15 playing area and arrange players into four equal groups on each side of the area.

Two balls are required, have spare balls close by.

Two adjacent players with a ball each pass to the opposite side of the area to a receiving player and follow their pass through the middle of the playing area to join the back of the line at the opposite side. The receiving player controls the ball and follows the same sequence.

Coach can set a challenge by giving a time e.g. 1 minute to complete the task of passing and moving without any balls colliding or hitting a player moving through the middle.

Players need to make good decisions when

to release their passes to avoid balls colliding or hitting a player running through. This simulates the ball being intercepted and encourages good decision making and good timing of the pass.

Ensure intensity for game realism.

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 technique to receive.
- How the speed of the pass affects the movement of the receiver.
- Improve passing and receiving techniques.

KEY FACTORS

- Body shape
- Communication
- Good first touch
- Head up
- Quality of pass (accuracy, weight, timing)
- Stay light on feet

FOCUS AREAS

- Correct timing to move ball forward with quality and precision.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Ensure that players use both feet and not just the favoured foot, to develop sound technique.
- Observe the quality of technique.
- Observe the session from outside the grid to identify and make necessary improvements.

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