

BALL CONTROL AND RECEIVING

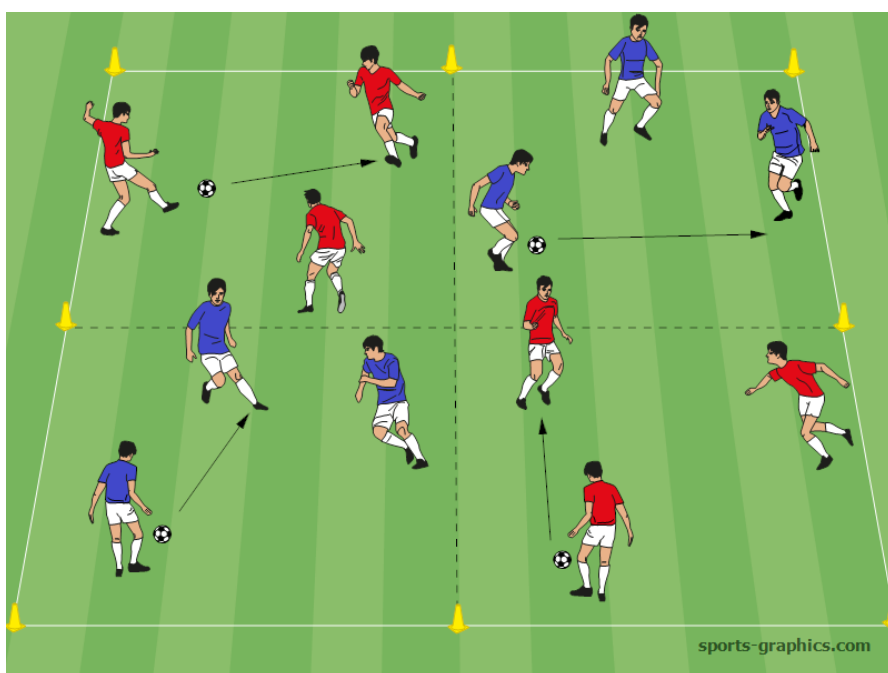
Develop basic passing technique with no defensive pressure

TECHNICAL

PSYCHOLOGICAL

Passing

First Touch



Set up a 20x20 playing area marked into four squares.

Arrange players into four even groups and give each group an area with one ball per group.

Play starts with players passing, receiving and moving in their own square.

Players can be given a sequence to follow - Player 1 passes to Player 2, who passes to Player 3 etc.

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.
- Correct technique to receive.
- Passing angles.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- 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

FOCUS AREAS

- Angles and distances of support.
- Body shape.
- Encourage communication between the players.
- Ensure passes are kept on the ground.
- Execution and weight of pass.
- First touch.
- Good movement to show for the ball.
- Keep the ball moving.
- Observe the session from outside the grid to identify and make necessary improvements.
- Play fast, confident passes.
- Team work and communication.

BALL CONTROL AND RECEIVING

Develop basic passing technique with no defensive pressure

