

BALL RECEIVING WITH CONTROL

Improve passing and receiving to keep possession in a skill related practice

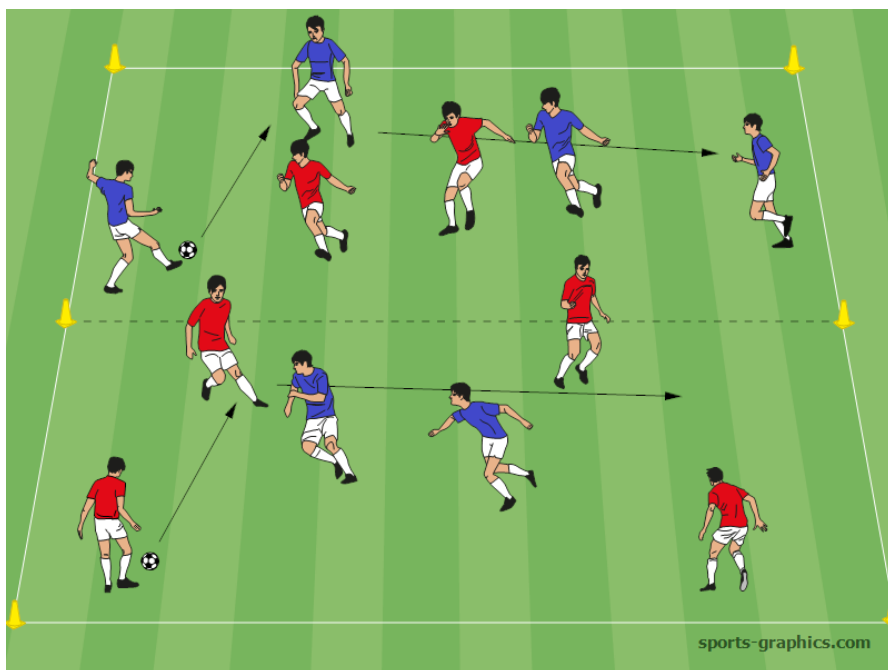
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a playing area of 20x20 marked with a halfway line.

Teams are arranged 4v2 on each half of the area with one ball per half.

Players begin the practice by playing a possession game 4v2.

The defending team try to win the ball back three times before the players swap roles.

Attackers win the game by successfully completing ten passes.

Two passes are awarded if a player can 'split' the two defenders by playing a pass in between them.

Swap attackers and defenders on a regular basis.

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?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- Improve team work.
- Passing angles.
- To develop fluent and quicker passing in tight areas.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Stay light on feet
- Support quickly

FOCUS AREAS

- Awareness of passing options.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Execution and weight of pass.
- Keep possession.
- Play fast, confident passes.

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