

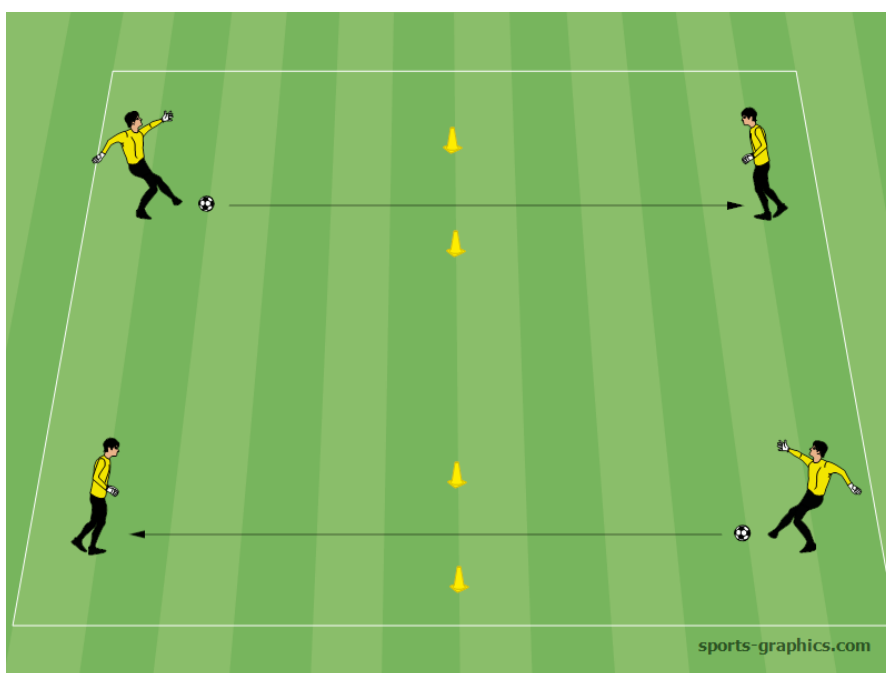
BASIC PASSING TECHNIQUE TO PARTNER

Improve passing technique

TECHNICAL

Goalkeeping

Distribution



This basic practice is to improve the technical execution of passing and receiving.

Distances should be appropriate to the required outcomes. For example, shorter distances for passing using the insides of the feet and increased distances if the practice is focusing on longer driven passes using the instep.

Arrange two goalkeepers as per the diagram. The players are required to strike the ball through the central markers and receive using an assured first touch.

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

- Improve basic passing technique.
- Improve distribution.

KEY FACTORS

- Approach at a slight angle
- Communication
- Ensure a good quality pass (accuracy, weight and timing)
- Good first touch to receive
- Good/correct technique
- Light on feet
- Relax on touch

FOCUS AREAS

- Demonstrate the correct technique.
- Encourage the goalkeeper to relax their touch and to gain the advantage by moving the ball forward and across the body to change the angle.
- Goalkeeper must stay light on their feet when moving into position.
- Is the ball distribution accurate and is the technique selection correct?
- Observe the quality of technique.
- Should always be progressive.



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