

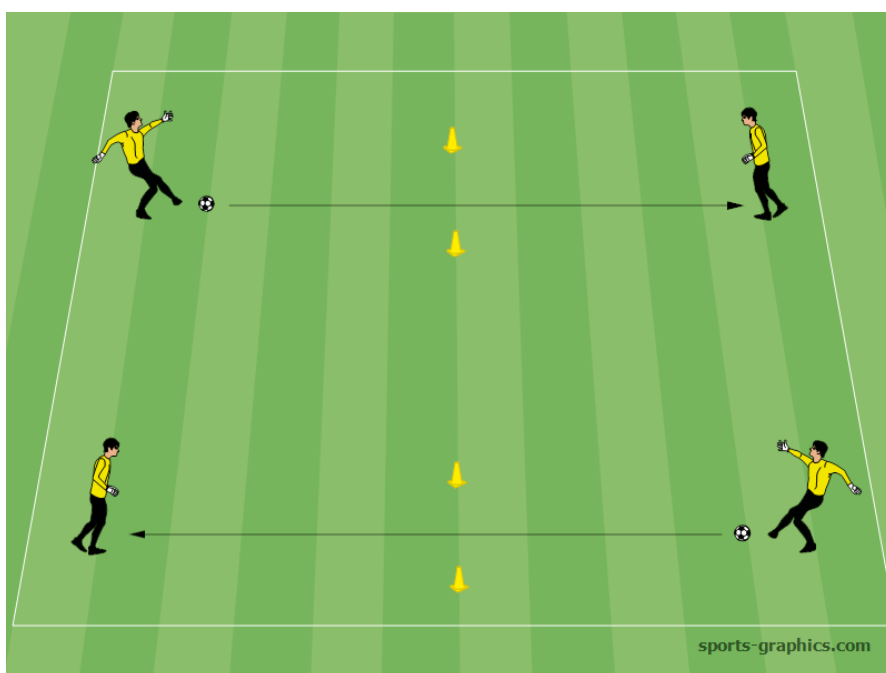
BASIC PASSING AND RECEIVING TECHNIQUE TO PARTNER

Improve passing and receiving

TECHNICAL

Goalkeeping

Dealing with Back Passes



This basic practice is designed to improve the technical execution of passing and receiving which is vital for a GK in dealing with a back pass.

Make distances appropriate to the required outcomes. For example shorter distances may be used for passing and receiving using the insides of the feet, and increased distances may be used to add a greater challenge where the GK is required to control a longer driven pass and might need to use different parts of the body to get it under control quickly.

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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