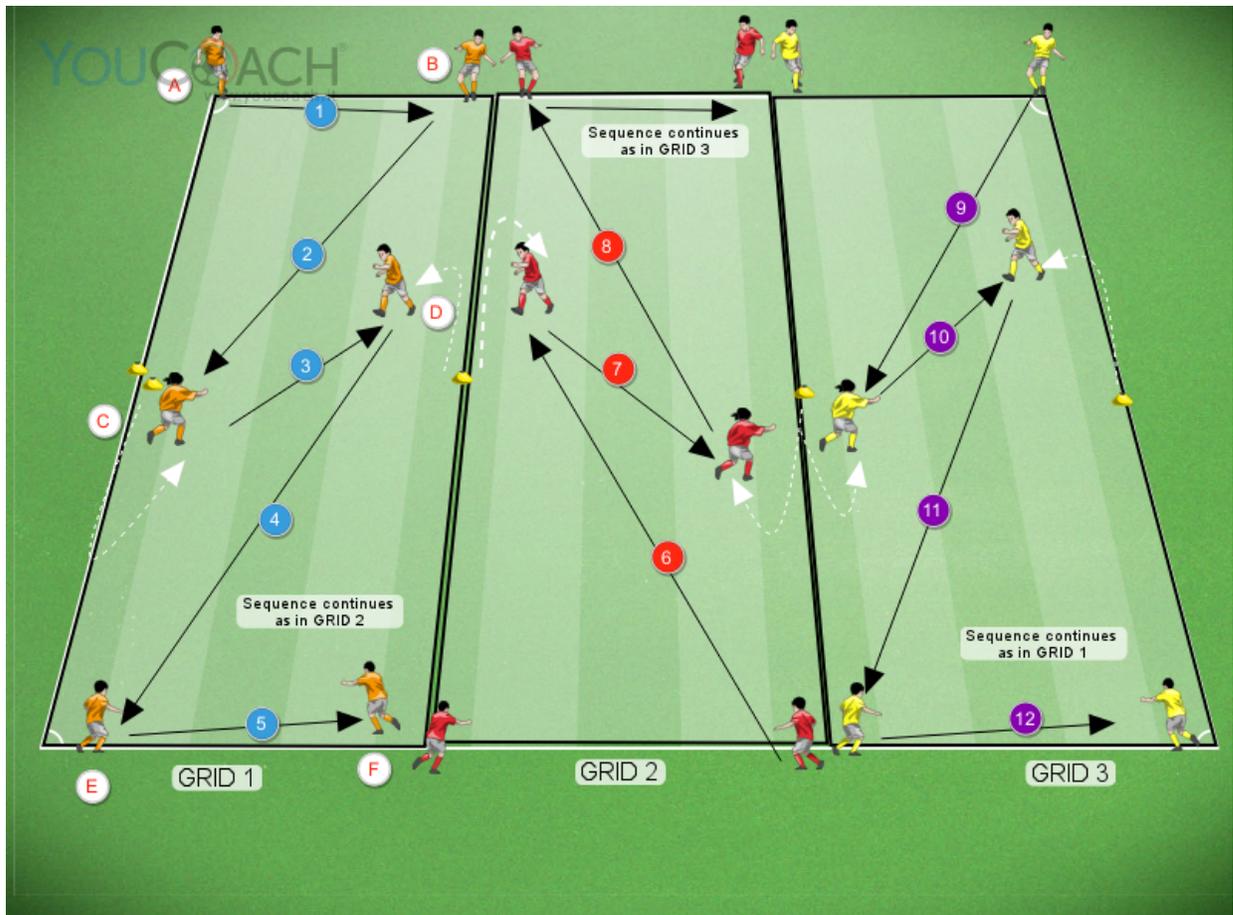


Topic 5: PASSING AND RECEIVING

Objectives: Learning to pass and receive the ball, using different surfaces of the foot. Learning to manipulate the ball and re-direct short and intermediate distance. Learning to take an oriented first touch anticipating the next pass. Learning to increase the speed of play. Use of communication. Body mechanics.

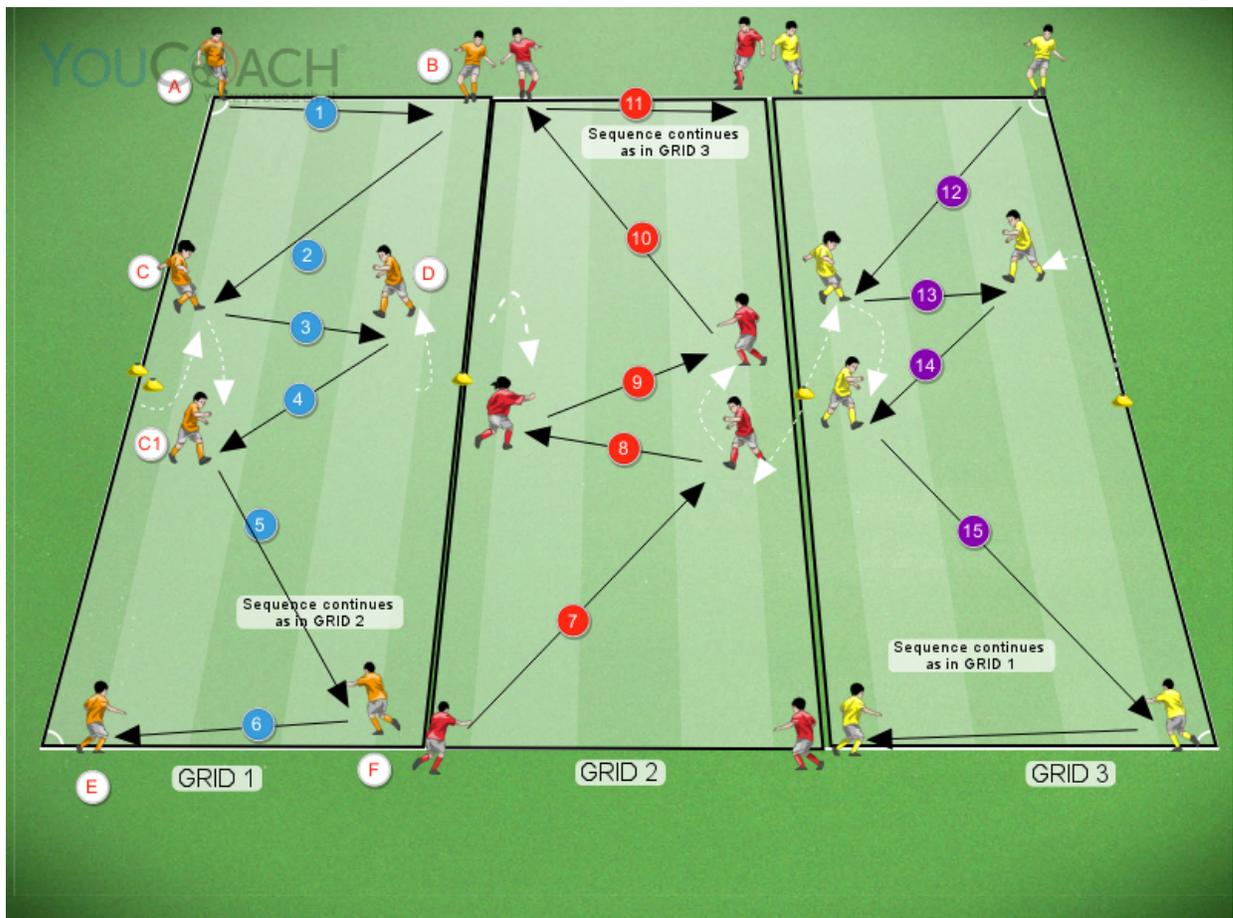
Activity 1: Passing and receiving with oriented control.

Description: 3 grids 6x30. Players A start with a square pass to player B. Player B controls with a touch and pass to C completed a movement away from the ball and he is now receiving, taking a touch and passing to D. D had completed a run towards B and he is now facing C. D receives with a positive touch and pass a diagonal ball to E. E after taking a touch pass a square ball to F and game restart with same patterns.



Coach and Encourage: Use proper foot and surface. Control into space. Accuracy and weight. Sharp, crisp ball. "Eyes up! Eyes on the ball!!". Call for the ball! On your toes, when waiting for the ball. Move away-check prior receiving. Proper body mechanics (open hips, low center of gravity etc.)

Progression : *Players C in the middle is now checking for the ball, open his body before receiving take a touch and completes a 1-2 with D*



Coach and encourage: *open your hips toward the direction you want to go. Eyes up to evaluate your options/targets. All coaching points from previous activity.*

Activity 2.

4vs4 + 1 Neutral team switching grid

Description: 20x40 with a 5 yards neutral middle zone. The neutral team has 2 players positioned on end line 1 player in the middle zone and 1 all time offense. 2 teams are now playing a 4vs4 in one grid. The team in possession has to complete 3 passes and connect to the neutral player in the middle who will run with the ball to the opposite grid and pass to the player on the end line (1 point). Both teams have to switch to the new grid and continue to play.



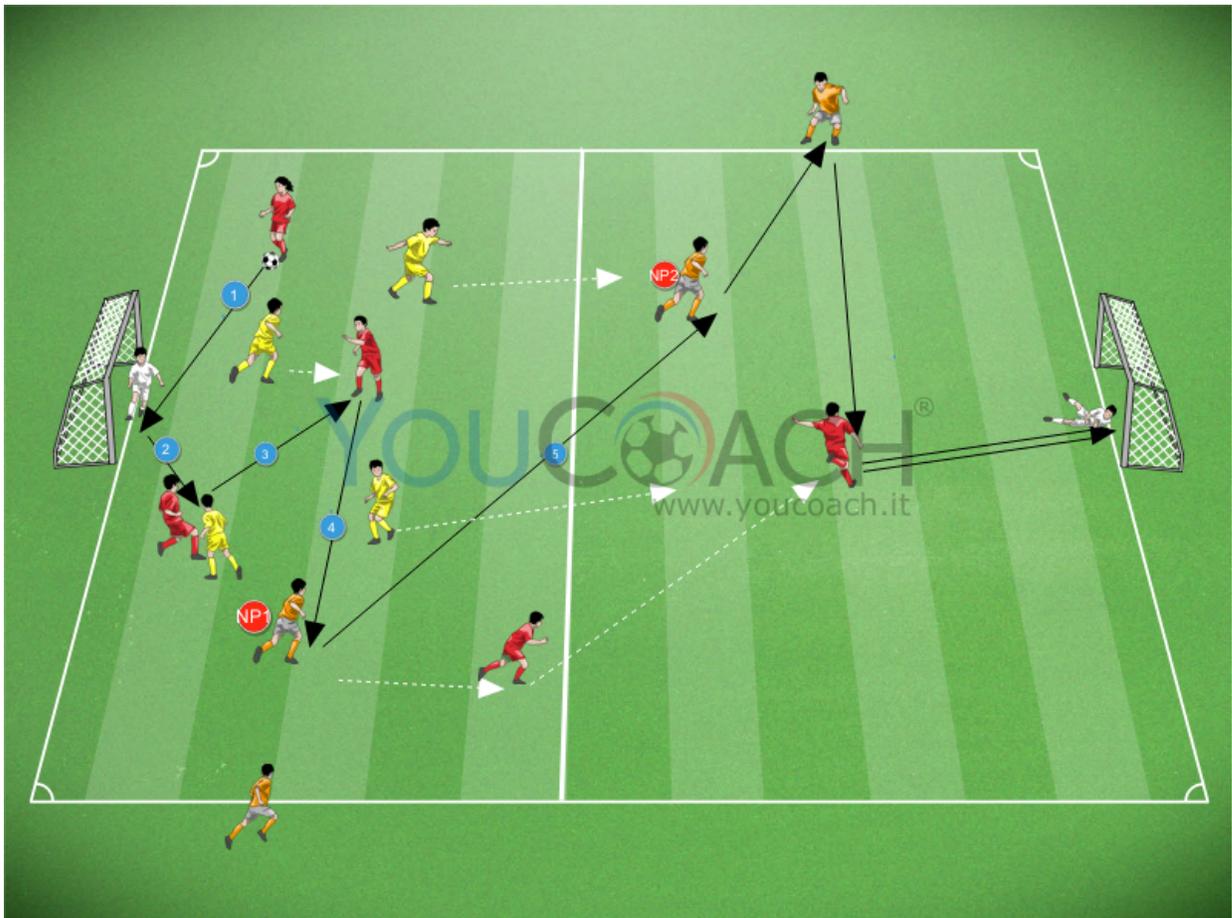
Coach and encourage: Oriented control under pressure. Speed of play, how can you connect 3 passes as fast as we can? Use width and length. Am I using the entire space? How do I get away from defender? Move to get into position inline with the incoming pass (do not reach for it) Get body behind the ball when receiving, cushion the incoming ball. Proper choice of surfaces. Ask: When should you pass to my partner's feet? When should I pass in the space? Decision on/off the ball.

Progression : 1 Add players in the grid (5vs5). Enlarge/reduce the grids

Activity 3

4vs4 + 1 NT + Goals switching fields

Description: 20x40 divided in 2 equal grids with regular goals and GK on endline. The neutral team has now 1 neutral player on side lines on each grid, 1 all time offense actively playing and 1 player waiting on one grid. GK starts the game on one grid and the team in possession has to connect 3 passes before reaching the NP on opposite grid. When receiving the NP has to connect one pass to the incoming team before his team could go to score. If defending team wins the ball can score immediately.



Coach and Encourage: Proper passing technique. Prepare body to receive ball (body, cushion, surface.) First touch to control into space for next pass. Turning and vision. Communication and movement between teammates and neutral players. Speed of play. Decision on/off the ball (where can I move to support? How do I create numerical advantage?)

Activity 4

Game

5vs5 – 7vs7 – 9vs9- 11-vs-11 depending on age and numbers



Coach and encourage : Proper receiving technique. Keep the ball moving.
Move away from pressure. Use width and depth. Ask: how can you be an option for your team? Make decisions quickly by reading the game.

