

## Passing & Receiving

OBJECTIVE: Improve the players technical skills of passing and receiving the ball

TEAM TACTICAL PRINCIPLES: Create diagonals, Pass, dribble, hold, Spread out

WHAT To improve the players passing and receiving techniques

WHEN: When in possession

WHERE: offensive-third, middle-third, defensive-third

WHO: All players

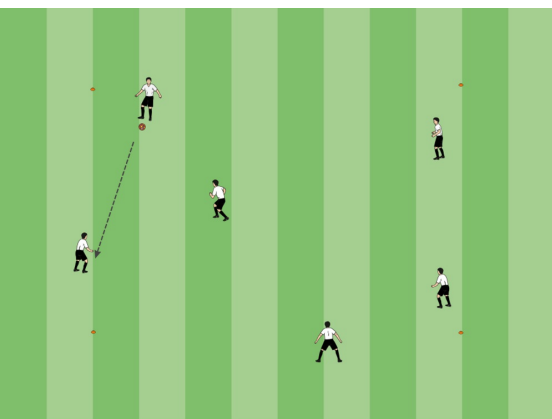
WHY: To increase the players chances of keeping possession

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AGE: U10 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min



### Passing Rondo

EXERCISE RULES: Either a 4v1, 5v1 or a 4v2, dependent on the players level

FOCUS TEAM OBJECTIVE: Improve the players ability to pass and move to keep possession

NOTES: How do we avoid getting in the middle? How do we move to help a team mate out? How do we stand on the outside of the rondo? Pass to open players. Move to an open passing lane In an open position to see as much of the area as possible

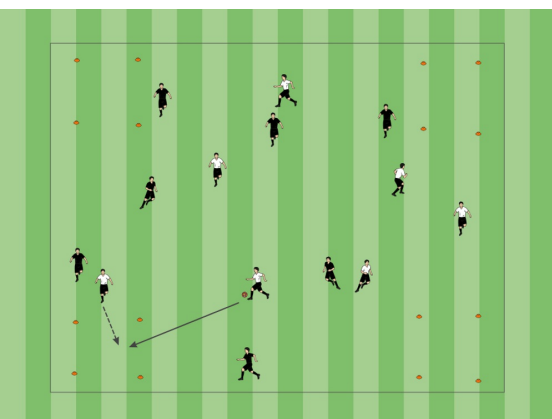


### Free Passing in Area

EXERCISE RULES: Place players into groups of 3. Players pass between themselves, keeping the ball moving and moving into a new space after each pass.

FOCUS TEAM OBJECTIVE: Improve the players passing technique

NOTES: Follow through. Inside of foot. Non striking foot points to target



### Four Corner Zone Game

EXERCISE RULES: Players must pass to an opponent who receives the ball inside the marked zone area. Players can begin by standing in the zone to receive, progress to must move into the box when receiving

FOCUS TEAM OBJECTIVE: To receive a pass inside the zoned area

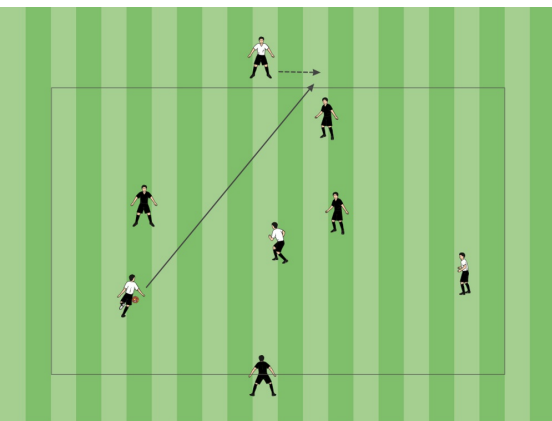
NOTES:

### Target Player Game

**EXERCISE RULES:** Place teams into groups of at least 4. More if needed because of numbers. Each team is trying to score at their target player at the end of the field. Rotate target player every 4 minutes

**FOCUS TEAM OBJECTIVE:** To create passing angles to receive a pass and break lines in defence

**NOTES:** Open Passing Lane. Eyes Up. Communicate How do we create space? How do we communicate? Why do we not want to be in lines? Movement away from defenders. Verbal, body language and eye contact. To break defensive lines and find space between the lines

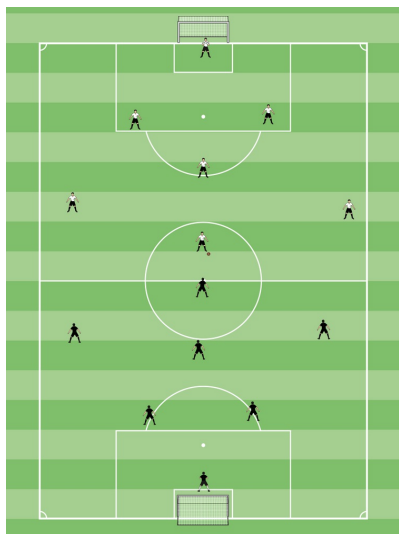


### 7v7 Scrimmage

**EXERCISE RULES:** Play a regular 7v7 scrimmage

**FOCUS TEAM OBJECTIVE:** To practice the learned skill in a game scenario

**NOTES:**



### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?