

Topic: **Passing & Receiving**

Objective: **To develop a good first touch when receiving the ball and improve passing techniques over various distances.**

**Session Part: Warm-up**



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**Organization**

**Time: 10**

Area: 30x25

Numbers: 12 Players

Players in pairs - 1 ball between 2.

Players stand either side of the gate (two tall cones) and begin passing the ball - 2 touch.

Players perform ball master skills when they receive the ball before returning the pass.

1. x5 Toe Taps. 2 x5 Side to Sides. 3. x5 Sideway Rolls.

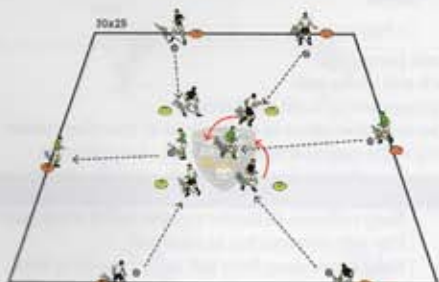
**Progressions**

Players now begin passing a moving to different gates within the area marked out.  
Increase/Decrease gate sizes and passing distances.  
Set time limit and competition for the most passes completed by each pair.

**Coaching Points**

Good first touch to receive the ball.  
Execute ball mastery skills effectively.  
Plant standing foot and lock passing foot's ankle.  
Clean connection with the center of the ball.  
Follow through to get good weight on the pass.

**Session Part: Technical Fundamentals**



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**Organization**

**Time: 20**

Area: 30x25

Numbers: 12 Players

Players split into 3 teams - 1 ball per group.

2 player from each team begin in the center grid - 2 players from each team begin at disc cones.

Players on the outside pass the ball into a player on the same team in the center grid.

This player receives the ball and passes to the other player on the outside.

Outside player then plays into the other player in the center grid who repeats this process.

**Progressions**

Add a second ball to increase speed of play.  
Increase/decrease area size.  
Add a combination pass in the center grid.  
Add a defender in the middle to apply pressure.  
Use both feet.

**Coaching Points**

Movement and body shape to receive the ball.  
Awareness of space and other players.  
Good first touch with an open body stance.  
Good weight and accuracy of pass.

**Session Part: Game Scenario**



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**Organization**

**Time: 15**

Area: 40x35

Numbers: 12 Players

Players split into 2 teams - 1 ball per team.

2 players from each team begin the activity in a grid in opposite corners of the area.

Players in these grids cannot leave until they receive the ball from a team mate.

Player who passes the ball to the player in the grid takes their place.

Begin the activity unopposed.

**Progressions**

Add a second ball to increase difficulty and speed.  
Build into opposed 6v6 - 1 ball.  
Teams score a point by passing to a team mate in the grids - must make it from one grid to the other.

**Coaching Points**

Movement to receive the ball.  
Awareness of the ball, space and team mates.  
Decision making in possession of the ball.  
Communication.

**Session Part: Small Sided Game**



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**Organization**

**Time: 15**

Area: 40x35

Numbers: 12 Players

6v6 game with 2 goalkeepers - ball always starts with the goalkeepers.

Players are set in formations and must stay in one of the 3 zones marked out.

Team in possession, look to play through each zone of the field.

Encourage players to control the ball and attempt to play forward when and where possible.

Rotate players into different zones to see the game from a different perspective.

**Progressions**

Introduce points system.  
5 passes = 5 goals.  
Pass the each zone = 3 goals.  
Free play for final 5 minutes.

**Coaching Points**

Movement of the ball to allow time and space.  
Good first touch and awareness of options.  
Create angles to receive the ball.  
Play on the half turn and forward if possible.  
Patience in possession of the ball.