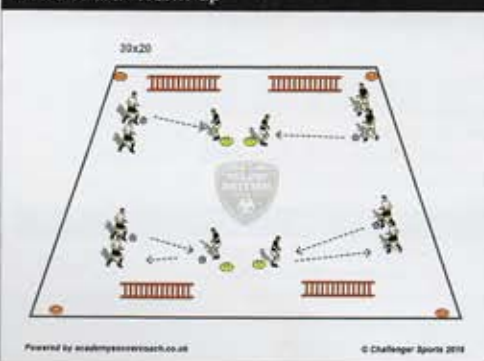


Topic: Passing & Receiving

Objective: To develop passing & receiving the ball techniques in attacking areas.

Session Part: Warm-up



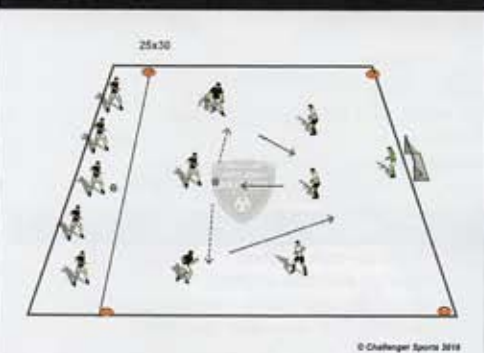
Organization		Time:	10
Area:	30x20		
Numbers:	12 Players		
Players in groups of 3 - 1 ball per group. Player 1 passes the ball to Player 2 at the disc cone. Player 2 passes to Player 3. The player who passes the ball works through the ladder before receiving another pass. Footwork through the ladder includes; 1 foot only, 2 feet, hopping on 1 foot.			
Progressions		Coaching Points	
One touch passing if possible. Increase the distance of passing. Only use a certain part of the foot to receive the ball for a set amount of time, e.g. - outside only.		Quick feet and smooth technique through ladder. Movement and body shape to receive the ball. Soft first touch to receive the ball. Good weight of pass to team mate. Communication and timing of the pass.	

Session Part: Technical Fundamentals



Organization		Time:	20
Area:	35x30		
Numbers:	12 Players		
2 equal groups working side by side. 1 player starts at each disc cone without a ball, the rest begin in 2 groups with a ball at the tall cones. Player 1 passes to player 2 who receives with the back foot and passes to player 3 at the top. Player 3 passes to Player 4 who then dribble to the back of the line. All players follow their pass and replace the player at each cone.			
Progressions		Coaching Points	
Increase area size and passing distances. Receive using the outside of the foot. One touch passing when & where possible. Change sides to encourage using both feet.		Movement to receive the ball. Open up body when receive pass with back foot. Communication & timing of the pass. Communication and awareness of team mates.	

Session Part: Game Scenario



Organization		Time:	15
Area:	25x30		
Numbers:	12 Players		
3v3 towards goal with a goalkeeper. Attacking team start in the end zone and begin attacking 3 defenders. If the attacking team score they go to the back of line in the end zone. If the defending team steal the ball, they aim to work the ball into the end zone. If the defending team are successful with this - the attacking team now become the defenders.			
Progressions		Coaching Points	
Increase area size. Increase overloads to develop confidence. Min./Max amount of passes before scoring. Set a time limit to make passes and score a goal.		Movement to create & exploit space. How to receive the ball. Accuracy and weight of the pass. Communication and team work.	

Session Part: Small Sided Game



Organization		Time:	15
Area:	50x30		
Numbers:	12 Players		
Field split into 3 equal sized zones. Players are free to move into any zone and attempt to pass through the all three zones. Team #1 Formation: GK-2-2-1 Team #2 Formation: GK-2-1-2 Switch team formations half way through the game to increase options and understanding.			
Progressions		Coaching Points	
Limit touches. Set amount of passes before being allowed to score. Add a neutral player to team in possession. End with free play and rotate goalkeepers.		Movement off the ball - passing angles. Support around, ahead and behind the ball. Good first touch and awareness of options. Communication & Teamwork.	