



Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Y Passing (20 mins)

Set up

15 X 15 square with a Mannequin/cone in the middle as shown.

Organization

Y Passing drill. Multiple passing progressions that can be adjusted based upon the ability of the group

Progressions

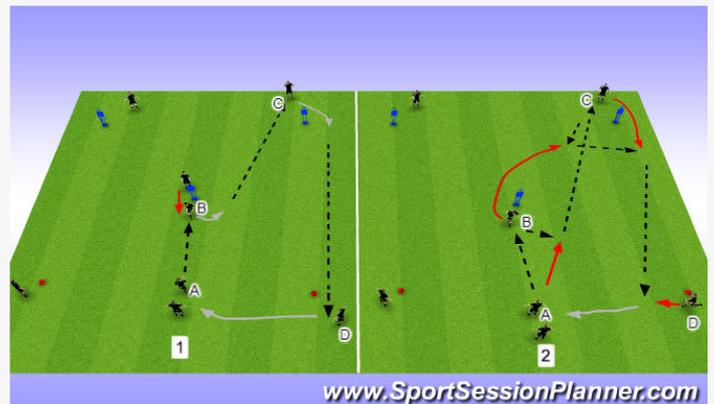
1 - Ball Starts with player A. Player B checks in front of the mannequin to receive a pass and turn to on side. Player C checks away from the mannequin to receive a pass from B - takes first touch to outside of the grid and connects longer pass to D who dribbles back to start. Two balls going - Alternate side that player B turns to.

2 - Sequence changes to following pattern. Players follow arrows as shown. A-B-A-C-B-C-D-A

Coach can adjust the sequence as necessary to cater to teams ability.

Coaching Points

Quality of pass, turning both ways, movement into the space, movement into passing lanes, timing of runs and weight of pass.



4v1/5v2 (20 mins)

Set-up

8 X 8 square with a cone separating each side in half as shown. (expand square to 10X10 for "2")

Organization

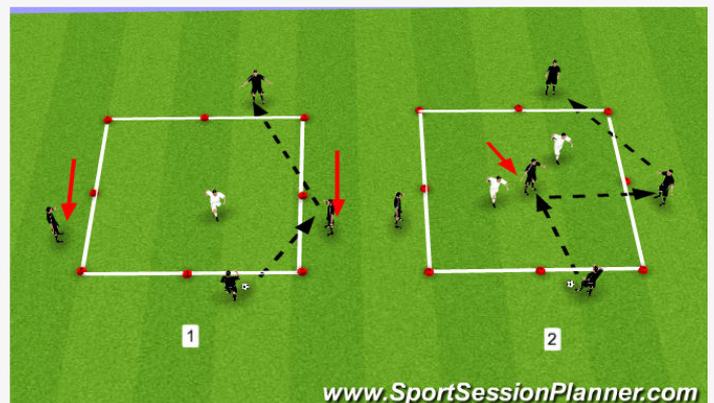
Players will play 4v1. 4 black player work on outside of square and must move up and down their line getting past the middle cone to receive a pass from adjacent player on the outside - must move up and down the line to create the angle. Keep track of number of passes. Switch out defender every minute

Progressions

2 - Progress to 5v2 now and expand grid to 10x10. One black player now plays in the middle of the grid. 5 passes is a point. If two white players win the ball they can dribble out of the square to score a point.

Coaching Points

Movement off the ball, angle of support, quality of pass, first touch away from pressure



Possession to Goal (20 mins)

Set up

Two 15X15 boxes as shown with goals on each side as shown.

Organization

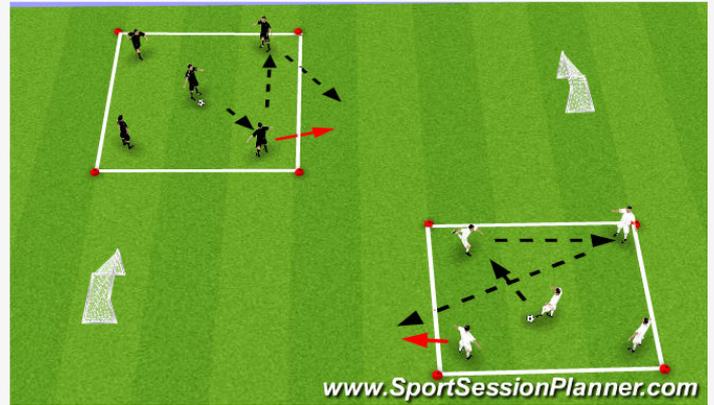
Black team and white team pass and move the ball in their own grid. On coaches command one defender from each team goes to opposition's grid. If passing team can get 4-5 passes without the defender winning they ball they can attack to the goal. If defender wins the ball he can score on the goal.

Progression

- Develop to 2 defenders
- Limit touches of passing team

Coaching points

Speed of play, angle of support, recognize when to go to goal early, movement to create space.



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on passing, receiving and combinations going forward. Allow game to be free play but encourage running with the ball with all previous coaching points being enforced.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation. Open up grid to allow more space to dribble if necessary.

