

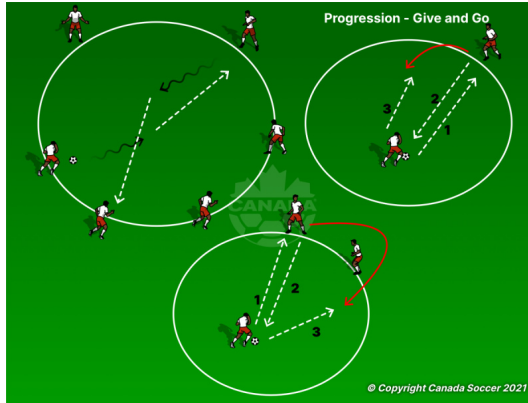
Select a Date

Coach

Age group:

Passing and Receiving

Time



Circle Passing Warm Up

Equipment - 2 -3 balls

Set up - players form a circle, one player with the ball

Drill starts with the player with the ball dribbling into centre of circle, once there they will pass the ball to someone else standing on the outside of the circle. The player who receives the ball takes the touch inside of the circle and repeats.

Progressions:

Add a 2nd ball

Using a 3rd ball have the players on the outside throw a ball to each other clockwise/counter clockwise

Perform a give and go

Perform an overlap run

Coaching points:

First touch positive

Weight of pass

Communicate



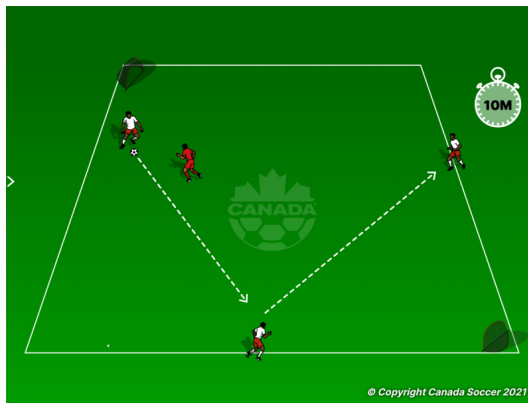
Equipment -1 ball for every 3 players. Two 3 yard gates should be set-up as pictured. Players should stand approximately 5 yards away from the gates.

Organization - Player A dribbles across (as pictured top left) and passes the ball through the gate to player B. A should now run to take up B's position. Player B receives the ball and dribbles across toward the other gate. Player B now passes the ball through the gate to Player C (pictured bottom right). The exercise continues.

Note: When teaching a player to receive the ball there are a few important things to observe.

Does the player get in line of the balls path?

Is he or she in a good starting position, soft on their feet, no heels on the floor?



Organisation:

Set up 3 x 20 m x 20 m with gates at each end

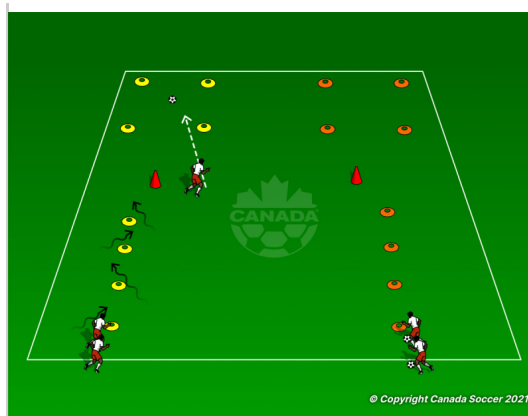
3 v 1 Keep away

To score a point, the attackers can make 5 passes . If the defenders win the ball, they must pass into one of the 2 goals in the corners to score a point.

Rotate defenders every 2 minutes - tell defenders to not pressure the ball but to stand in front to delay the dribble

Facilitator Feedback:

- "Make the pitch big"
- "Create space"
- "Provide an angle"
- "How can you create an opening for yourself or teammates ?"



Relay race to passing box

Organization - 16 discs, 2 cones, balls for everyone

Set up a relay race as shown in diagram.

On go one player at a time will dribble through discs, once they get to the cone they must pass the ball and get it to stop in the zone. If the ball stops in the zone they run back and the next person goes, if they miss they retrieve their ball run back and the next person goes. Go until everyone has got their ball in the zone.

Progressions

Start close and each round move the zone further away

Set extra cones up in the zone - if they knock a cone over in the zone they get extra points