



Simple Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: F.C. Stars

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Grids - Warm up #1 (10 mins)

Set Up -

- 10x10 Yard grids
- 4x Groups of 4-6 players
- Each grid / station has a different activity
- 12-15 minutes
- Players work for 45 seconds then rotate clockwise to next station.
- After one round then reduce time to 30 seconds

Stations

A = "Lateral Ladders" High knees side to side

B = "Dribbling" Change of direction / do a move every 3-4 touches

C = "Ladder Sprint" Movement through ladder, then spring outside square

D = "Pass and Move" Receive with different surfaces and then pass the ball, once passed quick movement to offer angle.

Coaching Points

- Work hard for the allotted time, don't be lazy with technique.
- High energy levels throughout
- Change of direction and speed in Sections 'B' and 'D'



3 player passing

Set Up - Players grouped in 3s. Middle player working.

Middle player checks to ball, receives and plays back to passer, then checks to second passer and does the same.

Coaching Points:

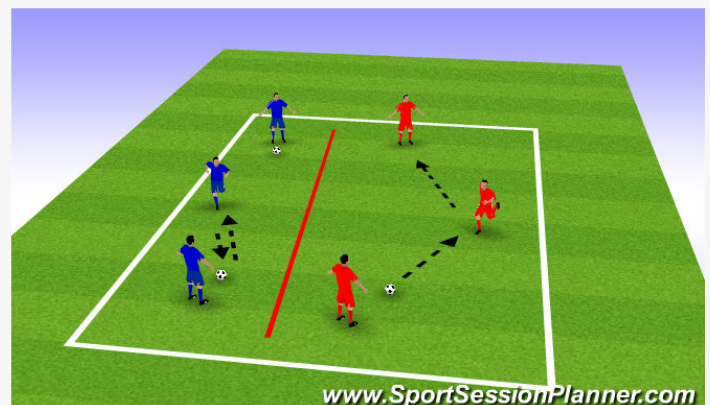
Receive side on. Front foot returns pass, back foot turns (for progression)

Check at angles, turn quickly on one touch
passers must pass with purpose.

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Progressions

1. Middle player checks in receives the ball side on, but plays it back 1 touch
2. Middle player checks in receives and turns
3. Middle player chooses what to do with the ball. If laid back, then he replaces end player and end player jumps in. End player plays long ball across and then becomes middle player.



team passing

Set Up -

Two teams. Each team has a ball (no defending).

Players must check into and pass balls through pairs of opposing players in constant motion.

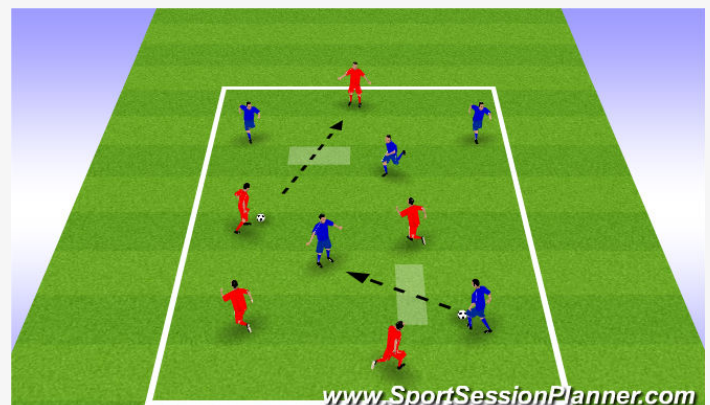
Coaching Points

- Move to open spaces
- Find space between and behind defenders
- Be patient on the ball
- Be active off the ball.
- Use deception in your pass at times (outside of the boot, back heels)
- Creative runs.

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Progressions

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3v3

Set Up -

15x25 grid.

3 v 3 to gates. Goal is scored when passed through the gate.

When goal is scored, players giving up goal take a rest.

Coaching Points

Keep the ball moving

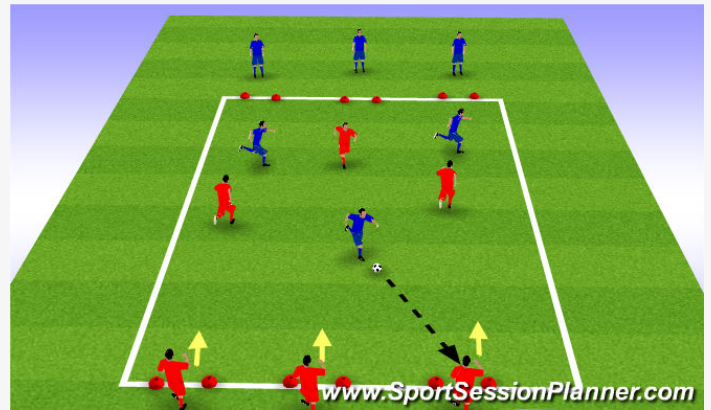
Look for pockets of space

Get in behind defenders to create scoring chances

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Progressions

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4v4 (30 mins)

4v4 Games**Set Up -**

- 20x25 yard rectangle

- 2 goals

- 8 players, split into two teams of 4

- No Gks

- Play 3-4 minute games

Coaching points

- Moves!!! Get yourself out of the tight spaces using your moves

- Diamond shape

- Defend don't back off

