



Passing Technique - Inside and Driven

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Warm up (10 mins)

Organization

30 x 20 square - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
3. Find the other Team - players have to receive and pass to other colours in the square.
4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.

Encourage players without the ball to find space - and always try and be open.



Technical inside of the foot. (25 mins)

Organization

Divide your 30 x 20 rectangle up into 4 channels.

Have two players opposite each other - with 1 ball between them. Players very simply pass the ball back and forward - focusing on the quality of their passing.

Coaching Points - First touch

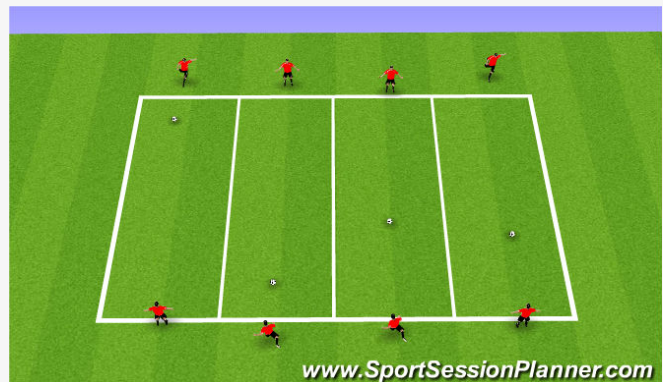
1. On our toes - Ready to receive - get in line with the ball.
2. Our first touch should be with the inside of our foot - watch the ball all the way to our foot - with the aim that it makes contact with the center of the inside of the foot - At the moment of contact with the ball, our foot is relaxed and gives slightly to kill the moment of the ball. We want the ball to stay close, so we do not turn over possession.

Coaching Points - Inside of the foot passing

1. Non - Kicking foot beside the ball, do not reach for the ball
2. Eye's on the ball at the moment we make contact
3. Toe pulled up at a 90- Degree angle - to help keep the ball low, strike through the ball at midlevel
4. Ankle should be locked on kicking foot
5. Follow through aimed at the target
6. Is there enough power in the pass - a good pass should reach our teammate with pace on the ball - not rolling slowly.

Coaching Points - Driven

1. Same as above except - 3. Step into the ball and use your lace - bring your foot through like shooting but you should keep your follow through low so to keep the ball low.
- Encourage players to practice with both feet.



Short - Short - Long (15 mins)

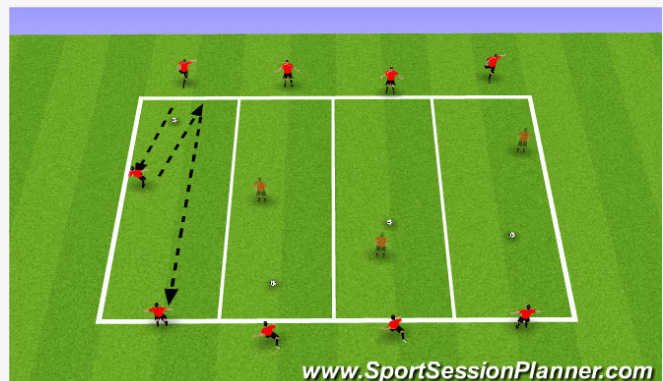
Organization

Same set up as before - add an additional player into the center of each group so that there is 3 players working together.

Players will pass short into the center player - who plays it back to the same player - the player then passes the ball all the way to the other end of the channel. Then the player in the center repeats the short - short - long process with the player in the middle.

Coaching Points

1. Player in the center - can we move quickly to support each player. However can we make sure the quality of the pass we play is good.
2. Pass selection - if we are playing short which passing technique should we use? longer passes - which should we use.
3. The player receiving the ball should be on their toes ready - can we get in line with the ball too?
4. Speed of the play - can we increase play two football - but we



must keep good technique.

5. Can we take a good first touch - when receiving - or can we play 1 touch?

Switch the players in the center every minute - to 90 seconds.

3 Zone Game (15 mins)

Organization

30 x 20 rectangle - split into 3 zone's. Players are split into 3 teams (above red and Blue are working together)

The aim is for the red team to get the ball to the other side, with the yellow team trying to stop the pass.

Each time a ball gets across to the other team it is a point for them.

The ball cannot stop moving - reds can pass the ball to each other - however after 4 passes a Yellow player can go in to the teams zone.

Pattern -

1. Each team is defending for 2 minutes

2. Adjust passing pattern so tat they must make 3 passes before Switching the ball and that defenders can come in straight away.

3. Every time the ball stops or is intercepted/tackled then the team who losses possession must go in as defenders.

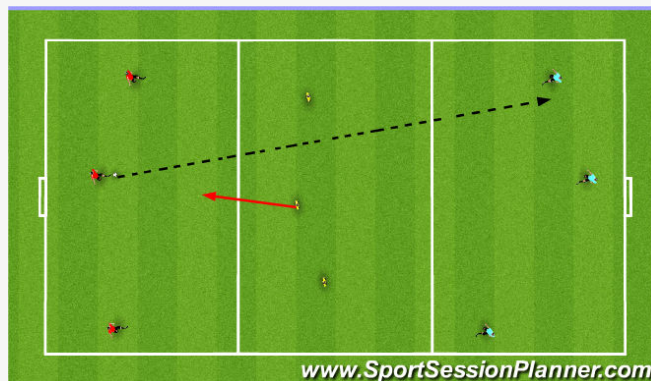
Coaching Points

1. Move the ball quick to move the defenders

2. Can we look to switch the ball in our own Zone - this will move defenders around

3. Support the Tea with the ball - Blues are showing support by being away from the defending zone but also by offering width so that all the red team players would have supporting pass

4. Speed and Quality - make sure we keep the quality levels high and that we are using the correct technique.



Game (10 mins)

Organization

Remove lines and play a game - Encourage possession and driven passses, but focusing players on keeping a strong technique.

