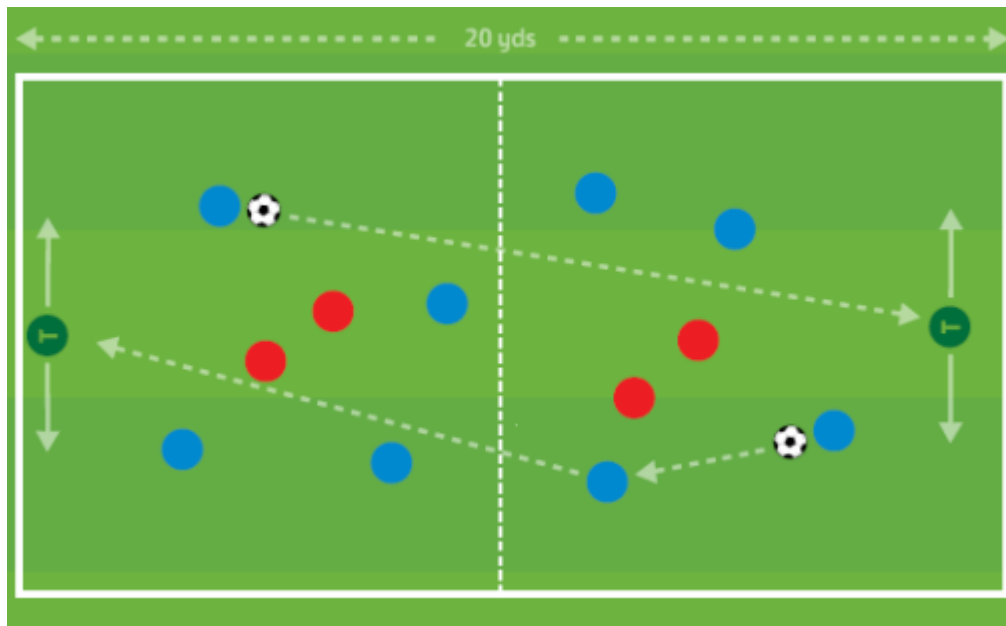


Passing and Receiving



Key Coaching Points

Maintaining good body position whilst looking to retain possession is important to assess opportunities to make penetrating pass to perimeter target player.

- Emphasis on supporting play within short range (i.e. 4v2 situation), whilst looking for longer-range passes to open-up play.
- Patience and continuous assessment needed to make decisions on appropriate time to play penetrating pass.

Practice organisation

- Area 20x10yds with half way line marked, as illustrated.
- 14 players, 2 balls.
- Practice starts with: 4 attackers versus 2 defender in each half, with 2 target players on opposite sides of square ready to receive.
- Attackers within each internal square keep possession, looking for opportunities to transfer ball to a target player supporting play on the perimeter opposite.

- Objective is to keep possession in own half, whilst looking for opportunity to transfer ball to far side target player.

- Ball is transferred back to attackers by target player to restart practice.

Detail

- This ratio can be adjusted to suit ability.

- Ball must be passed to target player along ground (no aerial passing).

- Target player dribbles ball outside internal working area to transfer a pass back into attackers to restart practice.

- Players need to be aware and assess opportunities to make penetrating passes through an ever-changing picture.

- Simple progressions for this practice are:

- Target player dribbles ball back to restart practice and becomes defender once transferring ball into attackers.

- Previous defender then takes place of target player on outside.