

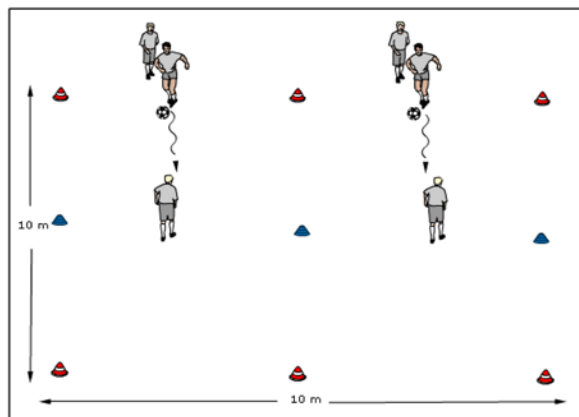
## PLAN 3- SESSION #1 PASSING & RECEIVING

### A. Warmup : 3 man line drill

#### SETUP :

- 5 x 10 grids
- 2 players on one side, 1 player in middle facing them.
- Ball with the 2 players.

Can also have players 10 yards apart for dribbling and passing.



#### ORGANISATION :

1. Dribble ball across and stop for next player. R only, then L
2. Tick Tock dribbling.
3. 2 touch pass and follow.
4. 1 touch passing
5. 2 touch laces passing
6. Player in middle, opens up to receive pass (passer goes to the middle), dribbles to end and does Cruyff turn, dribbles back to middle and passes back to next player.
7. Player lobs ball for middle player to side foot volley to next player. Have players 3m apart.
8. Player lobs ball for middle player to chest then volley to next player.

#### KP's :

- Passing : non kicking foot, part of the foot, go thru the centre of the ball, follow thru
- Receiving : on toes for Body Behind Ball, cushion, first touch
- Good service.

### B. Opening Up to Receive inside the square

#### SETUP :

- 10 x 10 grid.
- 4 players inside grid.
- Players are at corners of grid.
- If more than 4 per grid, players should pass and follow.

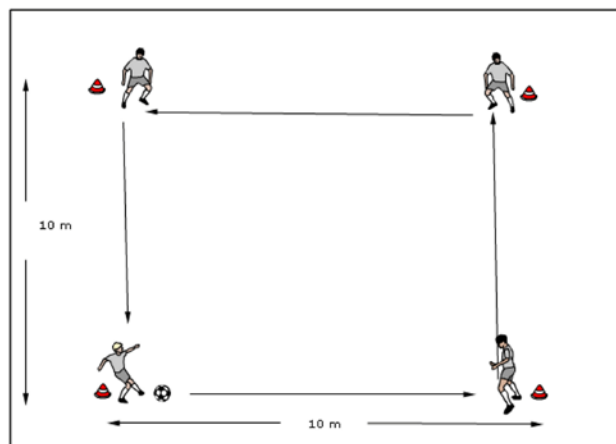
#### ORGANISATION :

Players pass with R foot counter clockwise around grid.  
Players 'open up' to receive with inside of R foot.

Repeat with L foot going clockwise.

#### KP's.

- Passing technique
- On toes to position feet to 'open up' to receive.



## C. Moving & Passing inside grid.

### SET UP :

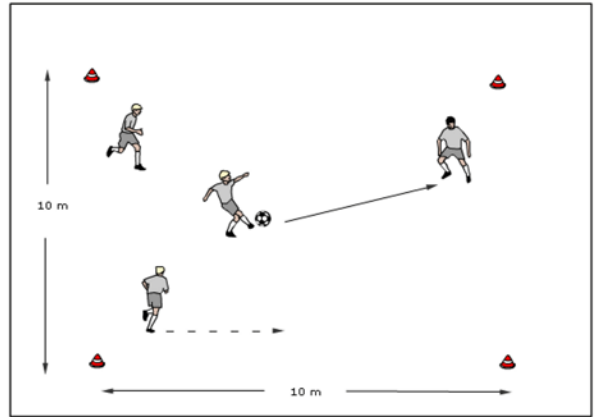
As above, 4 players in 10 x 10 grid.

### ORGANISATION :

Players moving freely using 2 touch passing inside grid.

### KP's

- Show and call for the ball.
- Distance of support ...5+ m.
- Quality of pass.
- Close first touch.



## D. 4 v 1 Outside grid

### SETUP :

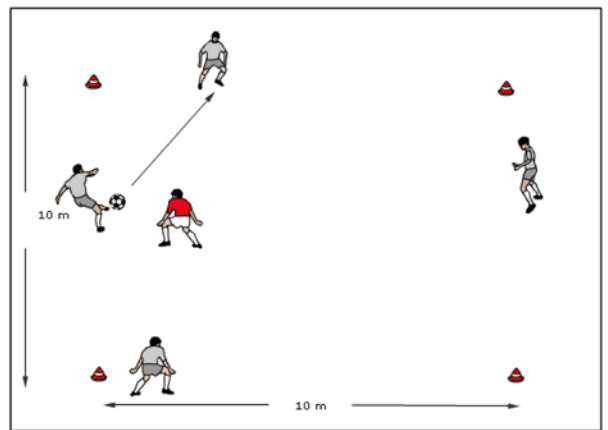
- 5 players per 10 x 10 grid.
- 1 player inside grid, others on lines outside grid.

### ORGANISATION :

- 4 players try to keep ball away from defender.
- Each player moves up and down their line, providing support for player with ball.
- If defender wins ball, player who is responsible for losing it goes in.

### KP's :

- Angle of support
- Open up to receive
- First touch away from pressure
- Accuracy of pass.



## E : Conditioned Game

### SETUP :

- 30 x 20 with 5m end zones
- 1 player from each team in both end zones
- Play 3 v 3 in middle

### ORGANISATION :

- Team can score by hitting target player in either end zone after 3 passes (reduce #passes if needed).
- Once they hit their target player, they keep possession and try and hit opposite target.

### KP's :

- Support
- First touch away from pressure
- Open up to receive
- Accuracy of pass.

