

SESSION #1 PASSING & RECEIVING

A. Warmup : 3 man line drill

SETUP :

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

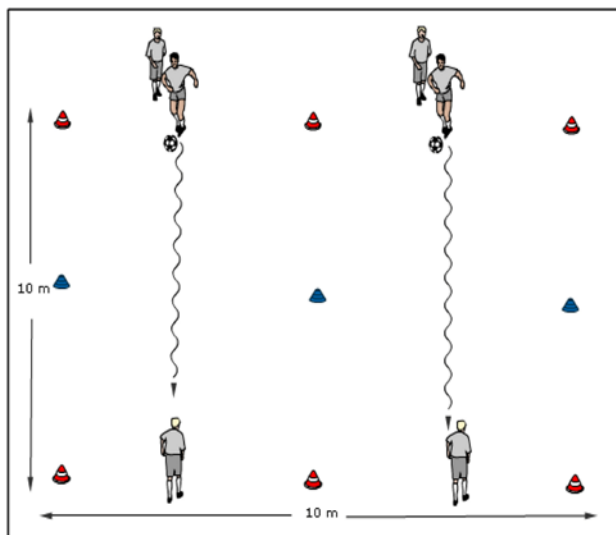
ORGANISATION :

1. Dribble ball across and stop for next player. R only, then L
2. Tick Tock dribbling.
3. Dribble to centre and pass, R only then L only
4. Juggle ball across – keep it off the ground.
5. Player lobs ball for inside volley back to next player. (3 - 4m apart)
6. Control and pass - 2 touch passing
7. Set Up pass (short, short, long) with straight support. 1st player plays a long pass and runs straight to receive and play back a short pass. Next player repeats.
8. Set up pass but provide angled short support.
9. Numbered commands - #1 Dribble & pass, #2 Control & pass, #3 Set Up pass.

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 :

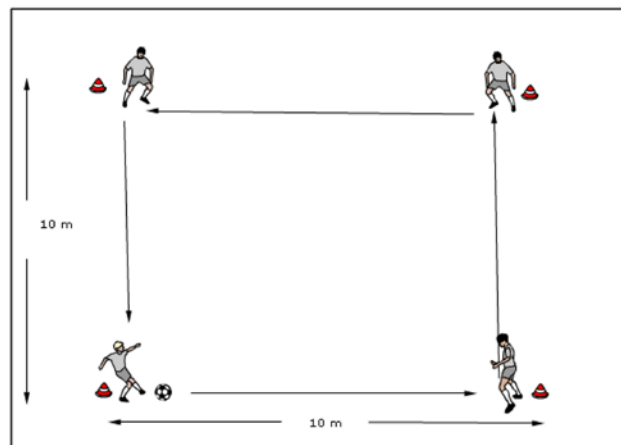
- 10 x 10 grid.
- 4 players inside at corners of grid.
- If more than 4 per grid, players should pass and follow.

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 :

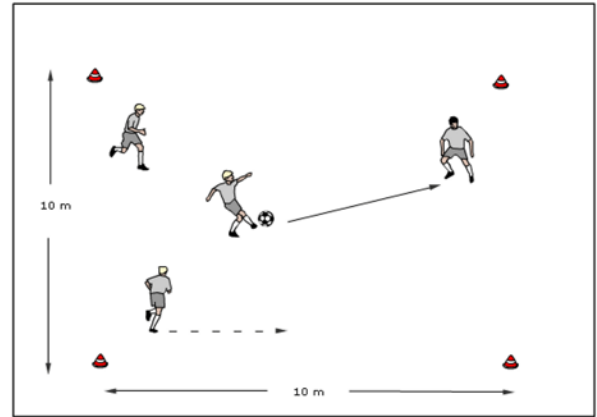
As above, 4 players in 10 x 10 grid.

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. 3 v 1 Inside grid

SET UP :

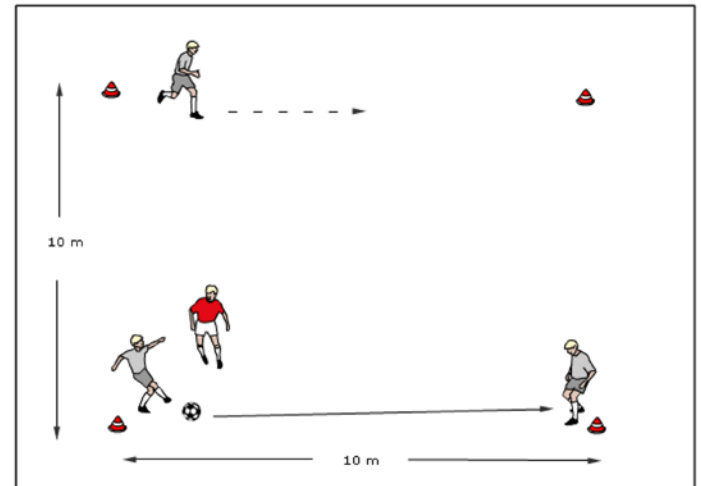
- 4 players in 10 x 10 grid.
- 3 attackers and 1 defender

ORGANISATION :

- 3 attackers keep possession against 1 defender.
- 7 passes = 1 push up for defender, then use 1 touch

KP's

- Find most space to support.
- Move quickly to support when ball is in flight
- Call for ball
- Timing of pass
- Quality of pass.
- First touch away from pressure.



E : Game with 2 Targets

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 :

- Find Space
- Angle of Support
- First touch away from pressure
- Open up to receive
- Quality of pass.
- Choice of pass.
- Movement

