

SESSION #2 PASSING & RECEIVING

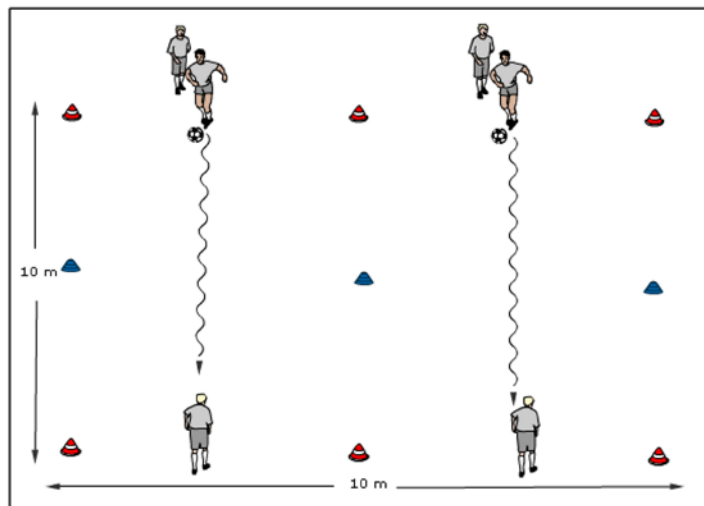
A. Warmup : 3 man line drill

SETUP :

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

ORGANISATION :

1. Touch Step dribble ball across and stop for next player. R only, then L
2. Tick Tock dribbling.
3. Drag roll ball R ! L.
4. Juggle ball across
5. Dribble to half and touch pass
6. 2 touch passing



7. End player moves to 5m away : 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.
9. 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.
10. End player moves to 5m away : Set up play (short, short, long) with straight support.

KP's :

- **Quality of every technique.**
- 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 :

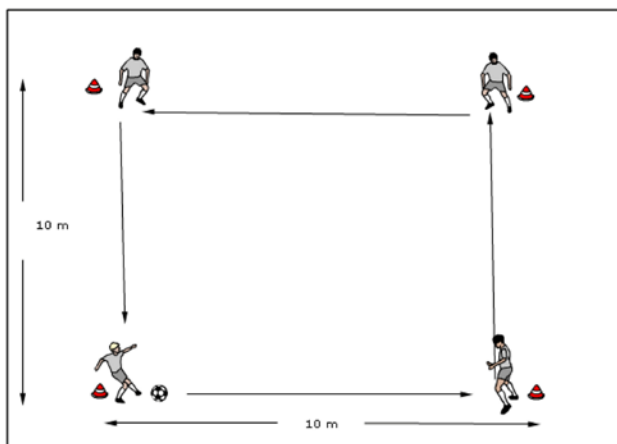
Players pass with R foot counter clockwise around grid.

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 :

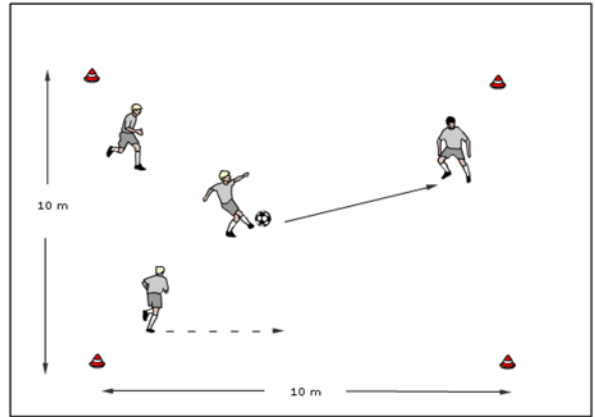
As above, 4 players in 10 x 10 grid.

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. 3 v 1 Inside grid

SETUP :

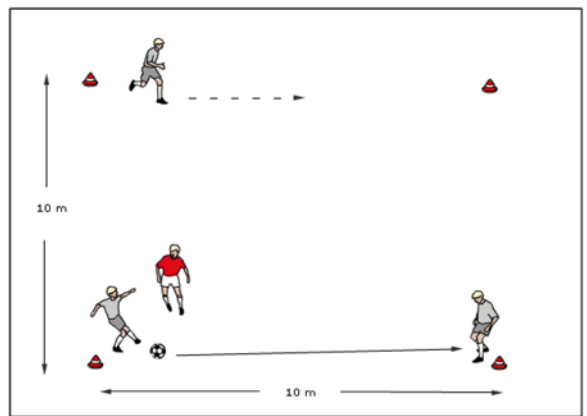
- 4 players per 10 x 10 grid.
- 3 attackers and 1 defender inside grid.

ORGANISATION :

- 3 players try to keep ball away from defender.
- 10 passes then defender does push ups and attackers then have to use 1 touch passing
- If defender wins ball, player who is responsible for losing it goes in.

KP's :

- Find most space – call for ball
- Anticipate support – move when ball is in flight
- Angle of support
- First touch away from pressure
- Quality of pass.



E : Conditioned Game

SETUP :

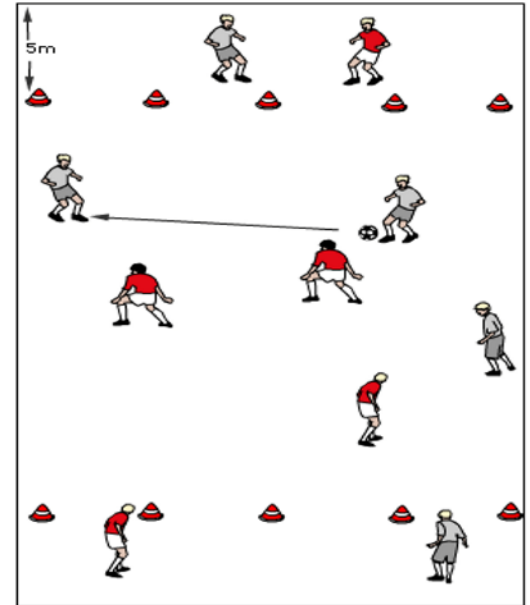
- 30 x 20 with 5m end zones
- 1 player from each team in both end zones
- Play 3 v 3 or 4 v 4 in middle

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.
- Can be free passing or 2 touch

KP's :

- Support short/long
- First touch away from pressure
- Choice of pass – safe or risky
- Open up to receive
- Accuracy of pass.



F : Game

Play and a normal game.
Look for team shape.