



Passing and Receiving Technical Practice

ORGANISATION: Pitch arranged into six small rectangles. Groups of three in each rectangle, with 2 players at the ends and 1 player in the middle.

Progressions:

1. The end players plays a one-two with the middle player before playing long to the other end player. Move from side-to-side along the end line to receive each time.
2. Rotation with the middle player stepping out to the end after setting the ball. The end player then steps in to become the middle player after passing across. Each group can choose their moments to rotate.
3. Playing the pass across with the outside of the foot.
4. Two players in the middle with one player acting as a passive defender. The end player plays into the middle player who receives with the outside of the foot to then turn the defender. The far player then comes into the middle to allow the pattern to repeat.

COACHING POINTS:

General Points:

- Different weights of pass.
- Communication with passing.
- Maintaining height, width and depth while rotating.
- Playing on different lines.
- Little movement to step in before receiving outside of the foot.

