Passing & Receiving 1

Category: Technical: Passing & Receiving
Difficulty: Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Description

Small group possession, numbers up 5v2. Movement off the ball & support angles. Composure on the ball.

Triangle Passing Exercise (15 mins)

SetUp

Two 15x15x15 Triangles

Organization

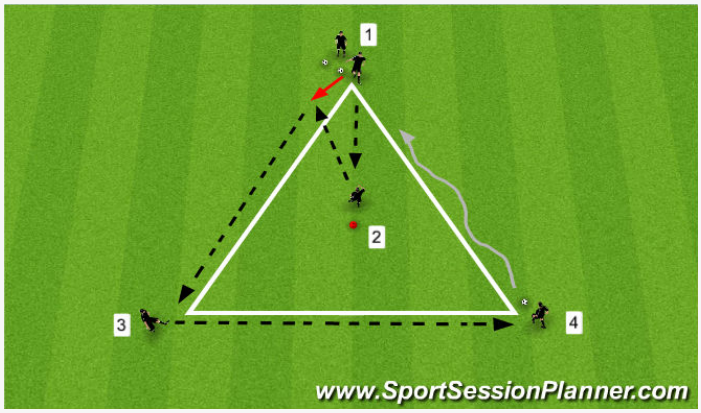
Player 1 starts and passes to player 2 in the center of the triangle. Player 2 passes back to player 1 who plays to player 3. Player 3 passes to player 4 who dribbles as speed back to the start.

Progressions

Various

Coaching Points

Firm accurate passing
Body shape when showing for and receiving the ball
Speed of action



Half Field Possession Game (15 mins)

SetUp

Two 20x15 areas

Organization

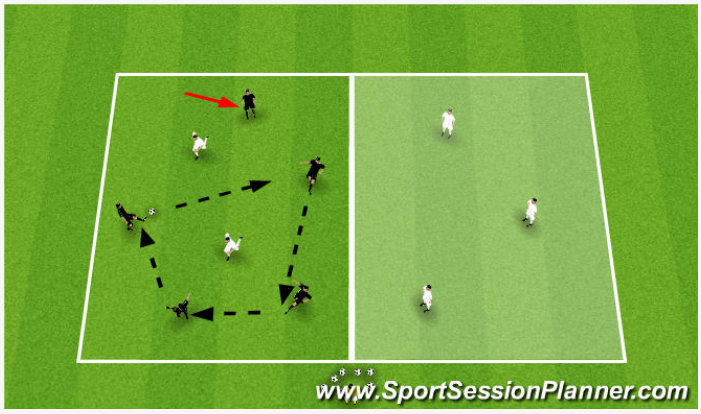
5/6 players in each area, coach plays ball in to one team, the other team must send a defender across to try and win the ball. X number of passes for a point If it breaks down coach plays a new ball to other team and whoever loses the ball defends the other box. *Bonus point if defender wins the ball and can pass to teammates.

Progressions

1) After a point is scored send a new defender
2) May restrict number of touches

Coaching Points

Look to take a positive touch at all times
Body shape when showing for and receiving the ball
Angles of support off the ball



Target Possession Game (20 mins)

SetUp

25x35 area, 5v5 + neutral player

Organization

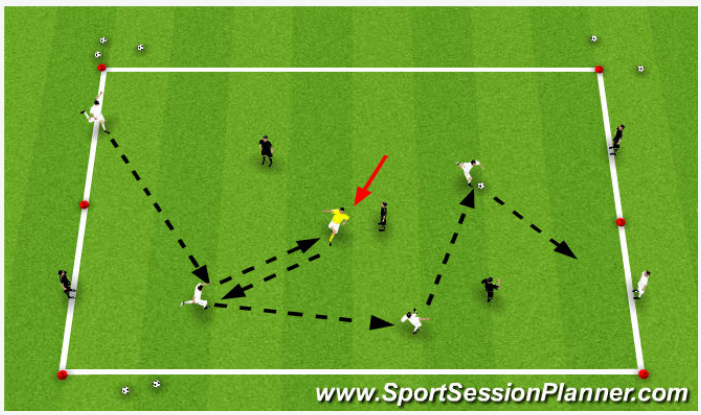
Possession team must score by playing from one target/outside player to another.

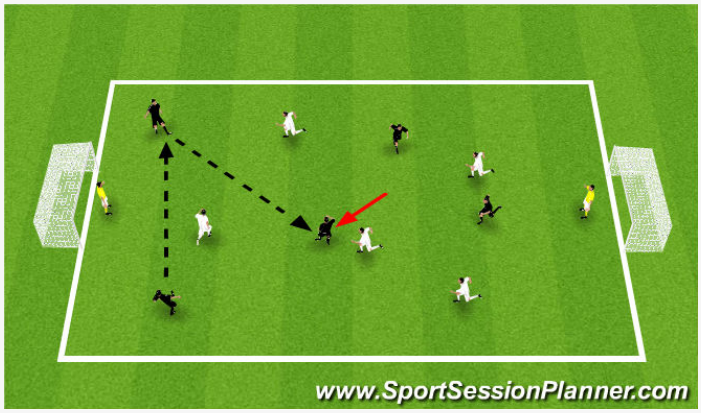
Progressions

Outside players can enter the game but must be replaced with a player on the inside.

Coaching Points

Firm accurate passing
Body shape when showing for and receiving the ball



End Game (20 mins)

SetUp
40x60 field with goals
Organization
6v6 Format with keepers. Normal rules apply. Condition the game to address the theme & demands of the session.
Progressions
Change the conditions or remove completely.
Coaching Points
Points continued from the theme & demands of the session.