



GRP Curriculum: Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Young Member

Warm Up

Set up:

20x20
Ball per player
two groups

Organization:

Every player has a ball and performs multiple techniques

- right foot only
- left foot only
- inside cut
- outside cut
- pull back

Key Factors

- Keep the ball close
- using the laces to push the ball forward (instep to correct)
- changing direction
- speed of play
- head up

Progress

1. Change of pace
2. smaller area



Activity 1: Passing and Moving

Set up:

Each team has 1 ball

Organization:

- Red passes to Red
- Two - three touch control
- Right foot
- Left Foot
- Dribble 5 yds and Pass

U14-U17

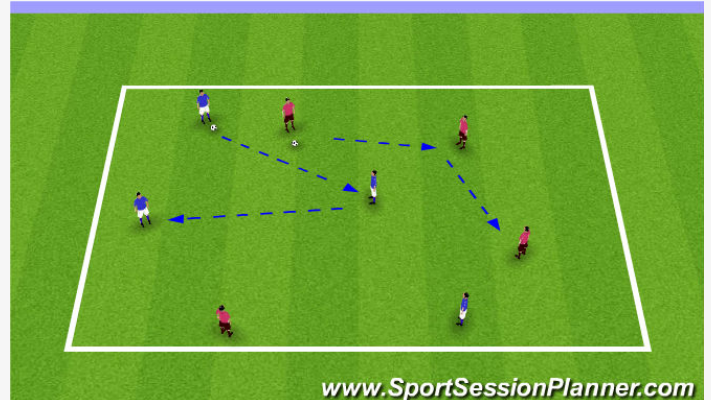
- short - short - long
- one touch - two touch
- long - short - long

Key Factors:

- Control the ball, correct the ball, pass the ball
- strike through the middle of the ball
- planting foot next to the ball (don't reach)
- strike through the ball (follow through)
- weight of pass
- movement towards the ball
- open hips
- driven, lofted, on the ground
- head on a swivel
- control, look, pass -> look, control, pass

Progression:

- one touch
- two balls
- no communication
- one player has a restriction (IE one touch, right foot only, only can pass a flighted ball)



Activity 1: Passing and Receiving

Set up:

Each team has 1 ball

Organization:

Red passes to Blue passes to Red

Two - three touch control

-Right foot

-Left Foot

-Dribble 5 yds and Pass

U14-U17

short - short - long

one touch - two touch

long - short - long

Key Factors:

- Decision Making - on and off the ball

- Movement on and off the ball

- Finding Space

- Control the ball, correct the ball, pass the ball

- strike through the middle of the ball

- planting foot next to the ball (don't reach)

- strike through the ball (follow through)

- weight of pass

- movement towards the ball

- open hips

- driven, lofted, on the ground

- head on a swivel

- control, look, pass -> look, control, pass

Progression:

- *need to pass to the player moving*

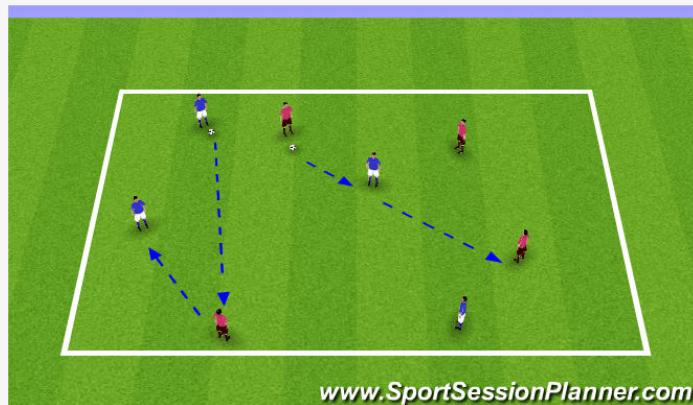
- *Combination play*

- one touch

- two balls

- no communication

- one team has a restriction (IE one touch, right foot only, only can pass a flighted ball)



Final Game

Final Game

Let the players play

