



Passing

Category: Technical: Passing & Receiving

Difficulty: Beginner

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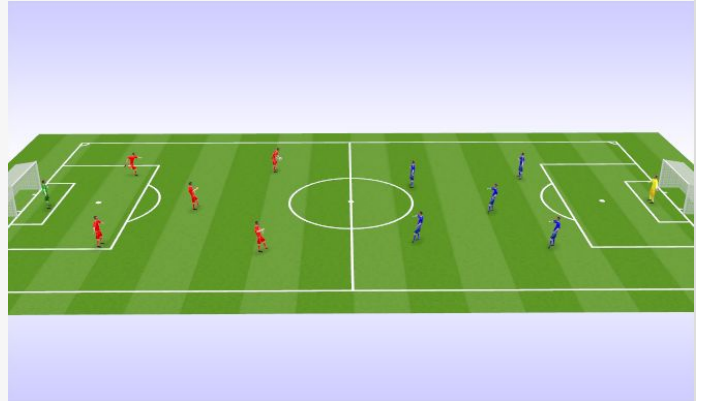
Game Play 6v6

Game Play - 6v6

Coach the players in positions and have one coach on the field refereeing and one coach with subs.

Want a free flow of the game not a lot of stop start.

Throw ins, Kicks offs, Corner Kicks, Goal Kicks teach them on the fly.



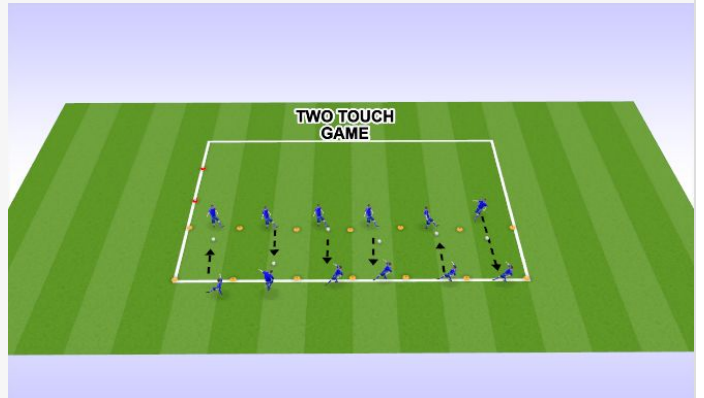
Two Touch Game (15 mins)

Passing Game - Coach will demonstrate with whole team.

- Line players up on a line and go over the Passing techniques.
 - Non-Kicking foot aimed at target
 - Passing foot turned sideways-Toe up and heel down - Lock ankle
 - Bend knees... Smooth stroke about 2 inches above grass... Push it to them.
 - Players move towards the ball and not just standing there kicking. Move two steps to the ball.
- Players pass the ball back and forth as shown in the diagram. Play for about 1 minute.

Challenge - Players will try to pass the ball though each others legs to score a point. 2 minute games and then switch partners and play again.

Start at middle orange cones and then move them back to the red cones further away. Play a game to 2 for 2 minutes each.



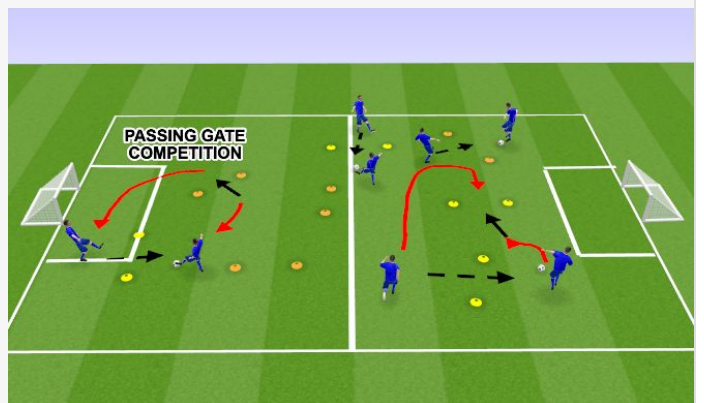
Window Competition (15 mins)

Gate Game - Passing

- Place about 8 gates using cones and place them about 5 feet apart around the field.
 - All players need a partner and one ball.
 - Coach Demo the activity with a player from your group so that the players know what you expect.
- Start with each group of partners setting up across from each other.
- When the coach says GO players have 1 minute to pass through as many gates as possible in one minute.
 - Switch Partners each round and players have to try to beat their previous score each time.3-4 rounds

Coaching Points:

- Good passes inside of the foot
- Knowing the weight of the pass
- Head up and look to targets
- Communicate



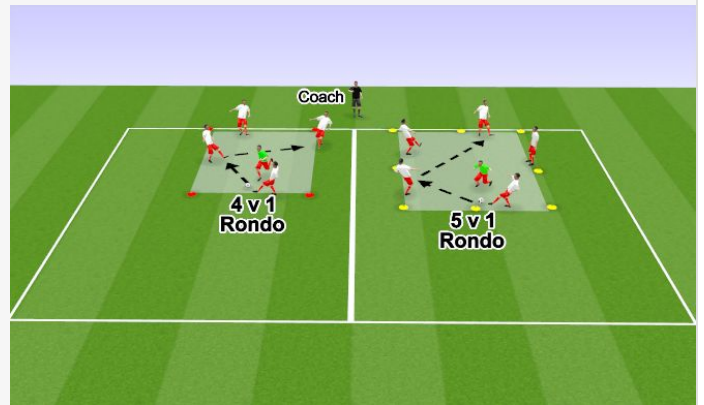
Rondo - Piggy in the Middle (15 mins)

Rondos - 10x10 square

- Create 1 to 2 grids dependent on number of players present.
- 4v1 / 5v1 - Coach jumps in to paint picture.
- Start with one group while others sit and watch. Once it's going then step in and get the next group going.
- Outside players keep possession away from 1 inside player.
- The defender will serve for 60 seconds as the outside players try to see how many passes they can connect on the player in the middle. If the middle player wins the ball count and return the ball to the outside players to keep trying to beat the high score.
- Change defenders and go again until all players become the defender. It will be slow at first as they catch on but once they get it they will surprise you.

Coaching Points

- 1-2 touches
- Off the ball movement to create support
- Vision - ask them to play and think quicker
- Proper passing and receiving techniques



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