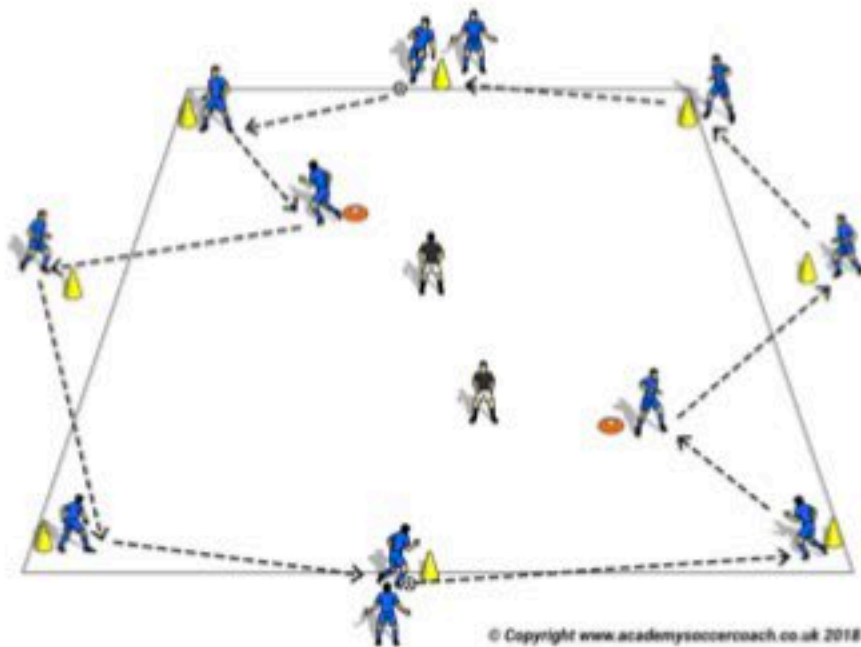


BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Passing & Receiving - Short



4 Corners

Passing & Receiving
Movement
Support play

Deciding on when/how to run
Confidence in different passing techniques
Concentration levels with passing

Agility
Balance
Co-ordination
Stamina to keep running

Communication – vital throughout
(verbal/non-verbal)

Session Set-Up

30x50 yd area

Cones

Superdomes

Supply of Footballs

Session Detail

Players are spread out to replicate the 1-3-5-2 formation, as shown. Practice starts with top and bottom players passing to their right and players receiving the ball and passing and following into a set sequence. Practice repeats.

Progressions

Add in more footballs
Change of direction
Players on the cones swap with a given time limit

Key Questions

Have I started the practice with tempo and quality?
How am I going to receive the ball?
When do I make a move to receive?

Coaching Points

1. Passing quality
2. Movement to go in then out to take defender away to create space
3. First touch in the direction of practice
4. Support angles and distances to player on ball
5. Pass with precision and crispness
6. Fluid movement to next cone/space