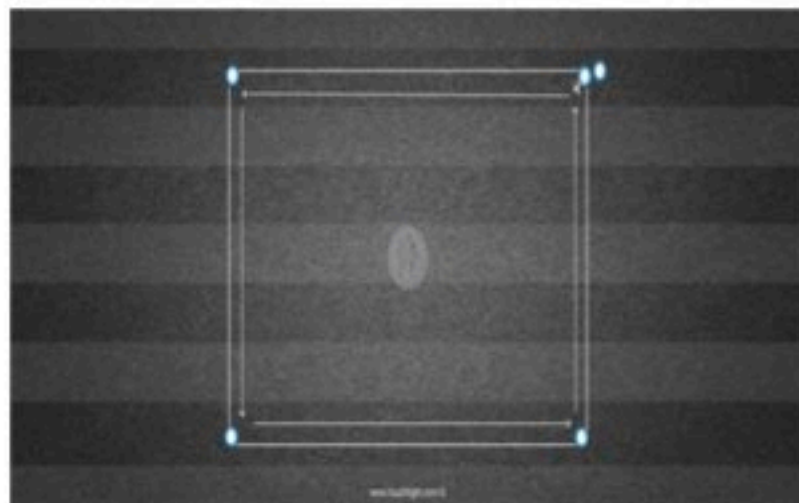
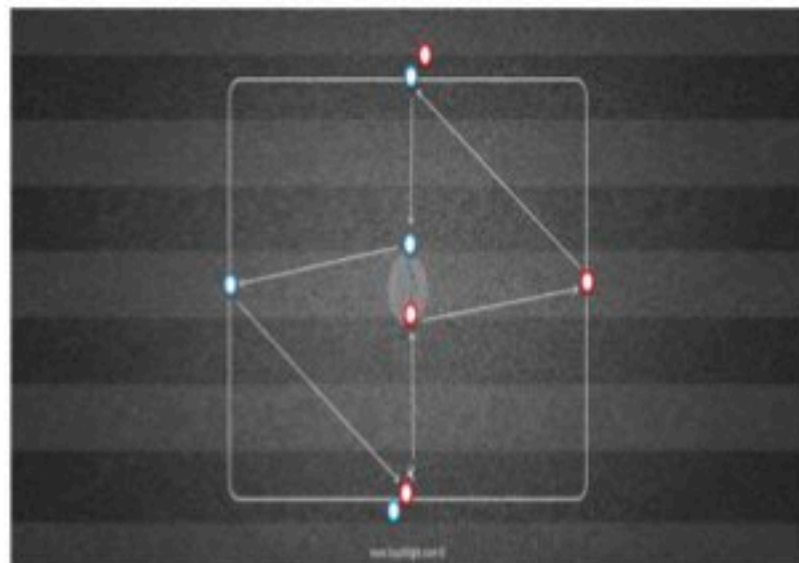


## Passing, Receiving & Support Play

1



2



### Session Set-Up

10x10 grid

Supply of footballs

Cones and/or  
Superdomes

30x20 grid

### Session Detail

**1TP**, AJAX passing and receiving square. Players pass receive and move around the square in a sequence.

**2TP(2)** Passing positional practice. Practice starts with the red player at the bottom (CH). CH passes into CM in midfield. CM passes to W on the outside. W then passes to ST at the top of the practice. Practice is continuous

### Competition Motivation

Arrange 2 squares and add a time limit of no. of passes for both practices

### Individual Challenge

Try to always have the right body position to be able to receive on your back foot

### Unit/Team Challenge

How many passes can they get within  
certain time limits

Experiment with passing with  
different surfaces

### Key Questions

Have I moved and is my body open to receive on my back foot?

### Progressions

Pass and move ball diagonal, pass and move tightly around the cone - practice 1.  
Add 2-4 balls into technical practice - practice 2.

### 4 Corners | Coaching Points

1. Pass selection, weight and accuracy
2. Body position to receive
3. First touch direction

1. When and where to support for 1-2s
2. Awareness of next ball and where it needs to be played

1. Speed of the pass and movement to cone

1. Communication
2. Concentration of next ball