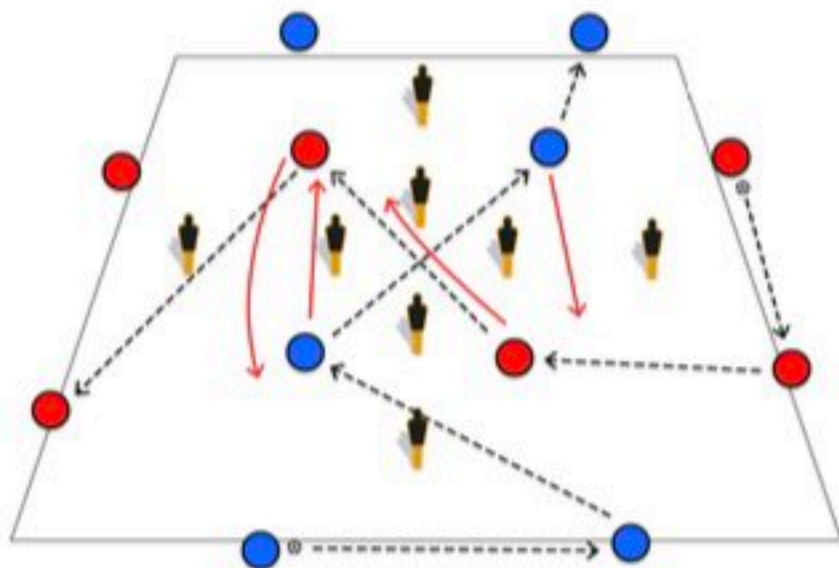


BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Passing & Receiving - Medium



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Session Set-Up

50 x 30 yd area

Supply of
Football

8 Mannequins

6 Red Bibs &
6 Blue Bibs

Session Detail

Players are spread out to replicate the 1-3-5-2 formation or best to suit this formation. The Reds are playing west to east and Blues north to south. Players must pass between the lines of the mannequins with also interference from the blues and likewise for the blues. Once players move ball to either end players in the middle swap positions to receive. Ball gets played into the receiver from starting point of the practice. Practice repeats.

Progressions

Swap players roles for all receiver and/or becomes inside player
Swap direction of players
Players can choose to play over the lines of mannequins

Key Questions

Have I looked over my shoulder before I have received the ball?
Where's my next pass going to be?
Is my body shape good enough to see the next near and far pass?

Coaching Points

1. Passing quality – selection, weight, accuracy
2. Movements to lose the defender
3. Look over shoulder to either receive or to move to receive pass into space
4. Communication between team-mates for the switch – support play
5. First touch – get ball out of feet for your choice of pass – near or far
6. Execution of pass and working the ball from end to end

4 Corners

Passing & Receiving
Movements
Support
Positioning

Decision making on when/where to supply the pass
Concentration of selection and next pass

Balance
Co-ordination
Stamina
Power – different techniques

Communication
Coping with selection and power of pass to team-mate