

BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Passing & Receiving - Long



Session Set-Up

Box to Box pitch length	8 Mannequins	Supply of Footballs	8 Blue Bibs, 8 Red Bibs, 3 Yellow Bibs 2 Green Bibs
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Session Detail

GK rolls ball out to no.5 who passes to their left. No. 3 then passes to either no.9 or 10. who plays the ball back for either no.4/6/8. The pass then goes to the oncoming no.7 or 11 to play a pass into the GK. Practice is continuous.

Progressions

Change direction
No. 7 or 11 have a shot against the GK
No.7/11 cross the ball for no.9/10 to score from inside the box
Coach to supply GK with the ball after the shot and cross – to restart practice

Key Questions

Has my pass got the power in it to reach the no.9/10?
Is my (No.9) touch good enough and no. 6/8 supporting as balls travels?
Where should the next pass be played?

Coaching Points

1. Passing quality – selection, weight, accuracy
2. Receiving skills – 1-touch or 2 touch depending of flight of the ball
3. Control surface of no.9/10 – chest, thigh, foot
4. The set pass back – does no.9/10 need to generate their own power or is the ball been played in with pace for a cushioned touch
5. Run made by no.7/11 – powerful, aggressive to supply the pass/cross

4 Corners

Passing & Receiving
Support play
Control & first touch

Decision making with movements

Power
Balance
Strength

Communication vital throughout
(verbal/non-verbal)
Believing it will work