

## Passing and Receiving

**Coaching Points:** *Passing*-Approach to ball, Ankle locked, toe point up, strike middle of ball (shorter passing), strike ball at angle for longer passing, strike bottom half of ball for longer passing, placement of non-kicking foot for short passing and long passing, head steady, eye contact. *Receiving*-First touch and importance of cushioning ball, take a touch away from pressure, first touch sets up 2nd touch, get in line with the ball, select controlling surface early, open body up to see as much of field as possible, read the path of the ball, keep ball moving-don't stop ball.

**Coaching Topics:** Passing-push pass (shorter possession type passes), Driven passes, Passing for possession (combining both long and short passes), Receiving ground balls, Receiving aerial balls, Receiving and turning.

### Warm-up

#### “Roxborough Square”

Half of the players are inside a rectangle without a ball, half outside with a ball. Players from inside check to an outside player and receive a pass, pass the ball back then get a new ball from another outside player. 2) Receiving player now receives ball from outside player and then dribbles ball and passes to an outside player who does not have a ball 3) Receiving player will now receive ball from outside player, give it back to outside player who has run inside the square and replaces them outside the square.



### Match Related

#### 3v1

Groups of 4. Use a 10x10 square. 3 players take a spot on the outside of the square, 1 takes a spot inside the square. The 3 players must stay on the outside of the square and have two touches. The inside player tries to prevent the outside players from making 5 passes after which they are awarded a point against the defender. The defender gets a point every time they touch the ball and can keep it. Just knocking it away isn't good enough. Rotate the defender every minute or so. The person who is in the middle with the most points against them (passes-touches) has a fun-little forfeit to do. If not enough success, then have the person in the middle hop on one foot.



### Match Related

#### 3v3 to 4 goals

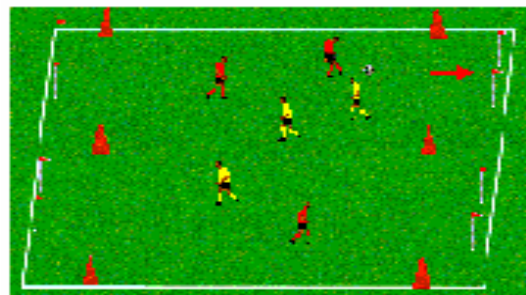
Two teams of 3. Spread out around the field of about 40 long by 30 wide 4 coned goals. A team gets a point when they can pass the ball through one of the goals. They get two points if they can pass the ball through a goal and then it is received by a teammate. Could also make that way the only way to score a point. Since there are 4 goals, or one more than each team has, an open goal should always be there.



### Match Related

#### Goals Outside

Two teams of 3-4 players. Make a field so that it is 40 long by 30 wide, but make a line with cones about 5 yards from the end. The goals are outside of the playing field. The only way to score is to pass the ball thru one of the two goals on the ground from inside the field. Once the ball is past the line of cones, no one can enter.



**Match Condition****4v4**

Play the game. Could reward a team a point if they make 5 passes that is not interrupted by the defending team. Could also give them a two-touch restriction. After a bit, then play normal.