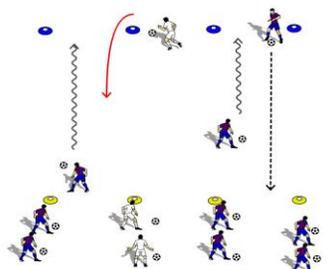




OBJECTIVES- Passing and Receiving



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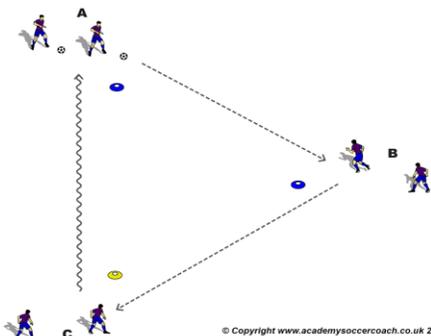
TECHNICAL WARM-UP Grid Size: 20x30 Duration: 15 Mins

Dribbling

Groups of 2-3 players max in each line, cones 10-15 yd apart
Player A dribbles to blue cone using different parts of feet.
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
When Player A gets back to start Player B can proceed
Progression: After turn he can pass to the player at the back of the line who pops out and calls for the ball

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.



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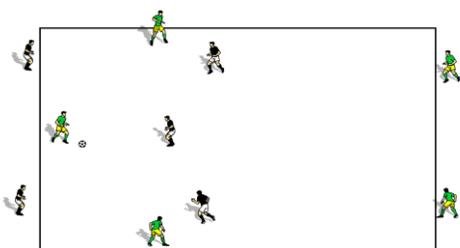
ACTIVITY 1 Grid Size: 20x30 Duration: 15 Mins

Passing Triangle

Groups of 4-6 players. Player X plays to Y who receives the ball across his body in the direction of player Z. He then passes to Z who receives the ball across his body and speed dribbles to the beginning. The passes should all be on the outside of the triangle.
Change directions, challenge players to complete turn and pass in 2 touches. Up Back Thru at the yellow cone.

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked on the pass, passes should be to the correct foot.
Player receiving the ball - hips open pointing in the direction he wants to go.



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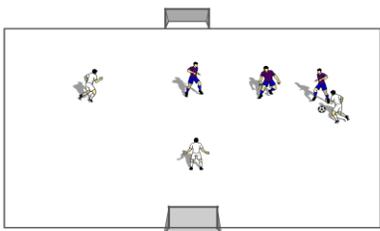
ACTIVITY 2 Grid Size: 20x30 Duration: 15 Mins

3v3 to targets

play 3v3 in a 20x30 grid with 2 targets at the end for each team. If a player can connect a pass to the target he switches positions with the target and the other team starts the ball from there and tries to play to their target.
First team to connect 5 passes to their target win.
Challenge- players have only 2-3 touches, or team must make 3-4 passes before they can play the targets

COACHING POINTS / KEY CONCEPTS

Spacing on the field, Play to the correct foot to go forward with the 1st touch, proper technique with passing and receiving.



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ACTIVITY 3 3v3/4v4 game Grid Size: 20x30 Duration: 15 Mins

3v3 games

COACHING POINTS / KEY CONCEPTS

Team must make 2-3 passes before they can score.
Look for an open teammate to pass to so they can shoot and score
Proper technique with passing and receiving.