



PLAY – PASSING AND RECEIVING

Focus: Improve players ability to receive the ball under pressure

Explanation

- Start with a game, as players arrive form up to 3v3 game with 4 goals.
- Two teams, each team are trying to score in opposing goals.

Coaching Points

- See player's head down and receiving into trouble: Say 'keep your head up and scan (look around) before receiving'.
- See player's first touch into trouble: Say 'can you take your first touch into space and away from pressure'.
- See player's body position closed off: Say 'can you be in a position to see the ball/target and opposition'.

SO-CHANGE-IT

- Players must have two touches before releasing the ball.
- Can only score with first time finish.

Repeat Play at the End

- Encourage players to switch the ball away from pressure either with their first touch or by passing to a teammate.
- Always end with a game, uneven numbers are fine (try to avoid 1v1).





PRACTICE - PASSING AND RECEIVING

Piggy in the Middle

Explanation

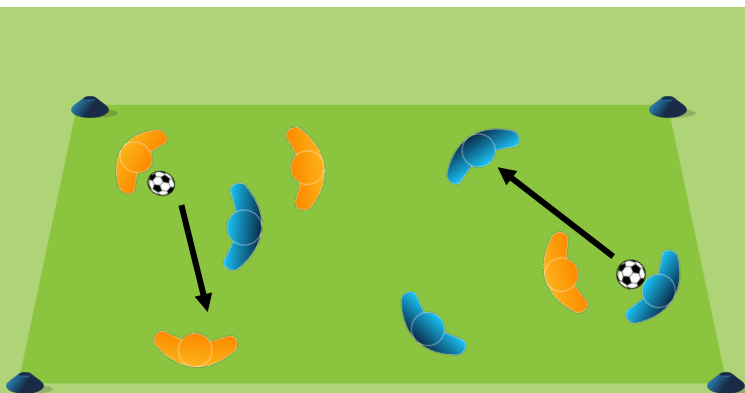
- Organise players into groups of 3 or 4, 1 player is the 'piggy in the middle'.
- Players try to complete as many passes as possible without the piggy winning the ball.
- If the piggy wins the ball, they get a point and give the ball back, passers also start their count again.
- Play for one minute and see how many successful passes can be made.

Coaching Points

- See player's head down and receiving into trouble: Say 'keep your head up and scan before receiving'.
- See player's first touch into trouble: Say 'can you take your first touch into space and away from pressure'.
- See player's body position closed off: Say 'can you be in a position to see the ball/target and opposition'.

SO-CHANGE-IT

- When the piggy wins the ball, they swap with the passer.
- Restrict the playing area or make it bigger.
- Change the type of pass (chip, short or loft).



Space Invaders

Explanation

- Divide groups into pairs with one ball per pair.
- One pair starts as space invaders (their ball is set aside).
- Space invaders move side to side inside their zone.
- Astronauts can only move behind or along their boundary line to pass and receive their ball.
- Set a time limit for players to score points, then rotate space invaders.
- Astronauts score a point for each successful pass and space invaders for each interception.

Coaching Points

- See player's head down and receiving into trouble: Say 'keep your head up and scan before receiving'.
- See player first touch into trouble: Say 'can you take your first touch into space and away from pressure'.
- See player's body position closed off: Say 'can you be in a position to see the ball/target and opposition'.

SO-CHANGE-IT

- Increase or decrease number of space invaders.
- Players can pass to anyone on the other side, work as a team.



Gate Goals

Explanation

- Setup gates within the playing area (approx. 1m apart).
- On coach's signal, pairs pass a ball to each other, then run with the ball to a free gate and repeat the activity.
- Continue for 30secs until you call, 'Stop!'.
- Pairs score one point for each gate they pass the ball through.
- Make 2 players as defenders then rotate each turn, defenders just need to touch the ball to reset the count.
- Defenders cannot intercept the same pair in a row.

Coaching Points

- See player's head down and receiving into trouble: Say 'keep your head up and scan before receiving'.
- See player first touch into trouble: Say 'can you take your first touch into space and away from pressure'.
- See player's body position closed off: Say 'can you be in a position to see the ball/target and opposition'.

SO-CHANGE-IT

- Add more defenders.
- Passing through the gate with non-dominant foot.

