



PLAY – PASSING AND RECEIVING

Focus: First touch to set up the next action

Explanation

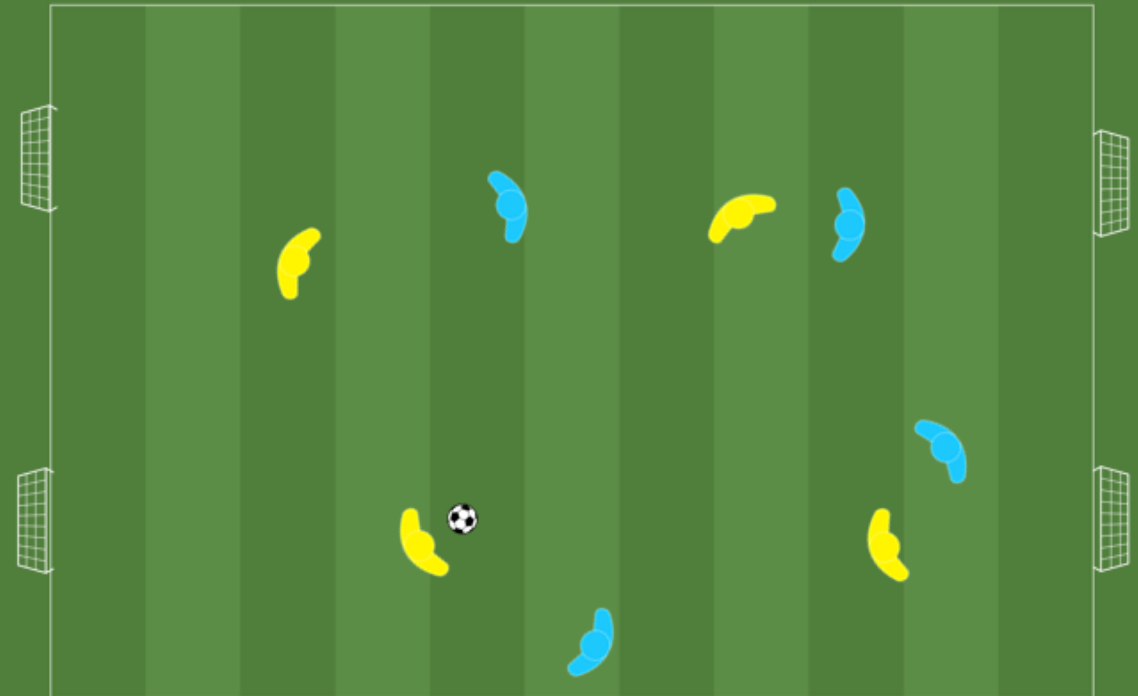
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- Game focus on passing the ball forward and receiving facing forward.

Coaching Points

- Pass the ball using the inside of your foot.
- Kick the ball using the inside of your foot to try and score in the goals.
- If your teammate has the ball, can you go to a space where they might be able to pass to you.
- Can you take your first touch in the direction you want the ball to go next.

SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- Less goals, have one central each end instead of two wide.
- Same person cannot score two goals in a row.
- Add in a scoring zone, players must receive a pass in the zone before scoring.





PRACTICE – PASSING AND RECEIVING

Focus: First touch to set up the next action

Explanation

- Using the same area as the Game, set up the area as shown with the cones to divide the field in half length ways.
- Place half of the footballs in one team's 'A' goal and half in the other.
- The players spread out onto the stations as shown.
- On the coaches call the first player gets a ball from goal 'A' and passes it to the second player, then to the third, then to the fourth.
- The fourth player passes the ball into goal 'B'
- The first player then gets the next ball and the play repeats.
- The first team to have all the balls from goal 'A' into goal "B' wins.

Coaching Points

- Pass the ball using the inside of your foot.
- Kick the ball using the inside of your foot to try and score in the goals.
- Can you take your first touch in the direction you want the ball to go next.
- Practice using both feet for passing and receiving.

SO-CHANGE-IT

- Players follow their pass, and the player that passes the ball into goal 'B' then runs around to collect the next ball to start the sequence again.
- Change direction to ensure both Left and Right foot actions.

Repeat Play

- Return to the first game set up for the last part of your session.
- Add in GKs and larger goals (depending on age).
- Has the players ability to pass and receive the ball improved?

