



Passing & Receiving Technique

Category: Technical: Passing & Receiving

Skill: Mixed age

Pro-Club: Performance FC
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Screen 1 (20 mins)

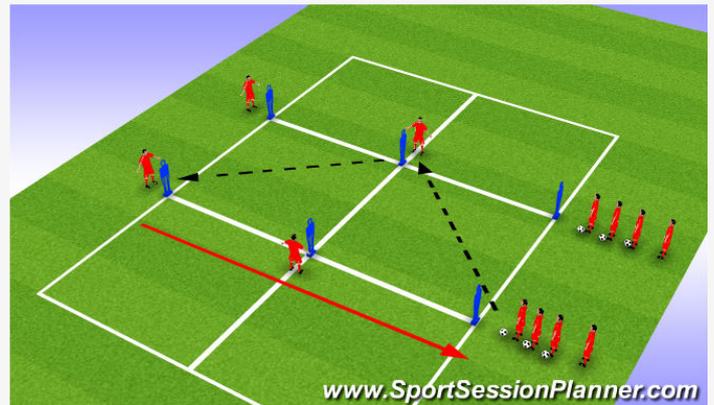
SETUP

Using manikans or poles to simulate defenders, set markers with 8m spacing each way.

Players line up at one end with one player starting on the 4 markers in front.

ACTIVITY

The practice starts from the line with one side passing diagonal then following there pass. Player receiving in the middle takes a touch then plays diagonal again to the top and follows there pass. Player at the top takes touch away from practice and dribbles ball back to top. Next line starts same action when when first player passing to the middle runs past there passing line to there diagonal pass.



Screen 2

PROGRESSION

The teaching of technique for passing and receiving begins from the first pass. The cue for the bottom player to pass to the middle player is when they check off there defender and create space to receive the ball by getting level and outside the defender.



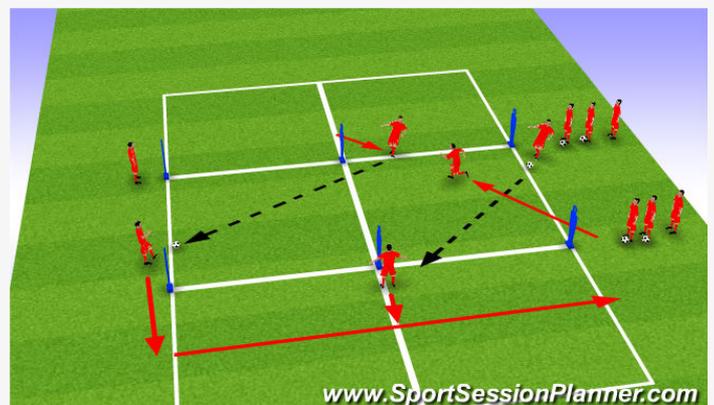
Screen 3

PROGRESSION

Middle player receiving the ball takes there first touch back towards the player that passed the ball to make a passing line not blocked by the poles to pass to the top and then follows there pass. Player at the top takes first touch away from the practice and dribbles around the practice back to the top.

ROTATION

Once the bottom player passing to the middle player runs past the passing channel the opposite line then begins the same actions passing diagonal and following there pass.



VARIATIONS

Variations happen with the middle player by changing the scenario when they open up level and outside. These variations can be:

- Touch past the defender then hit the top
- Hit the top with a first time pass
- Touch back at angle to see forward pass

