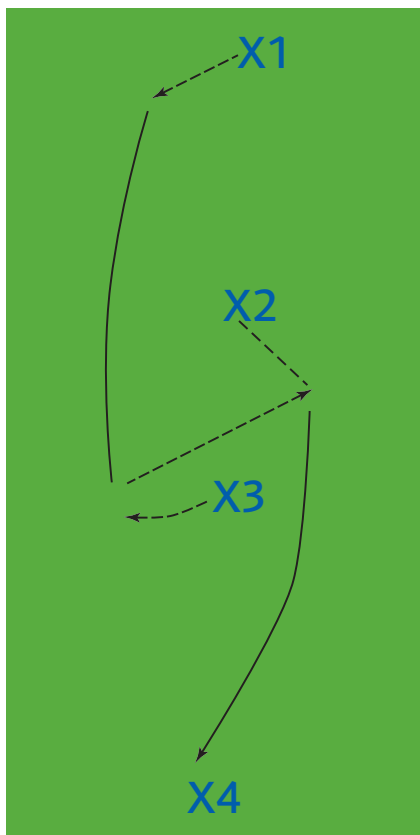


Passing and Possession Practices

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This article outlines passing and possession practices used when working with international youth players. The most important factor of an international player is his/her ability to pass the ball using both feet. However, there are also some key factors to consider whatever level of football you play:

- 1 What kind of pass?
- 2 The accuracy of the pass
- 3 The weight of the pass
- 4 The timing of the pass
- 5 The disguise on the pass.



SESSION 1

Working with 16 outfield players – 4 groups of 4. **Always use both feet.**

- X1 – one touch out of feet
- X3 – move to make passing angle
- X3 – set ball into X2's path to play one touch into X4
- X4 – starts practice again, one touch out of feet, play into X2. X2 makes passing angle to play into X3's path. X3 plays one touch into X1.

Rotate middle men with end players.

Key Coaching Points

Emphasise the coaching points of one touch, timing of pass, weight of pass, angle of support or, in other words, doing the simple things correctly and at a good match pace.

SESSION 2

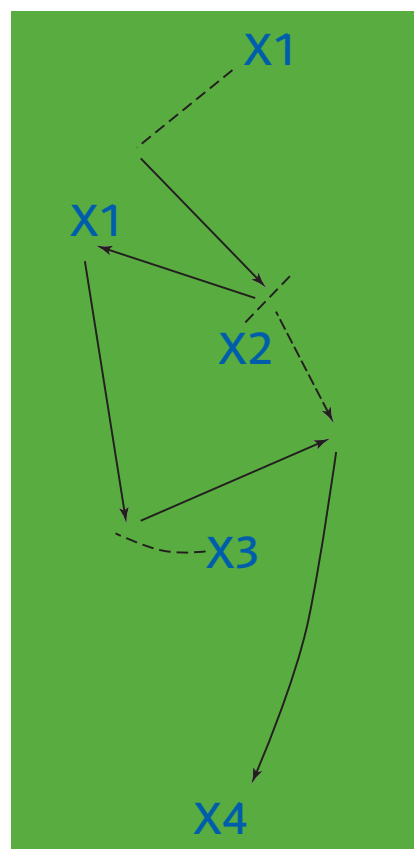
Always use both feet.

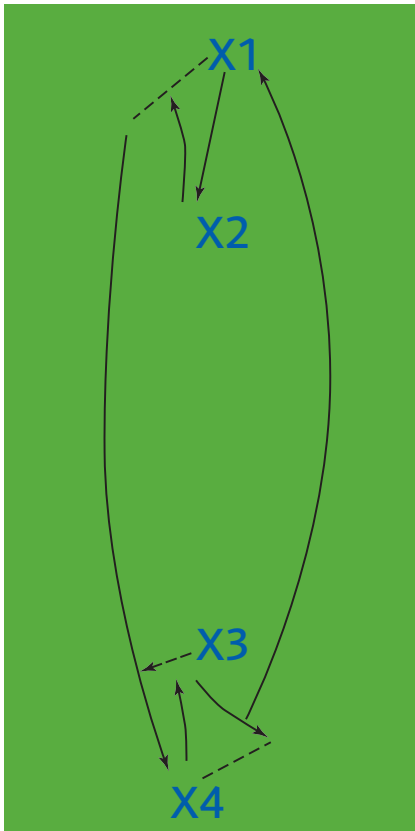
- X1 – play one touch out of feet
- X2 – makes an angle, plays back to X1 one touch.
- X1 – plays into X3 who has made an angle
- X3 – plays one touch into X2's path who plays one touch into X4

The routine is then changed the other way, ie change middle players with outside players to ensure all players work in the same manner.

Key Coaching Points

As above plus emphasis on movement of players before and after receiving the ball.





SESSION 3

Always use both feet.

- X1 – one touch out of feet plays pass to X4.
- X4 plays one touch into X3 who has made an angle of support.
- X3 plays the ball back into X4's path to play one-touch into X1
- X1 plays one touch into X2 who starts the exercise again
- X1 may need two touches to restart the practice.

Key Coaching Points

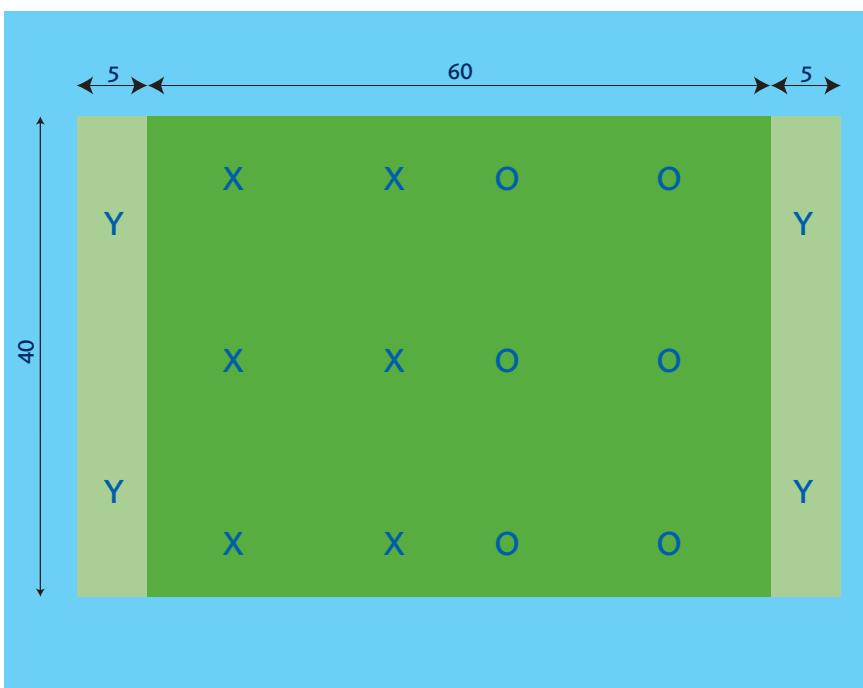
First touch, longer passing, quality of pass, angle of support.

Progression

Having progressed from the passing exercise working on first touch, timing of pass, weight of pass, accuracy of pass and angle of support, you can then introduce and practice different types of pass:

- inside of foot
- outside of foot
- long pass/short pass

Take these skills into a possession session with pressure on. Decision making comes into play. Is it short? Is it long? On the floor. chip pass, weight and timing of pass.



SESSION 4

6 v 6 Unlimited touches

Once the players have mastered the basics of the first three exercises, the coach can then take these skills into a possession session with pressure coming from opponents. Once opponents are introduced, decision making, timing and disguise start to enter into the players' thought processes, for example, should the pass be short, long, on the floor, a chip pass? And what about the weighting and timing of the pass.

This practice enables all these decisions and skills to be practised in a realistic setting.

In an area 60 x 40, play 6 v 6 in the inner area with two players in each end zone. The aim of the practice is for one team to attack one end zone and to score a goal. To score a goal, the ball should be played into either player in the end zone and then a pass back from the end zone player. Having successfully received the ball back from one end zone, the team should then switch direction to attack the other end zone.

The practice should continue X v O at a match tempo for approximately four minutes. After four minutes the four end zone players should be changed and the practice continues.