



Technical Training 2/6

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: F.C. Stars
FC Stars East, Winchester, United States of America

Description

Juggling (10 mins)

Set Up -

Every player has a ball.

Progressions

1 touch 1 bounce,

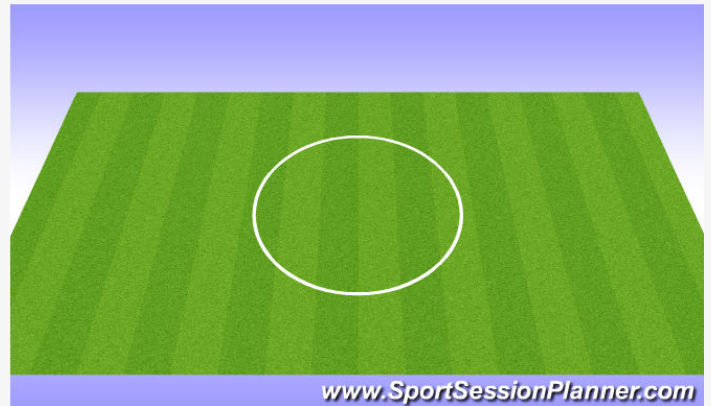
1 touch 1 bounce (alternating feet)

Feet only no bounce

Thigh, thigh, foot, foot, catch. (strong players can see how many times they can go around)

2 minutes (free juggle try to beat high score)

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Passing and moving (15 mins)

Set Up -

10x12 yard rectangle

3 or 4 players no more, no less

Each group has one ball with two players starting on either side of the rectangle.

2 minutes each activity

#1 - "Lay off" Player with ball dribbles across area and lays the ball off with the outside of the foot to the opposite player

#2 - "Dribble Pass" Player dribbles to the middle performs a 1v1 move and then passes ball to the opposite player

#3 - "Two Touch-Inside" Player receives the ball with the inside of their foot and then pass with the inside of their foot. Alternating feet, receive with left pass with right.

#4 - "Two Touch-Outside" Player receives the ball with the outside of their foot and then passes the ball with the inside of their foot. Using the same foot but alternate each one.

Coaching Points

Check away and then receive the ball coming forward. (receive on the move)

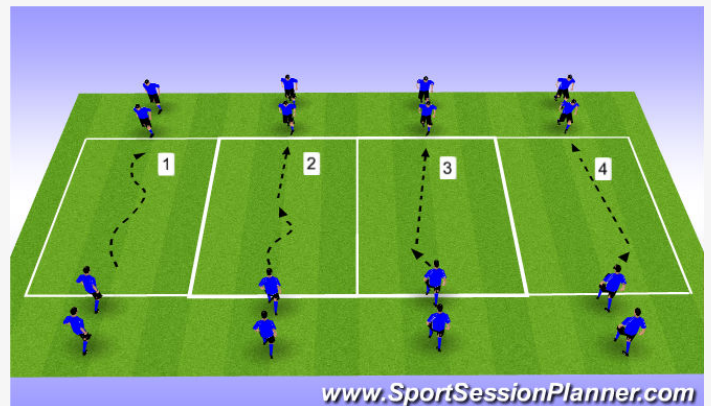
Take a look when checking away and receiving the ball

Make eye contact before passing the ball

Heel down, toe up and follow through the pass.

Pass and move, don't stand and watch your pass.

Two way communication asking for the ball and giving the ball.



2v1 - End lines (15 mins)

Set Up -

10x12 yard rectangle

2v1 going to end line

Defending team pass the ball into either attacker.

Attacking team receives the ball and go 2v1 against the defending team.

To score attacking team are trying to get over the end line with a pass or on the dribble.

Defending team can score by winning the ball and getting to the other end line.

Coaching Points

1st attacker receive the ball and commit the defender, first touch out of feet, eyes up.

2nd attacker to make a run and move in to space to receive a pass

1st attacker should look at defenders body position and make the decision to pass or dribble.

2nd attacker can be creative with run i.e. overlap the 1st attacker to unbalance the defender.

Progressions

Progress to 2v2

Play for 3 mins, same defender and attackers, then switch.

4v4 (15 mins)

Set Up -

20x25 yard rectangle

- 2 goals

- 8 players, split into two teams of 4

- Play 3-4 minute games

