



Passing Technique, using the inside of the foot.

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

Passing and receiving technique.

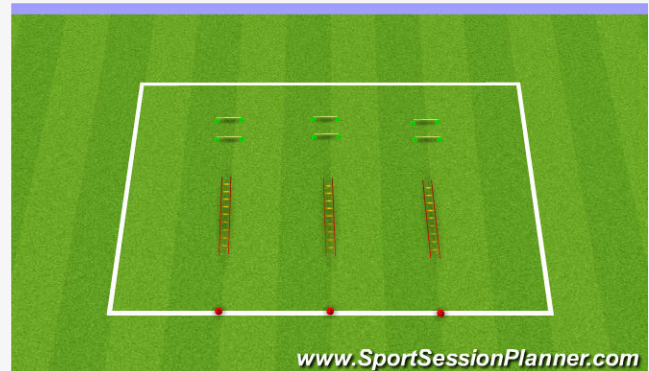
Warm Up (15 mins)

Organization 40 x 40 square. 3 teams in different colours players pass and move around the square, playing different types of passes to each other.
limit players to 2 touch, players start at 50% and increase as the warm up moves on.
Add dynamic stretches, heel flicks, high Knees kicking through the ball, skipping, open the gates, and windmills.



SAQ (10 mins)

1. Two feet in each space then bunny hops
2. Two feet inside, two feet outside then bunny hops
3. Hopscotch then bunny hops.

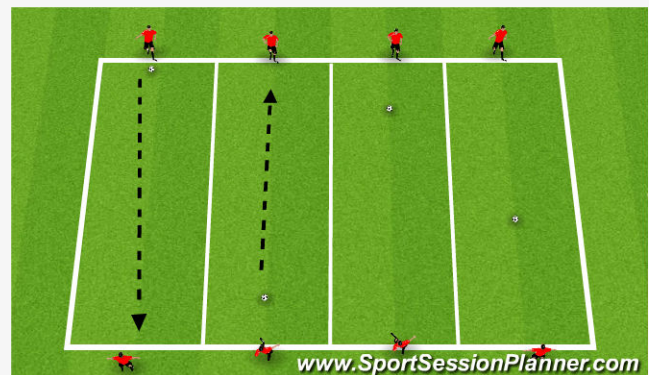


Technical (10 mins)

Organization 40 x 20 square split in 10 yard channels.
Players pass the ball back and forth to each other trying to limit their touches to two only.

Coaching points

1. Get in line with the ball, At the moment of contact, foot is relaxed slightly to kill momentum of the ball.
2. When passing the ball the Ankle is locked and eyes make contact with the ball.
3. Non-Kicking foot beside the ball, don't reach for it.
4. Strike the ball through the middle to keep it low.
5. Practice with both feet.

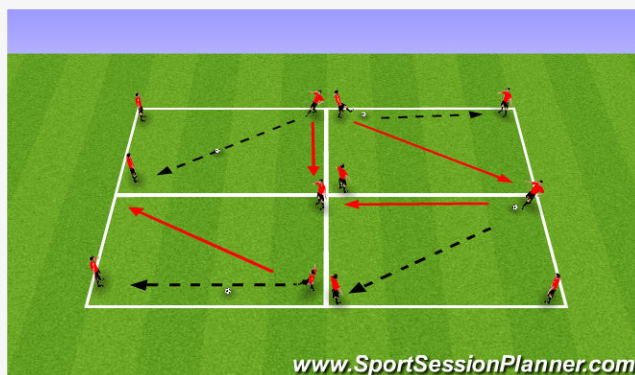


Technical Progression 3v0 (10 mins)

Organization 40 x 40 square split in 4 squares.
Players pass and move into the open space.

Coaching Points

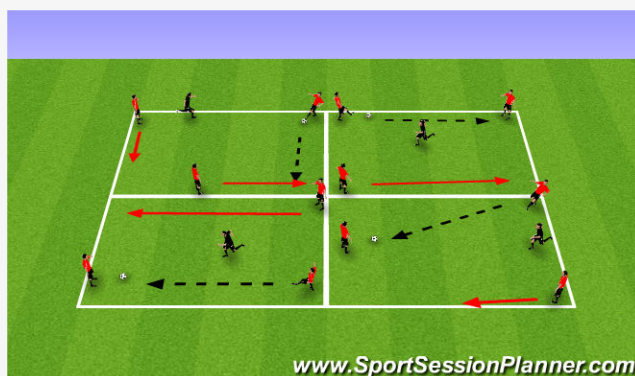
1. Movement should be quick, but keep eye contact on the ball.
2. Get in line to receive the ball, cushion first touch to where you want to pass to next.
3. Can we add some communication? call for the ball.



Technical Progression 2 (15 mins)

Organization 40 x 40 split into 4. 3v1.

1. can players move the ball quick, keeping it to two touches only.
2. quick support movement as the ball is moving can players also move into a good supporting angle.
3. can players push their first touch into the direction they want to pass the ball first.
4. always looking to 4. communication, man on time.



Conditioned Game/Game (15 mins)

Conditioned game

can we keep the ball for 10 passes? 1 goal for 10 consecutive passes.

two touch only, then switch to regular.

can we support quick.

lots of communication, man on time.

Player 1 is making an overlap run to support his teammate, helps create width.

Player 2 is making a penetrating run to support his teammate, helps create depth.

