



Passing Technique Driven

Category: Technical: Passing & Receiving

Difficulty: Moderate

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Individual-Adult Member

Description

The technique of driving the ball, while passing

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.

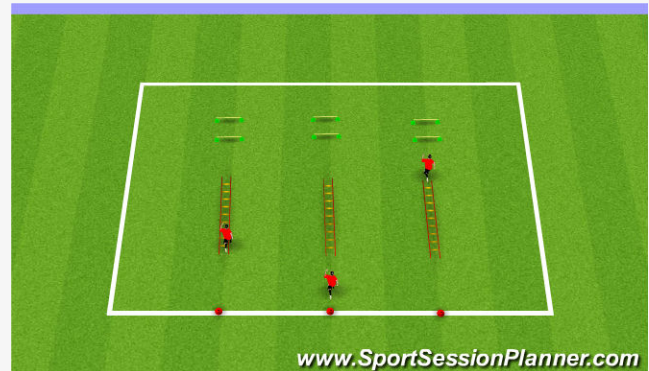
limit players to 2 touch, players start at 50% and increase as the warm up moves on.

Add dynamic stretches, heel flicks, high Knees kicking through the ball, 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.



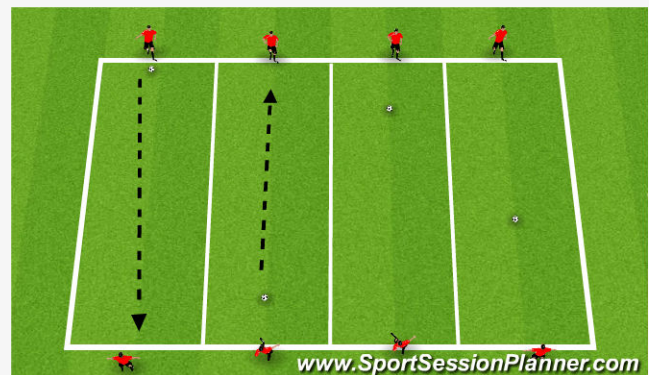
Technical (10 mins)

Organization 40 x 40 square split in 10 yard channels.

Players pass the ball back and forth to each other trying to limit their touches to two only.

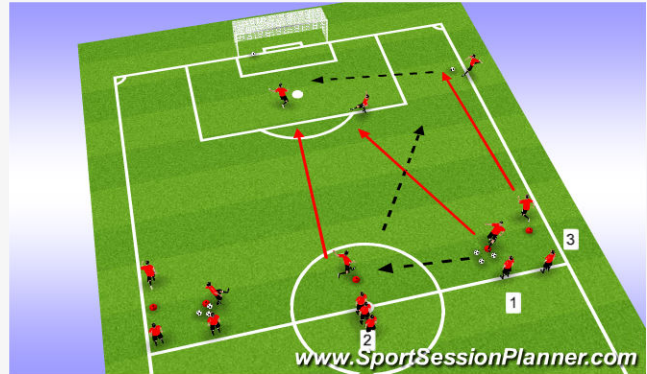
Coaching points - use the laces of the foot for both the pass inside of the foot to control the ball.

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, toe is pointed down. 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. Head, knee shoulder over the ball.
5. Practice with both feet.



Technical to goal (10 mins)

On half a field if possible, if not a 40x40 square with a 12 yard goal
Line 1 passes into the center and attacks forward.
line 2 takes one touch, then low drives his pass, into where line 3
is running. then attacks the area.
Line 3 sprints down the line as player 1 passes the ball in
Line3 takes a touch if needed then crosses the ball on the ground
using the low driven technique.
switch sides



Adv. (20 mins)

add a goalkeeper for realism
also add defenders to the mix to make it realistic and challenging.
At line 4 add 2 defenders 1 attacks line 2, 1 attacks the box to
defend the cross.
can we cross the ball early to give the defender less chance to get
the ball



Game (10 mins)

in this game we have the center area squared off with only one
player from each team allowed inside this square.
Players should look forward to where there attacking players are to
try and reach them with the ball using low driven passes. if the
center player receives the ball, he can turn and run to make it a 3v2
situation
Convert to a regular game after 5 minutes.

