



Coach Education Passing

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

Coach education on passing focusing on Technique

Combinations

Organization 30x30 square

Split group into 3 teams.

Players are passing and moving around the square.

Can we encourage various combinations, overlaps, 1-2's.

Encourage players to try and play with speed on occasions

Encourage players to use other players as defenders.

Encourage players to focus on technique and a positive first touch

Coaching Points

1. First touch - out of our feet and if possible in the direction we want to go.
2. Technique - Passing with the inside of our foot or Laces.
3. Supporting runs.
4. Communication



Passing Technique Inside of the foot

Organization

30 x 15 split into channels 6 yards apart.

Players pass and control the ball.

Try to keep the amount of touches to 2.

Coaching Points

1. Get in line with the Ball - can we communicate and let our teammate know where we want it.
2. When controlling the pass, Ankle is locked, but at the moment of contact relax so the power is taken away, yet it should still cushion the ball. (cannon ball example)
3. After their touch, they should look up to see where their teammate is.
4. Non Kicking foot next to the ball, player shouldn't be reaching for it.
5. strike through the center of the ball, with the center of the foot.
6. Weight and accuracy - pass should reach the player with good speed, will make the first touch easier



Passing technique driven

Driven Pass technique

1. Non-kicking foot close to the ball, leaving a small space between them, toe pointed at partner, or in the direction you want the ball to travel in.

3. Eyes looking at the ball, when making contact

4. strike through the center of the ball with your laces, ankle locked toe pointed down.

5. Follow through to make sure you have enough power and accuracy.



Cone to cone

Organization

30 x 15

Between cones 1 and 2 is 15 yards

Between cones 1-3 is 6 yards

Players pass and follow in number order.

player 10 dribbles back to number 1.

Coaching Points

1. Get in line with the ball
2. First touch - can we push the ball in the direction we want to move in.
3. Follow passing technique - inside/Driven
4. Good supporting run.

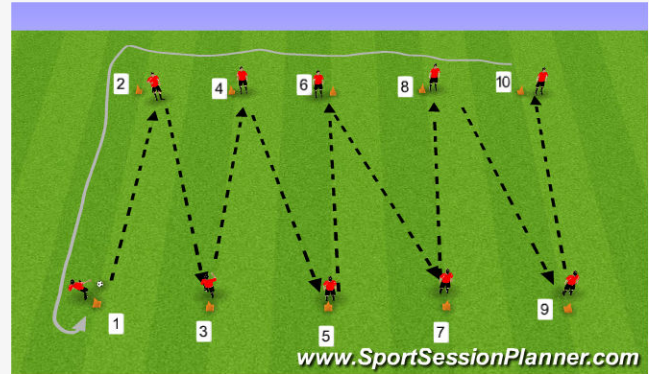


Figure 8

Organization

30 x 15 rectangle

with a cone 5 yards back from the tall cone.

Players pass and follow in figure 8 shape.

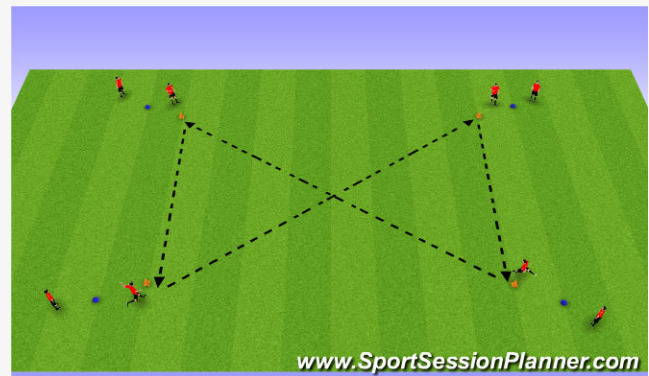
try to keep to 2 touches

Coaching Points

1. Can we separate from the cone?
2. Positive first touch
3. Head up, see where your target is.
4. Follow passing technique.
5. Quick supporting Movement.

Progression

1. Pass in the same direction and Sprint to a different cone.
2. 1-2's at corners pass follow 1-2 around tall cone.



Penetrating game

Organization

30 x 24 square split into 4 channels.

Aim of the game is to pass the ball through the defence (penetration)

Red team can send a person into the square after 3 passes.

Red team can we work as a unit to defend

Coaching points

1. supporting angle's can we get into an open space?
2. quick passing and movement
3. First touch - can we use it to open up space or a passing lane
4. Be creative - attacking and defending principles
5. Counter Attack - win a play quick
6. communication via verbal and hand gestures.

