



First Touch / Passing Combinations

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

IAS Session: 1/16/18

Warmup

Passing Triangles

Warmup activity to prepare for the training session.

Organization:

- See Diagram.
- Groups of 4. One ball per group.
- How to Play:
 - Pass to teammate at cone. Follow your pass.
 - Switch direction of passes.

Progressions:

- Progress from two touch to one touch.
- Pass with right foot. Pass with left foot.
- Add defender in middle of triangle.

Coaching Notes:

- Quality and speed of passes.
- Good first touch.



Topic Activity

Pass & Move Squares

Topic activity focusing on passing, receiving, moving & first touch.

Organization:

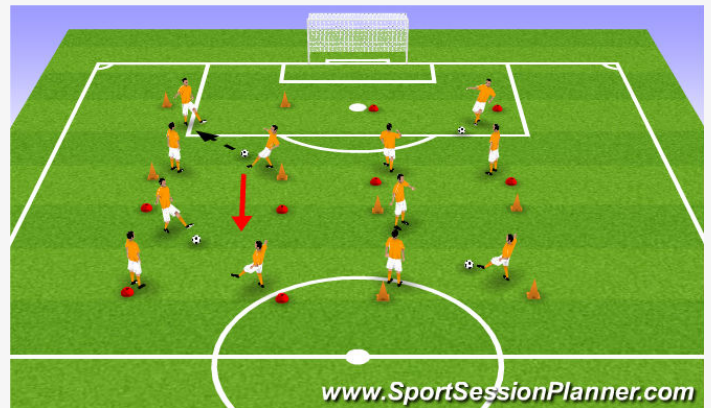
- See Diagram.
- 3 or 4 players in each square.
- One ball in each square. Balls stay in designated square.

How to Play:

- Pass ball to teammate within square. Move to a new square.
- Must always be at least 2 players in each square.
- Start with two touch, progress to one touch.

Coaching Notes:

- Quick passes.
- Scan area before receiving.



Conditioned Game

4v4 - with different passing options

Conditioned game with a focus on passing.

Organization:

- See Diagram.
- 4v4 to goal, with or without GKs.

How to Play:

- Keep possession. Look for the final pass for a goal scoring opportunity.

Coaching Notes:

- Quick passing. Move to open space to receive a pass or to create space for teammates.
- Keep a diamond shape when attacking, which gives support wide, high & deep.
- Stay compact when defending. Press the ball quickly.

