



Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 12-Jan-2016 18:00h

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

IAS Soccer Academy Special Topics Clinic

Warmup

Passing Gates

Organization:

Set up gates (cones 4-5 feet apart) around the field.

Groups of two. One ball per group.

How to Play:

Player B (without ball) runs to a gate. Player A (with ball) dribbles to that gate. Player A passes thru the gate to Player B and then runs to a new gate. Player B dribbles to that gate. Game continues. Work on receiving in different ways and with different parts of foot.

Coaching Points:

Quality passes to feet

Focus on soft first touch

Move to new gate (open space) after pass



Passing Windows

Passing Windows

Organization:

Set up a grid appropriate to the number of players.

Half the players start on the outside of grid with a ball and half the players start on the inside without a ball.

How to Play:

Blue players check to (move towards) a red player to receive a ball. Blue receives and passes back to red, then checks to a different red player. Make runs across the grid.

Coaching Points:

High work rate

Communicate with teammates

Quality passes and first touch



Final Game

3v3 + 1 (progress to 3v3 + 2)

Organization:

Blue team sets up at blue cones. Red team sets up at orange cones. First player at each cone plays with one neutral player.

How to Play:

Teams can score at either goal after passing to the neutral player.

Progression: 2 neutral players. Teams must connect with both neutral players before scoring.

Coaching Points:

Connect quality passes

First touch and passes away from pressure

Neutral player always supporting the ball

