

Forward passing & receiving

Practice organisation

- Area 14x10yds, divided into 2 areas (6x10yds) with a central zone 2x10yds from which Defender starts, as illustrated.
- 12 players arranged 2 Attackers v 1 Defender in each area, as shown in diagram.
- Supply of 6 balls for each group.
- Practice operates across the area, operating in 2 channels 10x6yds & starts with ball fed-in from one end (in each area).
- Objective of practice: each group of A's tries to transfer 6 balls across channel from the 2v1 situation.
- Groups look to complete practice objective in quickest possible time.
- Players rotate position after each successful completion of practice objective.
- If D wins ball: it does not count as part of the total number of successful transfers.

Detail

- Area modified depending on age & ability of players.
- Passing, moving & dribbling techniques.
- Weight of pass into area for receivers.
- Making early decisions & selection on retaining ball or combining with team mate to gain success.
- Simple progressions for this practice are:
 - Extra D is introduced (from central channel) to create 2v2 once initial pass is made into 2A's (as shown in diagram).
 - A passing ball to outside (completing practice objective) changes places with outside team mate.
 - Of the 6 balls available: D's in central channel allowed to join-in to create 2v2 on a limited number of occasions (e.g. 1, 2 or 3 balls only), without telling the passers.
 - Begin with 2v2 in practice area with outside A allowed to support play from behind (& create 3v2).

Key coaching points

- A's on outside of area looking to select best pass in to team mate.
- A's inside practice area create space & opportunity to receive both individually & for team mate.

- A's inside looking ahead (to advance play quickly if possible) & getting side-on to receive.
- A's looking for opportunities to turn & move-on, in possession.
- Use of disguise & clever turning techniques.
- Combination & individual moves in 2v1.
- Individual dribbling & shielding skills to evade D as well as create time & space to pass.
- Composure in tight-marked situation & awareness of need for patient build-up/ball retention.

