

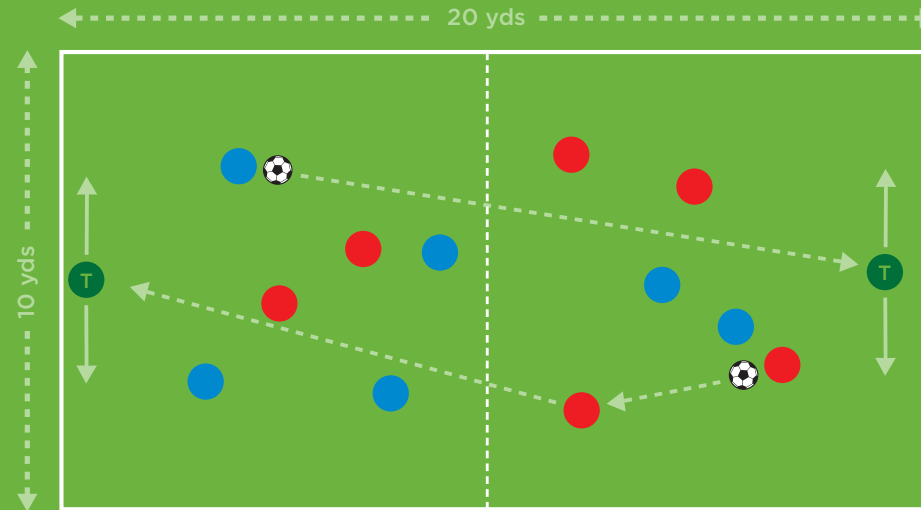
Passing & receiving

Practice organisation

- Area 20x10yds with half way line marked, as illustrated.
- 14 players, 2 balls.
- Practice starts with: 4 Attackers versus 2 Defender in each half, with 2 Target players on opposite sides of square ready to receive.
- A's within each internal square keep possession, looking for opportunities to transfer ball to a T player supporting play on the perimeter opposite.
- Objective is to keep possession in own half, whilst looking for opportunity to transfer ball to far side T player.
- Ball is transferred back to A's by T to restart practice.

Detail

- This ratio can be adjusted to suit ability.
- Ball must be passed to T player along ground (no aerial passing).
- T player dribbles ball outside internal working area to transfer a pass back into A's to restart practice.
- Players need to be aware & assess opportunities to make penetrating passes through an ever-changing picture.
- Simple progressions for this practice are:
 - T dribbles ball back to restart practice & becomes D once transferring ball into A's.
 - Previous D then takes place of T on outside.



Key coaching points

- Maintaining good body position whilst looking to retain possession is important to assess opportunities to make penetrating pass to perimeter T player.
- Emphasis on supporting play within short range (i.e. 4v2 situation), whilst looking for longer-range passes to open-up play.
- Patience & continuous assessment needed to make decisions on appropriate time to play penetrating pass.