

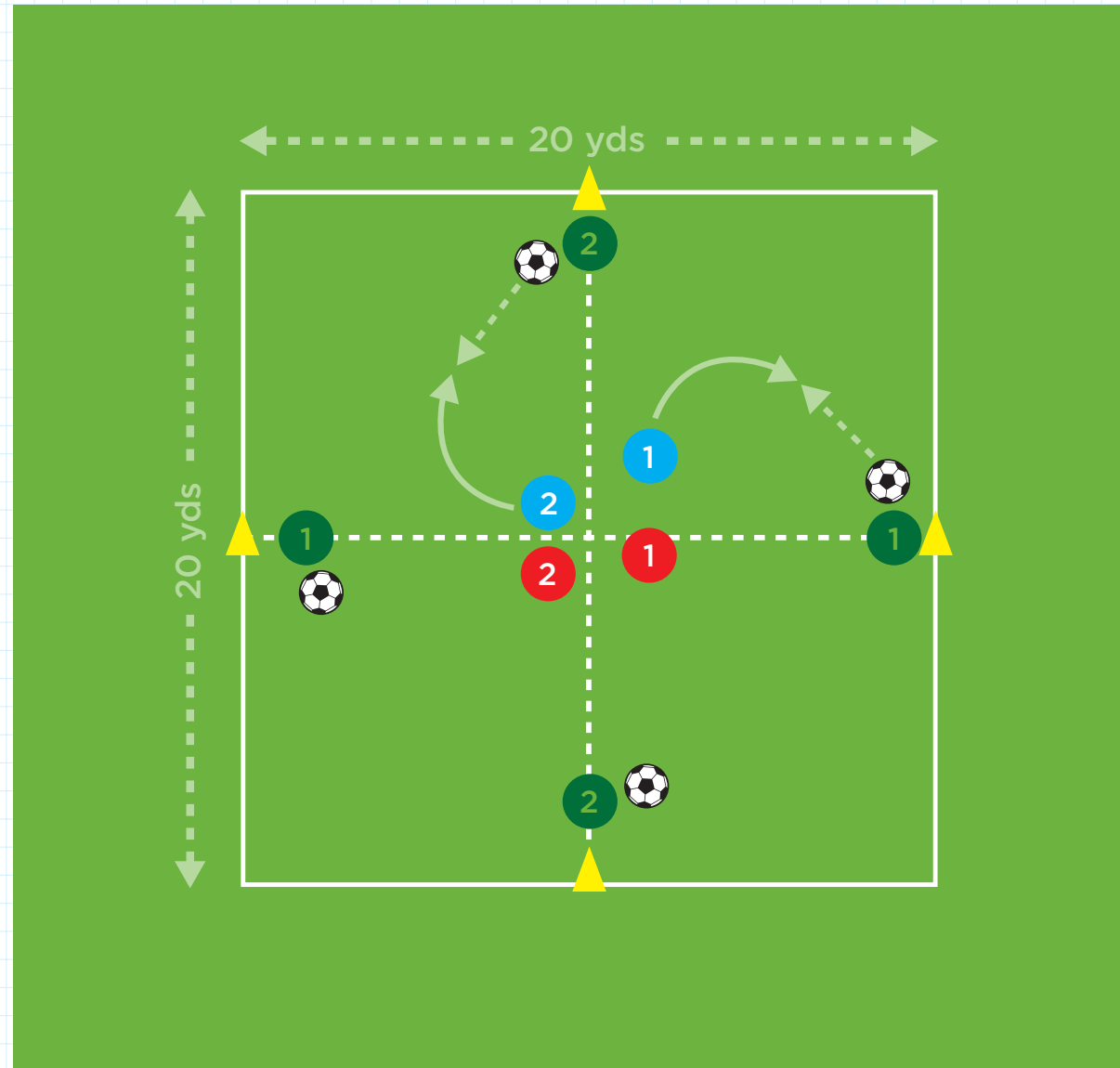
Receiving, passing & finding space

Practice organisation

- Area 20x20yd sq, as illustrated.
- 8 players, 4 balls.
- Practice starts with: 4 Target players on perimeter with a ball each, paired-up on opposite sides of area.
- In the middle are 2 Attackers who are each looking to receive a pass from their T support players.
- Players in middle try to get away from Defenders, who must mark man-for-man & receive a pass in an empty square to score one point.
- If D is in same square at the time of reception: point does not count.
- After receiving a pass, the player in possession can pass the ball to any 'spare' target player on the outside of the square before looking for another pass.
- Target to reach 5 points & then change players from outside to in & vice versa.

Detail

- Both passer & receiver need to communicate & understand body shape.
- Quick changes of direction & pace are required to get away from D, but also to move into position to receive.
- Each pair needs to receive a pass from perimeter in an empty square to score.
- Co-ordination of movement within square is most important to succeed.
- Simple progression for this practice is:
 - Double number of A's in middle (to 2 pairs).
 - Player must mark man for man.



Key coaching points

- A's inside square attempt to deceive D's to get free & receive a pass in an empty square.
- Awareness of position of D inside square is important.
- Communication & signaling to receive passes from perimeter necessary.
- Timing, weight & release of pass vital to keep practice flowing.