

UEFA B Passing And Control 1 - ATP

Category: Passing

Length: 00:20 Rec. Players: 8

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Practice Theme/Topic

Passing and control 1, Advanced Technical Practice

General Notes

Advanced Technical Practice
Passing and control

Aims & Objectives

Understand passing and receiving priorities

Improve passing and movement

Understand runs and timing

Organisation & Setup

Two groups of four
(Can be in adjacent squares, or set-up in appropriate area of the pitch)

Two balls (plus spares)

Passing forward on angles from back to front

Players can interchange positions relevant to appropriate movements of the ball

Coaching Factors & Outcomes

See coaching points

Adaptation & Progression

Introduce mannequins or defenders to encourage movement into space

Technical

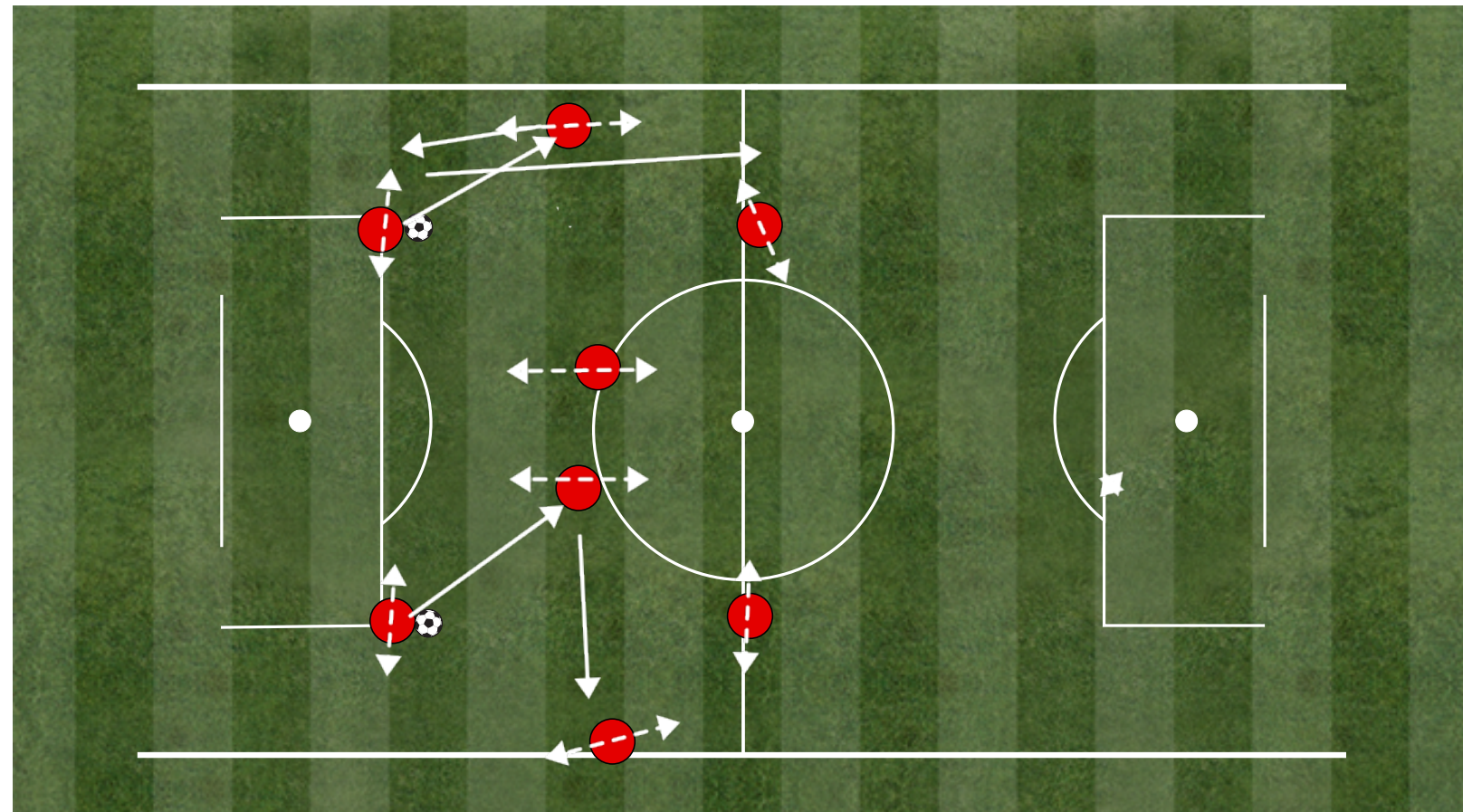
N/A

Physical

N/A

Psychological

N/A



Coaching Point #1

Quality of diagonal and vertical passes

Encourage variety of passes and receiving surfaces

Coaching Point #3

Timing of movement by 'front' players to receive the ball

Coaching Point #2

Quality of receiving touch

Recognising when to change angle of first touch and direction of pass

Coaching Point #4

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