Passing, Receiving, Turning

Practice Theme/Topic

Passing, receiving, turning

General Notes

A passing, turning and receiving practice that can be adapted to suit players and outcomes

Aims & Objectives

Working on passing, receiving and turning

Movement, body shape

Organisation & Setup

Teams of three players each working in a line

First player passes to middle player, who receives, turns and passes to player at other end.

Practice continues with player passing to each end consecutively

Coaching Factors & Outcomes

Passing accuracy

Receiving the ball (back foot, front foot, on half-turn)
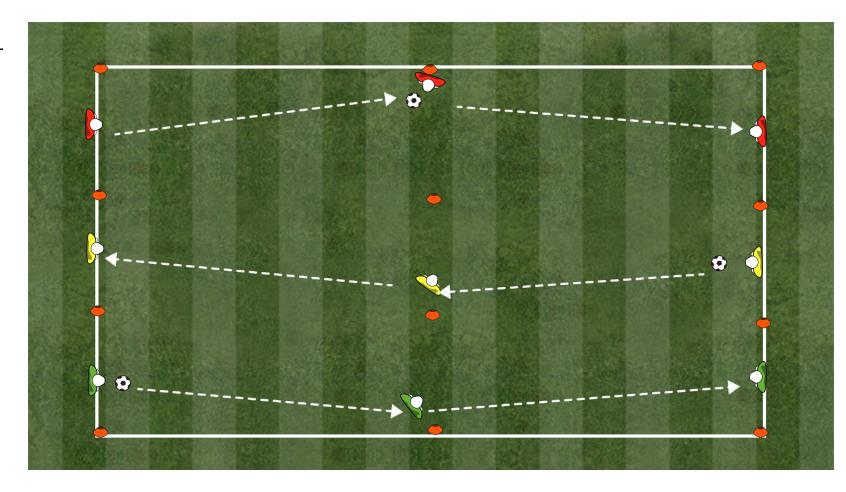
Adaptation & Progression

Middle players come off the central line to receive pass from end player

Middle players move anywhere within the area passing

Middle player can pass/receive ball from any of the end players

Further adaptations depending on desired outcome could include; using different surfaces of foot, defenders added, one-twos with end players, end players play second pass long.

Coaching Point #1

Passing accuracy

Coaching Point #2

Receiving the ball (back foot, half-turn)

Coaching Point #3

Head up to spot the pass

Coaching Point #4

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Category: Passing   **Length:** 00:20 **Rec. Players:** 12   Published: January 13, 2014 @ 17:57

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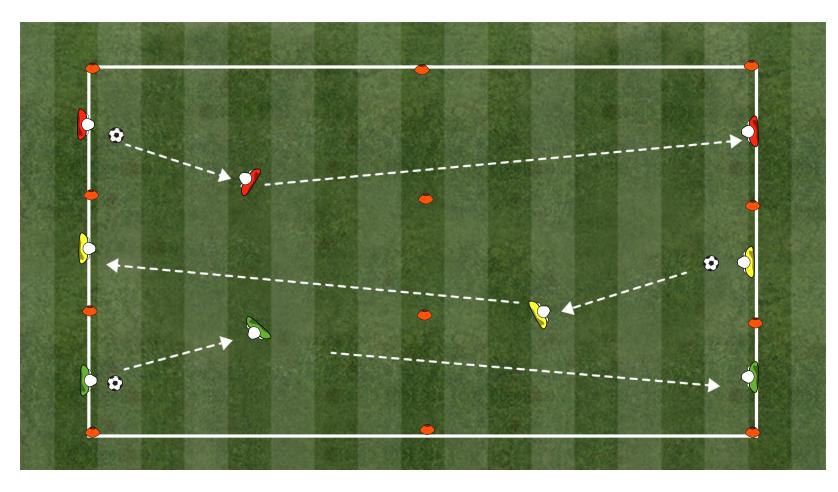
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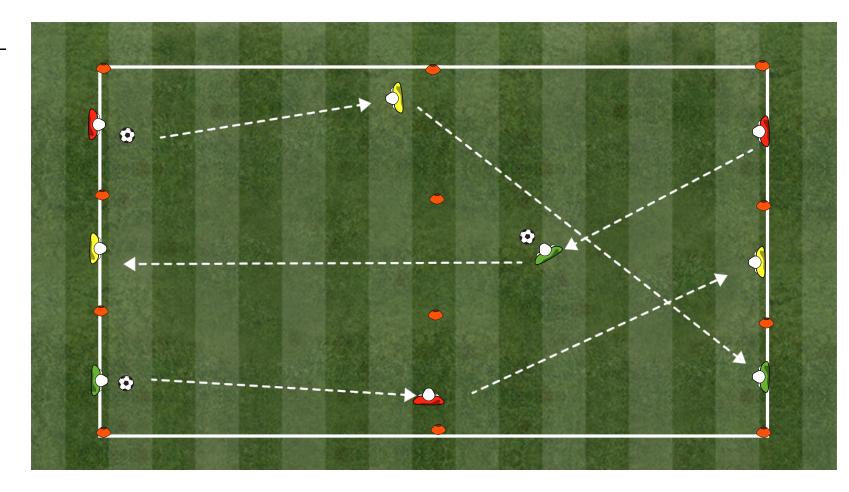Receiving the ball (back foot, front foot, on half-turn)

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