



Passing and Receiving Session 2 PODP

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 17-Jan-2016 09:05h

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Description

Training session emphasis on Passing and Receiving

2 Touch Pass and Go (20 mins)

WARM UP

2 Touch Pass and More

Players split into teams of 5 or 6. Each team has a ball and players pass a ball with a max of 2 touch. After they move they must move to an open space.

Next introduce Sequence passing 1-2-3-4-5

CP:

Body Shape to receive the pass

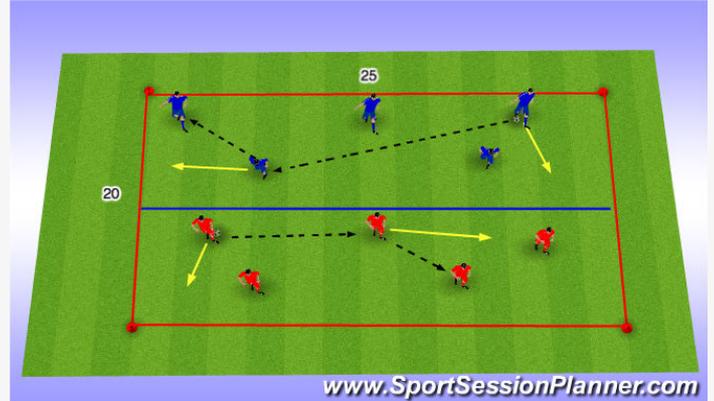
Accuracy of the pass

Off the ball movement to provide long and short pass options

Competition Time:

1. In 1 minute how many passes can a team make to each other. Cannot pass to the same person...winners play winners etc...play a ladder if you can.

2. Same as above but after 8 passes the whole team must move to the other side of the area



5 v 3 Keep Away (20 mins)

PART 2 Small Sided Activity

5v 3 KEEP AWAY

Use same grid now 5 Red v 3 Blue

5 Passes = 1 Goal

If Blue wins the ball they pass it to the other 2 Blue. Play then transfers to the other grid. 3 players go over and 2 stay...take it in turns who stays and goes.

Each game lasts 3 minutes and switch teams and groups similar as before.

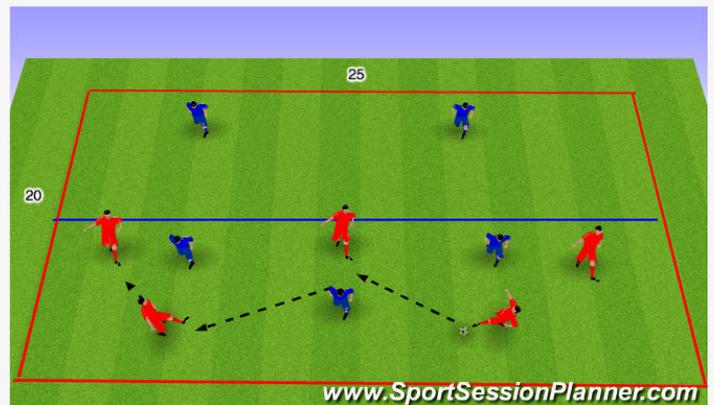
Add a 2 Touch Restriction when they get the hang of it...keep score provide competition

CP:

Provide good support and angles for player with the ball

Body shape when receiving the ball - protect the ball

First touch is under pressure



6v5 (20 mins)

PART 3 Expanded Small Sided Activity

Half Field - Go to goal as needed with counters

7 v 5

Red tries to score on big goal with GK

Blue tries to score on 2 mini goals if they gain possession

Play 3 minute games then reverse roles

The neutral player plays with the team on offense

Progressions:

1. Every player must touch the ball including neutral before shooting
2. Attackers cannot score if they are a goal up...keep the ball
3. Attackers have 3 minutes to score 2 goals now defenders have to work hard to possess



4v4 Ladder Tourney (30 mins)

4 v 4 Ladder Tournament

Bibs on each field - leave bibs on field after each game

Each game 6 minutes - subs in at 3 minutes

Field set up 30x25 or as close as possible.

Teams will move up and down according to wins and losses.

Top team stays on championship field.

Keys

1. Formation 1-2-1 - Lots of diagonal passing and movement
2. Play fast and quick.

Emphasis

1. Speed of play
2. Know what you will do with the ball before you receive it.
3. Movement - off the ball and following passes
4. Insided of foot passes



Final Match (30 mins)

FINAL MATCH

7 v 7 (2-3-1)

Work on shape and movement of players -

Formation is key set up for a 4-3-3.

Work on all passing after moving

Stress Outside players going inside as well as outside

