



Passing and Receiving (Beginner)

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Description

[https://lnk2ssp.com/s/z4Kvi/i/2RQN/Passing-and-Receiving-\(Beginner\).html](https://lnk2ssp.com/s/z4Kvi/i/2RQN/Passing-and-Receiving-(Beginner).html)

2 Touch Gate Passing (5 mins)

Title: Gate Passing

Purpose:

Completing accurate 10 yard passes.

Organization & Objective:

Cones placed 5-10 yards from one another based on age and ability of players. Create groups of 3-4 players split between the 2 channels. Players will work together to complete passes into the box. Upon passing the ball to their teammate, they will follow the pass and get behind the next player. Create a competitive environment by challenging teams to see who can complete 25 passes through the opposite gate. Players are to count aloud. If the pass does not go through the gate, then it does not count. First team to 25 passes wins.

Progressions:

- Two touch
- One touch
- Players are to take a positive first touch to the outside of the gate before playing a pass to the opposite channel.
- Give & Go combination.

Coaching Points:

- Proper weight and accuracy to your passes makes it easier for your teammate to receive.
- Focus on a good first touch to improve your likeliness of a good pass.
- Player receiving the pass should be on their toes ready to receive and demanding the ball.



1-2 Gate Passing (5 mins)

Title: Gate Passing

Purpose:

Completing accurate 10 yard passes with a long - short - short - combo (1-2 Pass)

Organization & Objective:

Cones placed 5-10 yards from one another based on age and ability of players. Create groups of 3-4 players split between the 2 channels. Players will work together to complete passes into the box. Upon passing the ball to their teammate, they will follow the pass and get behind the next player.

Progressions:

- Players are to take a positive first touch to the outside of the gate before playing a pass to the opposite channel. Coach can introduce first touch options (**EX: Inside and across your body, outside touch, or sole role**).
- Give and Go combination.

Coaching Points:

- Proper weight and accuracy to your passes makes it easier for your teammate to receive.
- Focus on a good first touch to improve your likeliness of a good pass.
- Player receiving the pass should be on their toes ready to receive and demanding the ball.



Triangle Passing (10 mins)

Title: Passing Triangles

Purpose:

Passing in a triangle pattern.

Organization & Objective:

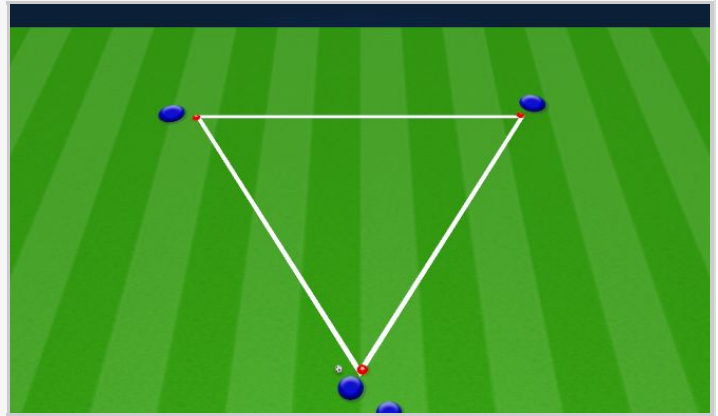
Cones placed in a 8x8x8 triangle, have 4-5 players per group with 1 ball. Players will pass the ball to the next teammate, aiming to play the pass on the outside of the cones. Players will follow their pass. Perform for 1.5 - 2 minutes.

Progressions:

- Reverse direction
- 1-2 combinations around the cone. Long – Short – Short
- Perform races amongst multiple groups. Most times around in a minute.

Coaching Points:

- Accurate & properly weighted passes to teammates feet.
- Remain on your toes and ready to receive.
- Quality first touch sets you up for success.
- Communicating when both playing and receiving. Demand the ball from your teammate and call your teammates name who you're passing to.
- Receive the ball on the back foot.



Diamond Pattern (1-2 Passing) (5 mins)

Title: Diamond Pattern Play

Purpose:

Dribbling and passing combinations in a diamond shape.

Organization & Objective:

5 - 8 players/group. One or two balls. Cones are placed in a diamond shape 8-10 yards from one another. Distance can be increased to 12 yards for older age groups. Players start by speed dribbling to the next cone and laying the ball off. Progress into playing a pass and following your pass. Play for 60-75 seconds before reversing direction.

Progressions:

- Challenge groups to see how many rotations they can get in X time or first to 10 rotations.
- 1-2 Combos (Moderate) (See Passing & Receiving Beginner #2)
- 3 player combos (Advanced) (See Passing & Receiving Intermediate)

Coaching Points

- Firm pass with the inside of your foot.
- Play into your teammates back foot.
- Player receiving should set the ball softly back to their teammate for the 1-2 combination.



3 Player Pass & Move (10 mins)

Title: 3 player Pass and Move

Purpose:

Pass and move to open space (cone).

Organization & Objective:

8x8 yd grid. 3 players each start on their own cone. One player with a ball. The player with the ball will pass to either their right or left (Never diagonal) and then move to the open cone. Next player will pass to third teammate and move to the open cone. Pattern continues to get players to passing and moving to open space.

Progressions:

- One touch
- Pass any direction.

Coaching Points:

- Proper weight and accuracy to your passes makes it easier for your teammate to receive.
- Focus on your first touch. A good first touch sets you up for an easier pass.
- Players should be on their toes ready to receive.
- Receiving and passing should be executed with the inside of the foot.



X Passing (10 mins)

Title: X Passing

Purpose:

Executing passes in an X pattern.

Organization & Objective:

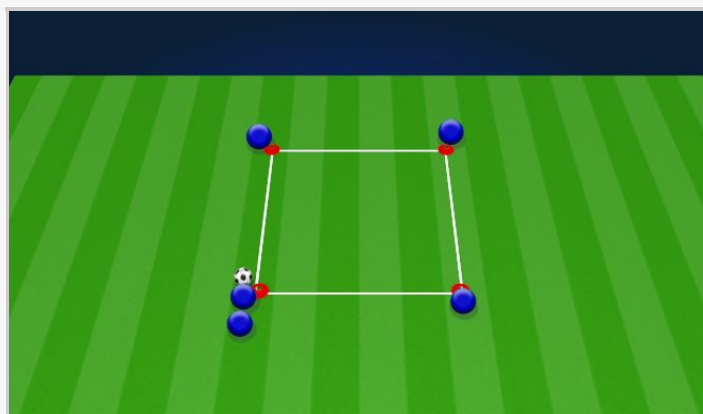
In a 7x7 grid have at least 5 players. The ball starts where two players are, and the first pass is straight then next is diagonal. The pattern continues up and then across. Players follow their pass.

Progressions:

- Reverse direction
- One touch
- 1-2 combinations around the cone.
- Perform races amongst multiple groups. Most times around in a minute.

Coaching Points:

- Accurate & properly weighted passes to teammates feet.
- Be on your toes and ready to receive.
- Quality first touch sets you up for success.
- Players playing and receiving should communicate using one another's name.



Pass & Receive Combination (10 mins)

Title: Receiving With a Turn and Combining.

Purpose:

Receiving and Combo Play.

Organization & Objective:

3-4 players/group. 1 ball. Cones placed 15 yards apart creating a channel and two cones marking off the midpoint. Player without the ball will check into the midpoint and receive a pass, they will work on a turn and then pass back to their side. Then the player who just passed now checks into the middle and receives the pass to work on a turn. The pattern continues.

Progressions:

N/A

Coaching Points:

- Check into the space with speed.
- Cushion the ball when turning.
- Keep it close to your feet.
- Play a weighted pass with the inside of their foot to your teammate.
- Player receiving the pass should be on their toes and calling for it.

