



Passing & Receiving - Basic Progression Options

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Adult Member

Description

Step 1 No Opp (1-A)

Setup: Level-Appropriate Space/Distance. Starting point marked for Players (Blue) and Coaches (Red). 3-4 Balls for each coach.

Activity: 2-Touch Receive & Pass. Coach passes to players at front of line. Player must receive ball and pass back to coach (2-touch). Then coach passes to next player in line (coach can play 1-touch to speed up activity). Practice, then play competitions rounds.

Options:

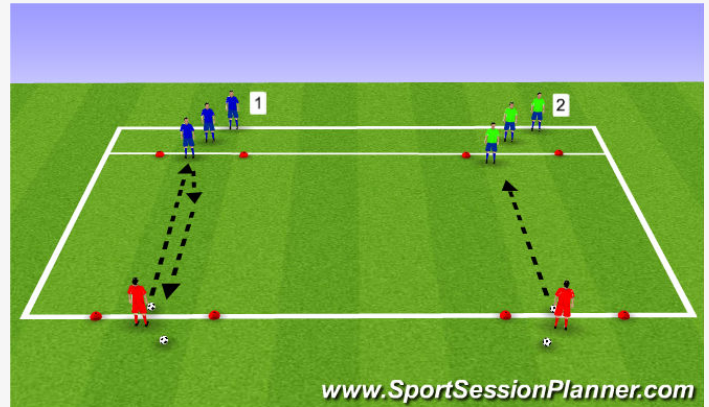
- Number of completed passes in 1 min. Or first team to 10 completed passes.
- If only 1 Group, then set benchmark number, and try to beat the record.

Progression:

- Inside-Inside Same Side (Right-Right > Left-Left)
- Outside-Inside Same Side (Right-Right > Left-Left)
- Inside-Inside Opp Side (Right-Left > Left-Right)
- Sole-Inside Same Side
- Sole-Inside Opp Side
- 1-Touch Restriction

Coaching Points:

- Weight of Pass (Firm) (for player and coach)
- Readiness (athletic stance, move into path of ball)
- Quality of 1st Touch (choice/use of surface, out of feet, to face target, to set up pass on intended side of body)
- Speed of Play (quickness b/t 1st touch and pass)
- Technical Pass (plant foot next to ball, balanced on plant foot, weight/body position forward, step into ball, good contact with inside of foot, toe up/heal down, strike thru middle of the ball, short but firm follow-thru, follow-thru at target, maintain balance during follow-thru)
- Accuracy of Pass (must be directly to coach)
- Demand Quality (only a completed pass if 1st Touch and Pass meet ALL CRITERIA)



Step 1 w/ Opposition (1-B)

Setup: Level-Appropriate Space/Distance. Starting point marked for Players (Blue) and Coaches (Red). 3-4 Balls for each coach.

Activity: 2-Touch Receive & Pass. Coach passes to players at front of line (team 2). Player must receive ball and pass back to coach (2-touch) under Opposing Pressure of team 1 player. Then coach passes to next player in line for the other team (team 1) (coach can play 1-touch to speed up activity). After a player receives and passes, they Pressure. Coach always passes to bring in a new player from the front of the line. After applying pressure, a player leave the area and returns to line. If opposing player wins the ball they can pass to coach for 1 point. Practice, then play competitions rounds.

Options:

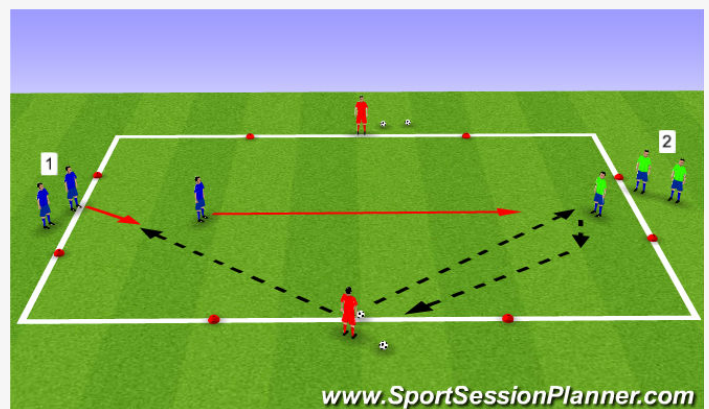
- Number of completed passes for each team in 2-3min. Or first team to 10 completed passes.

Progression:

- Inside-Inside Same Side (Right-Right > Left-Left)
- Outside-Inside Same Side (Right-Right > Left-Left)
- Inside-Inside Opp Side (Right-Left > Left-Right)
- Sole-Inside Same Side
- Sole-Inside Opp Side
- 1-Touch Restriction

Coaching Points:

- Weight of Pass (Firm) (for player and coach)
- Readiness (athletic stance, move into path of ball)
- Quality of 1st Touch (choice/use of surface, out of feet, to face target, to set up pass on intended side of body, to avoid pressure)
- Speed of Play (quickness b/t 1st touch and pass)
- Technical Pass (plant foot next to ball, balanced on plant foot, weight/body position forward, step into ball, good contact with inside of foot, toe up/heal down, strike thru middle of the ball, short but firm follow-thru, follow-thru at target, maintain balance during follow-thru)
- Accuracy of Pass (must be directly to coach)
- Demand Quality (only a completed pass if 1st Touch and Pass meet ALL CRITERIA)



Step 2 No Opp (2-A)

Setup: Level-Appropriate Space/Distance. Starting point marked for Players (Blue) and Coaches (Red). 3-4 Balls for each coach.

Activity: 2-Touch Receive & Pass. Coach 1 passes to players at front of line. Player must receive ball and pass to other Coach 2 (2-touch). Then Coach 2 passes to next player in line (coach can play 1-touch to speed up activity), who receives the ball and passes to Coach 1. Practice, then play competitions rounds.

Options:

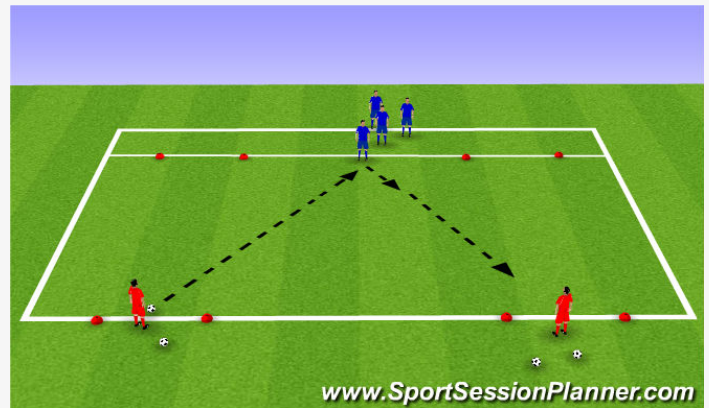
- Number of completed passes in 1 min. Or first team to 10 completed passes.
- If only 1 Group, then set benchmark number, and try to beat the record.

Progression:

- Inside-Inside Same Side (Right-Right > Left-Left)
- Outside-Inside Same Side (Right-Right > Left-Left)
- Inside-Inside Opp Side (Right-Left > Left-Right)
- Sole-Inside Same Side
- Sole-Inside Opp Side
- Far Foot-Near Foot Combination (Inside-Inside > Sole-Inside)
- 1-Touch Restriction

Coaching Points:

- Weight of Pass (Firm) (for player and coach)
- Readiness (athletic stance, move into path of ball)
- Quality of 1st Touch (choice/use of surface, out of feet, to face target, to set up pass on intended side of body)
- Speed of Play (quickness b/t 1st touch and pass)
- Technical Pass (plant foot next to ball, balanced on plant foot, weight/body position forward, step into ball, good contact with inside of foot, toe up/heal down, strike thru middle of the ball, short but firm follow-thru, follow-thru at target, maintain balance during follow-thru)
- Accuracy of Pass (must be directly to coach)
- Demand Quality (only a completed pass if 1st Touch and Pass meet ALL CRITERIA)



Step 2 w/ Opposition (2-B)

Setup: Level-Appropriate Space/Distance. Starting point marked for Players (Blue) and Coaches (Red). 3-4 Balls for each coach.

Activity: 2-Touch Receive & Pass. Coach passes to players at front of line (team 2). Player must receive ball and pass (2-touch) to either of the coaches under Opposing Pressure of team 1 player. Then coach passes to next player in line for the other team (team 1) (coach can play 1-touch to speed up activity). After a player receives and passes, they Pressure. Coach always passes to bring in a new player from the front of the line. After applying pressure, a player leave the area and returns to line. If opposing player wins the ball they can pass to coach for 1 point. Practice, then play competitions rounds.

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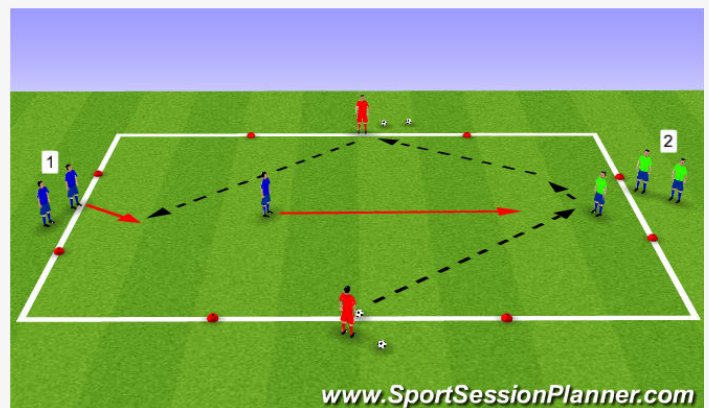
- Number of completed passes for each team in 2-3min. Or first team to 10 completed passes.

Progression:

- Inside-Inside Same Side (Right-Right > Left-Left)
- Outside-Inside Same Side (Right-Right > Left-Left)
- Inside-Inside Opp Side (Right-Left > Left-Right)
- Sole-Inside Same Side
- Sole-Inside Opp Side
- 1-Touch Restriction

Coaching Points:

- Weight of Pass (Firm) (for player and coach)
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- Accuracy of Pass (must be directly to coach)
- Demand Quality (only a completed pass if 1st Touch and Pass meet ALL CRITERIA)



Step 3

Setup: Level-Appropriate Space/Distance. Starting point marked for Players (Blue) and Coaches (Red). 3-4 Balls for each coach.

Activity: 2-Touch Receive & Pass. Coach 1 passes to players at front of line. Player must receive ball and pass to other Coach 2 (2-touch). Then Coach 2 passes to next player in line (coach can play 1-touch to speed up activity), who receives the ball and passes to Coach 1. Practice, then play competitions rounds.

Options:

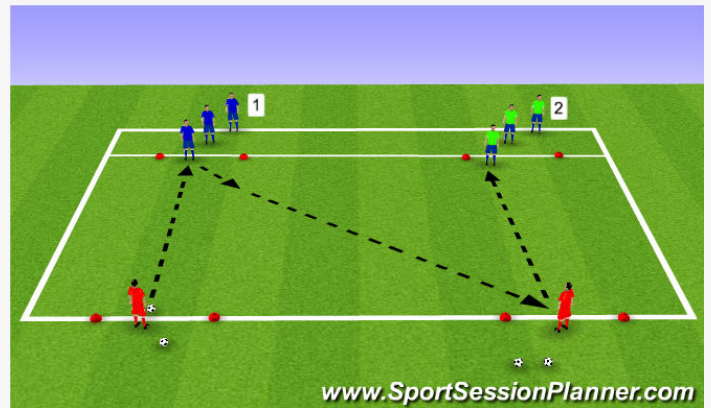
- Number of completed passes in 1min. Or first team to 10 completed passes.
- If only 1 Group, then set benchmark number, and try to beat the record.
- Reverse Direction from Straight-Diagonal to Diagonal-Straight.
- Play 2 Balls at the same time, one from each coach.
- Coaches play with Group 1 Only until they fail to complete a pass (counting number of completed passes), then play with Group 2 Only until they fail to complete a pass.

Progression:

- Inside-Inside Same Side (Right-Right > Left-Left)
- Outside-Inside Same Side (Right-Right > Left-Left)
- Inside-Inside Opp Side (Right-Left > Left-Right)
- Sole-Inside Same Side
- Sole-Inside Opp Side
- Far Foot-Near Foot Combination (Inside-Inside > Sole-Inside)
- 1-Touch Restriction

Coaching Points:

- Weight of Pass (Firm) (for player and coach)
- Readiness (athletic stance, move into path of ball)
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- Accuracy of Pass (must be directly to coach)
- Demand Quality (only a completed pass if 1st Touch and Pass meet ALL CRITERIA)



Step 3 Comb

Combinations:

- Short-Short-Long

