



Passing & Receiving (Travel 3)

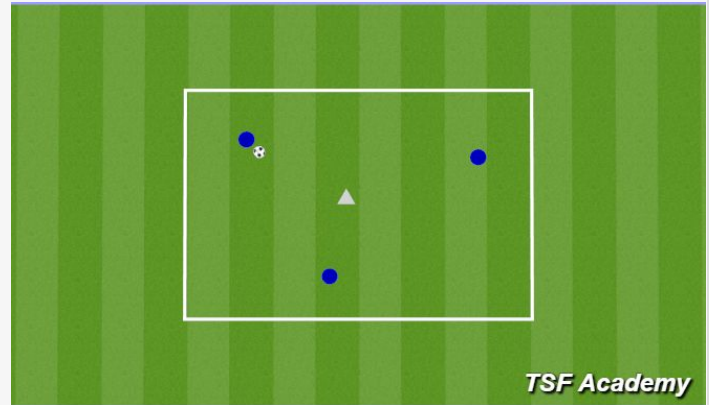
Category: Technical: Passing & Receiving

Skill: Mixed age

Pro-Club: TSF Academy
Paul Kenworthy, Lincoln Park, United States of America

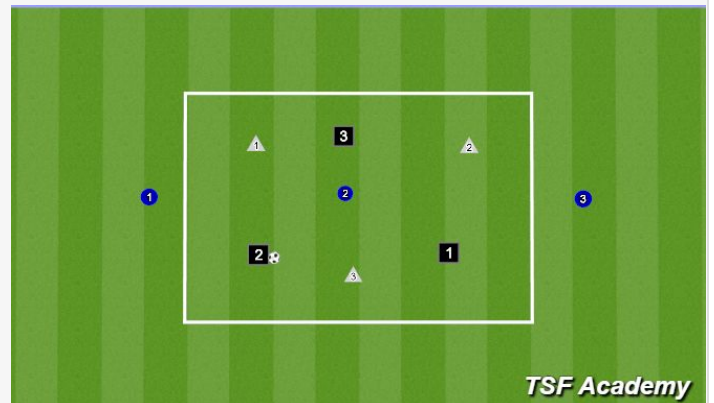
3v1 Rondos (20 mins)

- 3v1 Rondos
- Can add rules if wanted. 1 touch only, 2 touches maximum, must take 2 touches, maximum 3 touches, sequence passing of 1 touch 2 touch 1 touch 2 touch forcing players to communicate and stay concentrated.
- Make it timed games as it can be 2-3 minutes games.



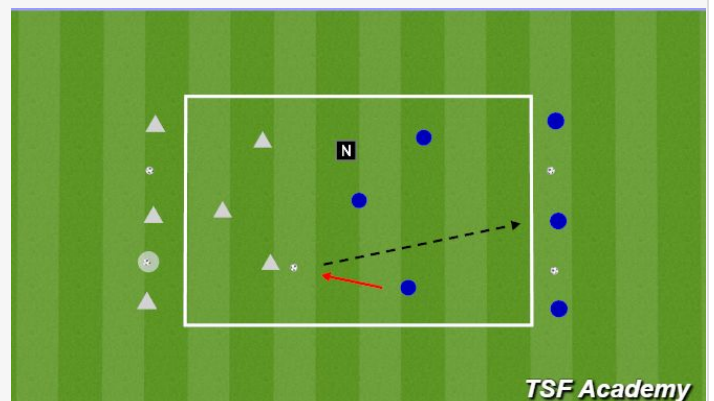
3v3 + 3 (20 mins)

- 3v3+3
- Timed games of 3 minutes
- The 3 neutral players can switch if they play to each other. If (Blue 2) plays to either (Blue 1 or 3) they will transition in and out of the middle.
- Looking for players movement off the ball to receive in good areas to switch the play.
- Communication has to be good and so does the awareness of the players.
- Looking to see if players can receive and play through the lines.



3v3 Transition (20 mins)

- 3v3 Transition
- 3 Grey players are trying to play the ball through to the 3 blue players who are off the field.
- The 3 blue players on the field are trying to stop them from playing a through ball. (Pressure, cover, balance)
- If a team manages to play a through ball then that team will still stay on and defend, a new team comes on with the ball attacking.
- You can change the above command to if they are successful on playing a through ball then they go back and receive a new ball from their own team and a new defending team comes on. (Coaches choice)
- Add a neutral for more success



SSG (30 mins)

- Small Sided Game 5v5/ 6v6/ 7v7

