



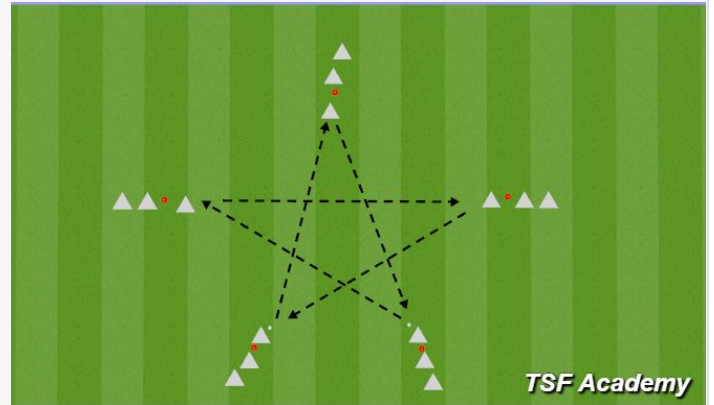
Passing & receiving (Travel 1)

Category: Technical: Passing & Receiving
Skill: Mixed age

Pro-Club: TSF Academy
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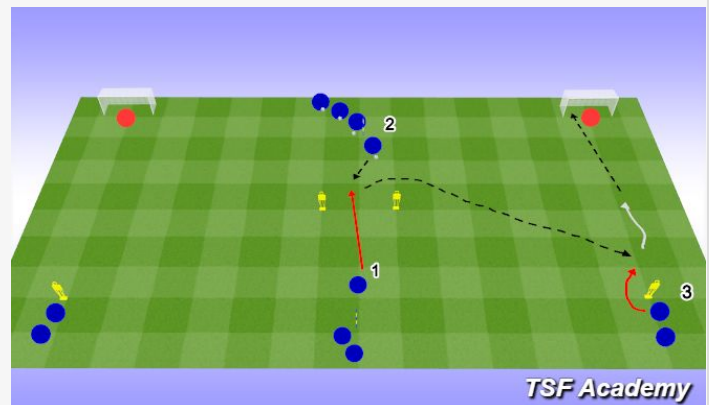
Star Passing (15 mins)

- Pass and follow in the shape of a star
- Start off with 1 ball and add more to pick up speed and more repetition
- Could add in a give and go if you wish (depending on level)
- Keep your head up ready for the next ball
- Communication
- Try to use both receiving and passing



Passing and Receiving to goal (20 mins)

- Player 1 checks in front of the goal and receives a pass from player 2.
- Player 1 then takes a touch with his right foot and passes to player 3 with his left foot.
- Player 3 checks in front of the goal once player 1 has taken his first touch.
- Player 3 then dribbles and shoots on the goal.
- Players pass and follow and then go the other way to force using both feet.
- Players must make sure the pass has pace on it.
- Players must make sure they are using both feet to control and pass.
- Players must check at the right time.
- Players must open their hips in order to make the correct passing technique.
- Speed of play must be high.
- Add in combination passes for different patterns of play.
- Go opposite way each time.



Possession (Directional) (20 mins)

- 3v3+3
- Make it competitive
- Decision making
- Awareness of space
- Speed of play



5v5 (35 mins)

- 5v5 SSG
- Different formations can be used depending on what you are looking for.
- 2-1-2
- 2-2-1
- 1-3-1
- 2-3
- 3-2
- Encourage players to play with freedom and have confidence.
- Attack with speed.
- Pace on pass.
- Communication.
- Movement off the ball.

