



# Passing & Receiving (Travel 2)

Category: Technical: Passing & Receiving  
Skill: Mixed age

Pro-Club: TSF Academy  
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## Warm Up (15 mins)

- Grey players are dribbling around looking to play a pass into a blue player within the triangle.
- Blue players are scanning the field looking for grey players. They are looking to support with a give and go to start with.
- Looking for body communication, verbal communication and eye contact with all players.
- Can do 2 minute rounds and have players switch over.
- Progression would be for players to communicate and rotate on information given.... "Give and Go" with player in the triangle and no transition but the ball must come in one side of the triangle and go out of a different side. "Turn" which would mean that the player in the triangle would take the ball out a different side of the triangle and dribble the ball to another triangle. The player that made the pass would then take his position in the triangle. "Man On" would be a trigger to play the ball right back to the player who passed it in to him, it would go back through the same side of the triangle that it come in through.
- Players in the triangle can then work on how they receive the ball, ie. back foot, front foot, across the body, away from the body, inside foot, outside foot, pointing out their body shape on how receiving the ball.



## 1v1/2v1 - Phase 2 (15 mins)

### Phase: 1

#### Organisation:

- Two balls at the same time, the attackers RWTB / dribble towards middle of the pitch as quickly as possible
- The player on the ball then has the decision to pass the ball to the link player or beat their opponent in a 1v1
- Only one player is able to use the middle man, awareness is crucial in the decision making.

#### Focus Area:

Counter attacking with an overload

#### Key Factors:

##### Running with the ball

- Minimal touches to cover distance but retain possession
- Head up while on the run, assess and make good decision
- Both feet – protect off both sides when under pressure

##### Forward passing (Timing, feet or space)

##### Timing and weight of pass

##### Pass selection – or stay on the ball

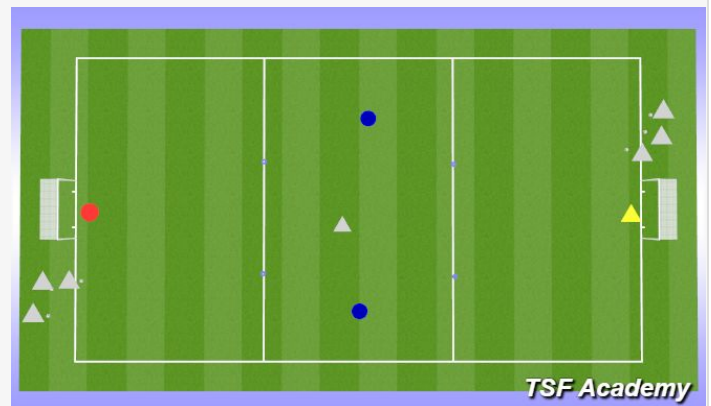
##### Disguise of pass – make unpredictable

##### Movement of support players

##### Threaten in behind – timing of runs

##### Create space to receive or space for the man on the ball

##### Third man runs/blind side runs



## Passing and Receiving/1v1 (20 mins)

### Phase: 2

#### Organisation:

- Players look to create an opportunity to dribble forward into the empty box or create 1v1 situation and travel into the final third by beating a player.

- If the player travels into the central zone and pass the ball it is 1 point

- If the player travels with the ball into the final third through the middle zone it is 3 points

- Defender presses and creates 3v1

#### Timings

- Each defending team is working for 3 minutes

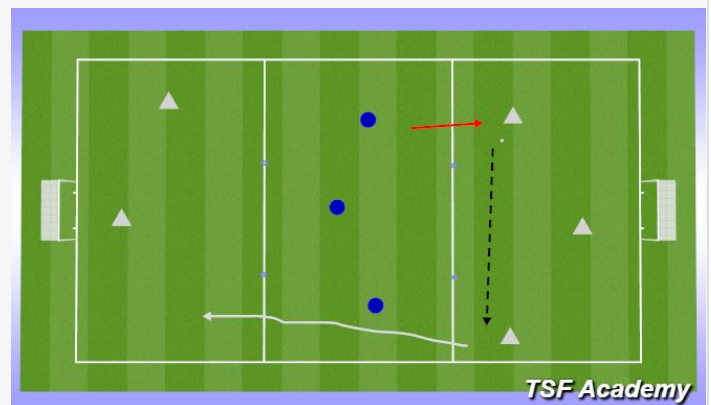
#### Focus Area:

Counter attacking with an overload

#### Key Factors:

##### Running with the ball

- Minimal touches to cover distance but retain possession
- Head up on the run, assess and make good decision



- Both feet – protect off both sides when under pressure

#### Forward passing (Timing, feet or space)

- Timing and weight of pass
- Pass selection – or stay on the ball
- Disguise of pass – make unpredictable

#### Movement of support players

- Threaten in behind – timing of runs
- Create space to receive or space for the man on the ball
- Third man runs/blind side runs

## Passing and Receiving/ Numbers up (20 mins)

### Phase: 3

#### Organisation:

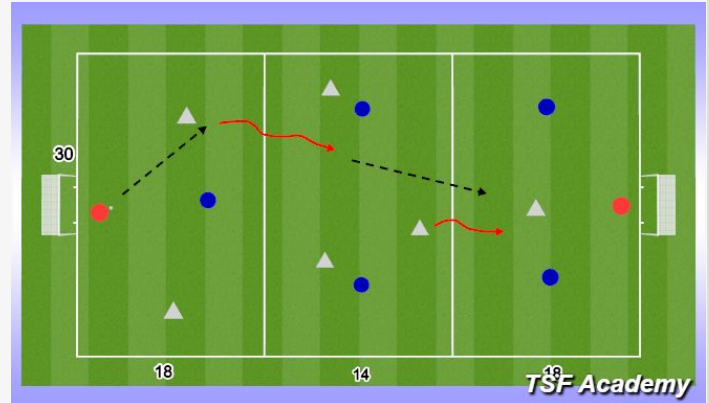
2-2-1 formation for each team

Each team has to play out from the GK and through the thirds and create the overload in each zone by dribbling or passing and supporting (2v1 first third / 3v2 in middle zone / 2v2 in end zone)

#### Focus Area:

#### Key Factors:

- Movement to receive the ball
- Recognise triggers and move into position early
- Double movement to create space
- Relationship with passer and receiver – eye contact, hand signals and verbal communication
- Variety of receiving skills
- Receive on the half turn, open body shape
- First touch away from the opponent, ability to change direction at speed
- Protect the ball safe side, use arms
- Quality of the pass
- Timing of the pass – early / late
- Smooth pass with correct weight and accuracy
- Types of passes (through / over and around)



## 7v7 (20 mins)

- 7v7 SSG
- Different formations can be used depending on what you are looking for.
- 2-3-1
- 3-2-1
- Encourage players to play with freedom and have confidence.
- Attack with speed.
- Pace on pass.
- Communication.
- Movement off the ball.

