

**TECHNICAL TOPICS**

**PASSING**

**RECREATIONAL LEVEL**

**FUNDAMENTAL:**



10 - 15 Yds.

**PAIR PASS**

**ORGANIZATION:**

- Players work in pairs
- Stationary passing

**COACHING POINTS**

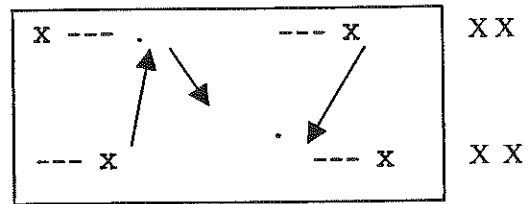
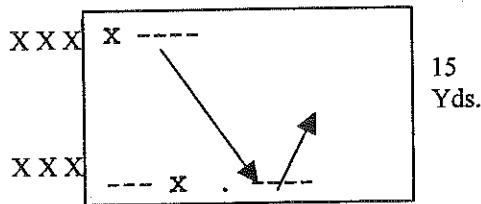
- Control - look up - see partner - look down - pass.
- Step into ball
- Non kicking foot alongside ball and pointed towards target
- Head steady with eyes on ball
- Keep ankle rigid
- Contact ball with inside of foot (toes out)

**COACHING POINTS (Cont'd)**

- Strike through center of ball
- Follow through towards target
- Accurate, firm passing
- Pace of pass easy to control
- Ball rolling on the ground

**MATCH RELATED:**

30 - 40 Yds.



**PASSING ON THE RUN**

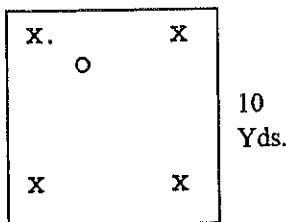
- Players in pairs
- Players pass into space in front of partner and move forward to receive pass
- Players interpass to other end

**PROGRESSION:**

- Players moving simultaneously in both directions
- Use outside of foot only
- One touch only

**MATCH CONDITIONS:**

10 Yds.



**KEEP-BALL**

**COACHING POINTS:**

- Always have 2 players in support
- If defender is closing down, release ball early, if defender us far from ball, keep ball and "draw" defender
- Disguise pass by faking to pass one way and pass the other way by using instep or outside of foot.
- Pace of pass - make it "Playable" (easy to control)

**SCRIMMAGE**

Finish the practice with a scrimmage where teams can score a point by either scoring a goal or by completing 5 consecutive passes.

**ORGANIZATION:**

- 4 Attackers vs 1 Defender
- 4 Try to keep possession
- Progress to 3 vs 1