



Date: 11th Nov 16

Team: U18

Time: 1830 - 2000

Location: City Academy

PASSING & RECEIVING

Objectives

- Revisit basic fundamentals related to passing and receiving
 - Body shape
 - Awareness
 - Protecting ball
 - First touch (into space, direction of travel)
- Understanding importance and consequence of movement off the ball
- Reading of Triggers and Transitions
- Be→Do→Have vs Have→Do→Be

Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



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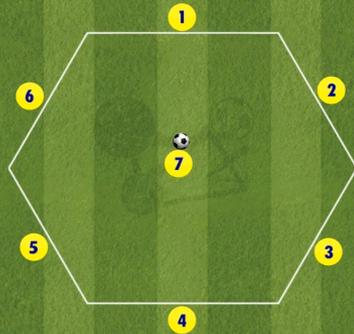
Warm Up: 1830 – 1845
Wall Pass Circle

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Key Coaching Points

- Communication... how quickly simple things go wrong without it!
- Be quick to recognise the situation once decision making is adding. Good players do not need “thinking time”
- Always be ready. In mind and body (shape)
- Use appropriate foot and part of foot to control and pass
- Always be aware of surroundings

Instructions

1. Player in the middle (Y7) passes to an outside player (Y1) and follows the pass to close Y1 down
2. The player to the left (Y2) of the receiver (Y1) makes themselves available for wall pass
3. Y1 passes to Y2 who passes back thereby avoiding the pressing Y7
4. Y1 is now in the middle and repeats Steps 1-3

Progression/Regression

- Vary number of touches. The aim is get 1 touch at high speed
- Allow defender to choose whether to close wall pass or receiver.
- Allow players either side of receiver to offer an option and defender decides who to close
- Vary size of circle
- A player/coach rotates around outside of circle looking to steal ball from any bad, slow or unprotected touches

Setup

20yard circle, x players, 1 ball



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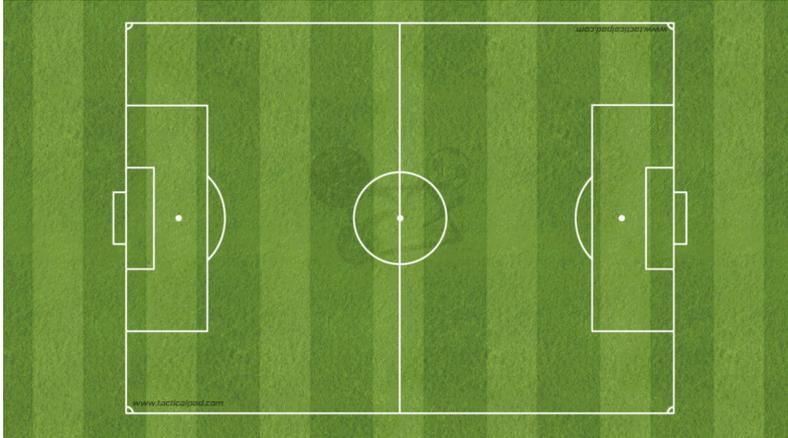
Scene Setter: 1845 - 1850
TBC

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Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



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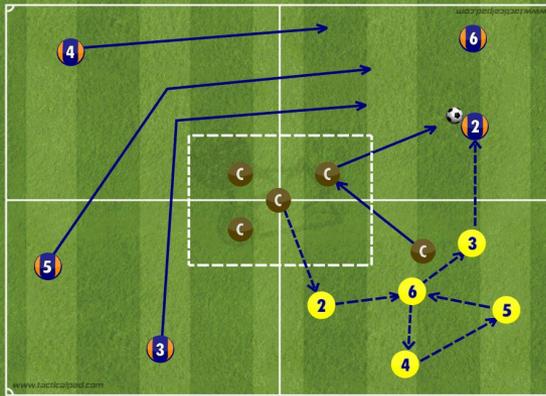
SSG #1: 1850 - 1915
Hornet Game

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Key Coaching Points

- Maximise space in the quarter
- Think further ahead than simply the next pass – movement and body shape will show who is thinking ahead
- Reading triggers... and already be reacting to them before their completion (i.e. passing of ball between teams and the movement of players on all teams)

Instructions

1. Browns start in centre square, Yellows in one of the quarters and the Blues spread around the other 3 quarters
2. Browns pass into the Yellows who have to make 5 passes within their quarter. One Brown player enters that quarter to try and win the ball.
3. Once 5 passes have completed the ball must be passed to the Blues in one of the adjacent quarters.
4. As this pass happens all the Blues must move into that quarter to attempt to complete 5 passes and the Brown player must retreat to the centre square to tag in a teammate who will then defend against the Blues.
5. Steps 1-4 are repeated until the Browns win the ball they then swap with the team that gave up possession.

Progression/Regression

- Vary numbers in the game; 1v1, 2v1, 2v2, etc.

Setup

L30xW30 yards; divided into quarters with a 3x3 yard centre square, 3 teams of x, 1 ball



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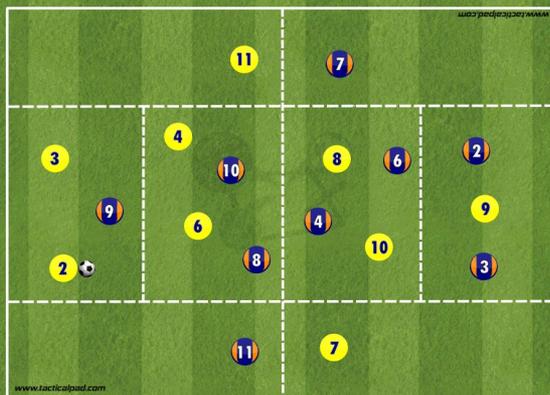
SSG #2: 1915 - 1940
3-4-2-1 Possession

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Key Coaching Points

- Be proactive in positional play so can influence ball retention even if don't receive the ball by increasing decision making of defenders and therefore increase time and space
- Be proactive in positional play so can we can be in the correct positions to win the ball back quicker... think that play will go where I should be (Be→Do→Have). Being the right position at defensive transition reduces the attacking options and therefore makes play more predictable.

Instructions

1. Directional game with aim to score a goal (in small goals)
2. Players are restricted to their zone but can switch zones... provided they maintain the original numbers per zone. Exception to this rule is wide players who must remain wide

Progression/Regression

- Allow players to join wide areas when they see certain triggers as outlined by coach
- Allow wide players to join central zones when they see certain triggers as outlined by coach

Setup

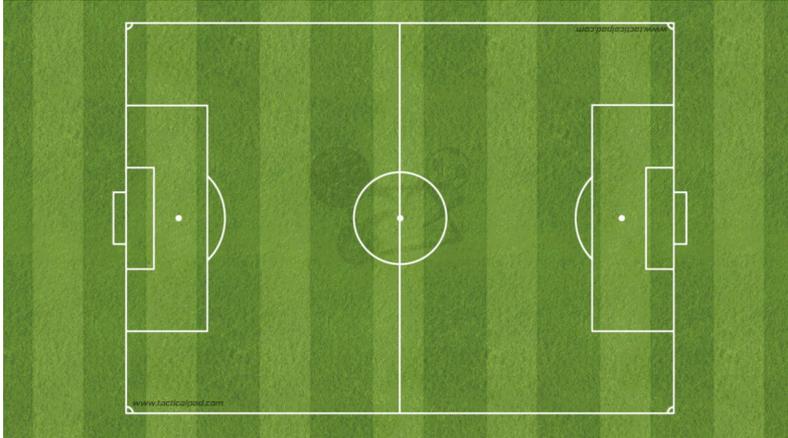
L30xW32 yards, 9v9



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Scene Setter Revisited: 1940 - 1945
TBC

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Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

Instructions

TBC

Setup

TBC



PASSING & RECEIVING

**Match: 1945 - 2000
Match**

**Date: 11th Nov 16
Team: U18
Time: 1830 - 2000
Location: City Academy**

**Players play a match... their rules
No coaching, just observing**