

# Passing & Receiving: Skill/Technique #1

## Technique: Soccer Tennis 1 35 minutes

<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>• Use markers to set up a number of 20x10m areas as shown.</li> <li>• Use a halfway line with a 3m “no go area” on each side.</li> <li>• Use two flags or cones to make a central 6m gate.</li> <li>• Play games in a “round robin format” for motivation.</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Get behind the ball to receive it.</li> <li>• Relax your foot as you make contact with it</li> <li>• Keep the ball rolling.</li> <li>• Watch the ball.</li> <li>• Strike through the middle of the ball.</li> <li>• Make you ankle stiff as you strike the ball.</li> <li>• Keep the ball low.</li> </ul>
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**Description:**

- Two players play against two players. **To score** the ball must be played through the gate, beyond the “no go zone” (shaded area) and through the opponents court and out of play, either directly or off an opponent. The ball must pass through the gate **along the ground** or the point/serve is lost. A team can only **score off their own serve** but a team which is not serving can win the right to serve and then begin to pick up points. **Winner is the first team to 15 points** and ahead by 2 points. Each player is **allowed 3 touches** to control the ball and pass or attempt to score a point. **The ball cannot be kicked back through the goal first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball through the gate after the second pass results in a loss of the point/serve.
- Add the condition that the ball must keep rolling or team loses point/serve.

**Emphasis:** On accurate, short, “killer” passes and good control of the ball in order to get ones head up to see opportunities to

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## Passing & Receiving: Skill/Technique #2

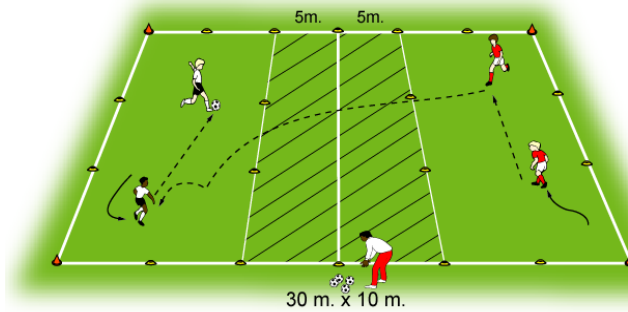
**Technique (Alternative):**

**Soccer Tennis 2**

**35 minutes**

**Organization:**

- Use markers to set up a number of 30x10m areas as shown.
- Use a halfway line with a 5m “no go area” on each side.
- Play games in a “round robin format” for motivation.



**Coaching Points:**

- Get behind the ball to receive it.
- Relax your controlling surface on contact.
- Keep the ball rolling.
- Watch the ball.
- Strike through the bottom half of the ball.
- Stretch your toe down & make you ankle stiff as you strike the ball.

**Description:**

1. Rules as in the previous exercise with the following exceptions: **To score** the ball must be played over the “no go zone” (shaded area) and bounce in the opponent’s court and out of play, either directly or off an opponent. Alternatively, the point is won if the ball bounces twice in the succession in the opponent’s court without being controlled. **The ball cannot be kicked back over the “no go zone” first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball back over the “no go zone” after the second pass, or if the ball bounces in the “no go zone” it results in a loss of the point/serve.
2. Add the condition that the ball must keep rolling or team loses point/serve.
3. Have teams rotate so that they face different opposition each game.

**Emphasis:** On accurately playing a lofted pass from a rolling ball and efficiently receiving a ball out of the air in order to pass it.

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## Passing & Receiving: Skill/Technique #3

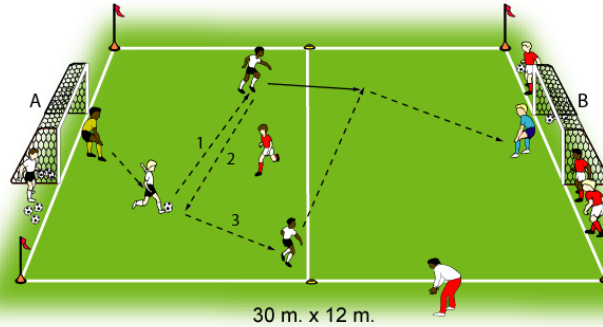
**Skill/Technique:**

**3v1 toward goal.**

**20 minutes**

### Organization:

- Use markers to set up a number of 30x12m areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK serving a ball to 3 attacking players.



### Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

### Description:

1. Three white players begin the attack from one end of the field as the GK rolls to the ball for one of them to control and build play towards goal (A) in order to score. At the same time one red player runs forward from the opposite goal line to try and defend his/her goal and if possible win the ball and score against the white team. When a goal is scored or a shot is taken, or the ball is knocked out of play, the white players clear the field and line up at the side of goal (B) and the red defender lines up the side of goal (A). The three remaining red players repeat the process toward goal (A) against the remaining white defender. Continue this rotation.

**Emphasis:** Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot.

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## Passing & Receiving: Skill/Technique #4

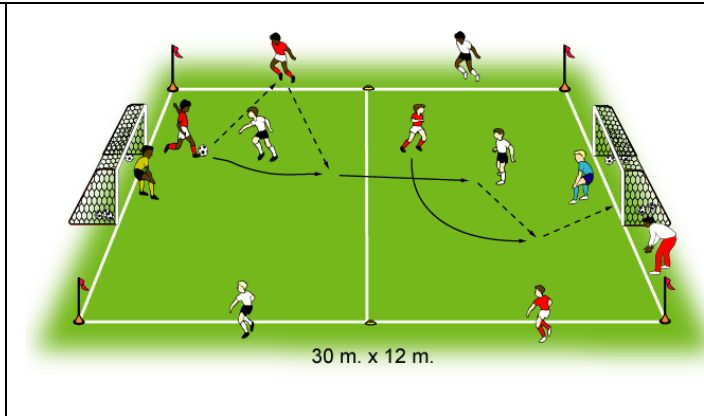
**Skill Work:**

**Passing & Receiving Combinations**

**15 minutes**

**Organization:**

- Use markers to set up a number of 30x12m areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK.
- 2 v 2 on the field with 2 supporting players from each team outside.



**Coaching Points:**

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

**Description:**

1. 2 v 2 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

**Emphasis:** On wall passes, overlaps and third man runs.

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