



Passing / Receiving

Category: *CoViD-19 (Social Distancing)

Difficulty: Beginner

Forrest Randall, Richfield, United States of America
Individual-Young Member

Horse Shoe Passing (15 mins)

Objective: Increase passing / receiving competency through repetition and competition

Focus: Using different surfaces of the feet to vary passes/services

Set-Up:

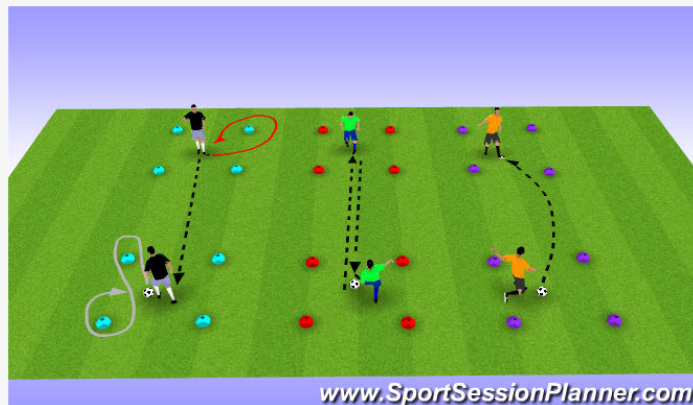
- Players are partnered up w/ 1 ball per pair
- Each player has a designated box 3-5yards wide (age/ability dependent)
- Space between boxes 5-15yd (age/ability dependent)

Action:

- Begin with 2-touch passing - inside foot
- Allow pairs multiple repetitions to improve technique & confidence
- "Ball never stops" rule should be implemented right away
- Player receiving pass must touch a cone behind them before receiving. Focus on timing so he/she isn't standing and waiting to receive. Receive in motion.
- Ensure players use BOTH FEET
- Have teams compete by completing max reps in 1 minute

Competition/Progressions:

- 2 touch (first touch must be outside of foot)
- 1 touch passing (inside foot)
- Player must receive pass, then dribble around 1-2 cones before passing across
- Partners chip ball in the air ('trap' must stay inside the box to count)



1 v 1 Shootout (15 mins)

Objective: Increase passing / receiving competency through repetition and competition

Focus: Using different surfaces of the feet to vary passes/services. Using feints and ball manipulation to create shooting/passing windows.

Set Up:

- 12 x 10 box w/ social distance central channel
- 2 goals/pugs/cones on either side
- 1 player in each grid
- Balls at the end between pair of goals
- Set up enough grids to allow for maximum amount of players to be active

Action:

- Ball is played in to either player to begin
- Attacker must use deception and feints to create shooting/passing window
- Passes/Shots must be knee height or lower
- Each player gets to start with the ball 3 times.
- Defender can block/intercept the shot and score

Possible Progressions:

- Attacker must shoot with weak foot
- Give attacker specified amount of time to shoot



1 v 1 + Bumpers (15 mins)

Objective: Increase passing / receiving competency through repetition and competition

Focus: Using different surfaces of the feet to vary passes/services. Using feints and ball manipulation to create shooting/passing windows.

Set Up:

- 12 x 10 box w/ social distance central channel
- 2 goals/pugs/cones on either side
- 1 player in each grid
- 1 neutral bumper player on either end of the central channel
- Balls at the end between pair of goals

Action:

- Same idea as previous 1v1 shootout activity
- Each player gets 3 opportunities to begin the attack
- Play begins with pass from a bumper player
- Unlimited passes into bumper players
- Bumper players cannot shoot to start

Progressions:

- Attacker must shoot with weak foot
- Give attacker specified amount of time to shoot
- 1pt for 2-touch goal, 3pt for 1-touch goal

