

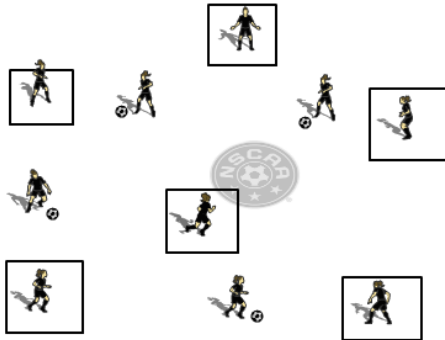


**Model Training Session**  
**Passing & Receiving (Inside of Foot)**  
**Chad Moore – January 2016**

The focus of the Progressive Session will be on the players using the inside of their feet to pass and receive the ball. A majority of the coaching points will be technical in nature and activities will allow for player to have many repetitions to pass and receive the ball.

**Passing Coaching Points:**

- Shape of passing foot (ankle turned; toes higher than heels)
- Non-passing foot pointed at target; knee slightly bent
- Eyes on the ball during contact
- Follow-through towards target

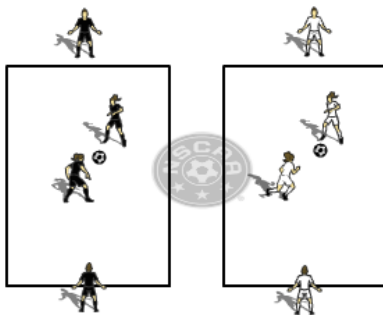


**Receiving Coaching Points:**

- Shape of receiving foot (ankle turned; toes higher than heels)
- Get body behind the ball; do not reach
- First-touch away from pressure/into space/to teammate
- Depending upon pace, the surface may be relaxed

Warmup

Passing in and out of boxes; make competitive by adding defenders



1v1 to Targets (15 yards x 10 yards)

1v1 inside of grid; objective is to pass ball to targets

After a pass is completed, players (field players & target) switch spots



2v2 to Targets (25 yards x 15 yards)

2v2 inside of grid; objective is to pass ball to targets

After a pass is completed, players (field players & target) switch spots



5v5 Scrimmage (40 yards x 30 yards)