



Forward Passing & Runs

Category: Technical: Passing & Receiving

Skill: U15

Pro-Club: SportSessionPlanner.com
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Warm Up (15 mins)

Technique Work

Unopposed practice with the idea of developing "muscle memory/feel" to pass the ball using a particular technique over certain distances. Passes are "driven", "clipped" and "lofted".



Game Related Practice (30 mins)

How to Play

Objective is to take or receive the ball in the shaded area to score a point for your team.

The defending team can only occupy a maximum of 2 of the 4 areas of the pitch.

The attacking team are encouraged to make the forward pass when they have a team mate in an advanced position.

Possible Coaching Points

Quality of the pass.

Runs ahead of the ball.

Decision making (when to pass/dribble or run).

Support ahead/behind the ball.

