

Passing/Receiving Activity (15 mins)

Passing & Receiving (15 min)

Organization:

2 players

2 cones (at a distance suitable to ability)

1 ball

Instructions:

Set Up A:

- Player 1 can only pass the ball through the cones
- Player 2 can only pass the ball outside of the cones

Set Up B:

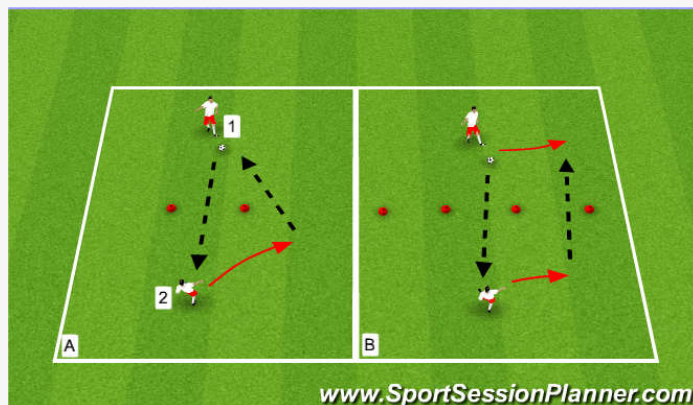
- Players exchange passes through the 3 gates but cannot play through the same gate consecutively

Coaching Points:

- Keep ball moving with 1st touch
- Experiment with using inside/outside surface to control ball
- Consider body position when using different surfaces to control
- Prepare the ball in as fewer touches as possible
- Quality of pass

Progressions:

- 2 touch only
- Play pass with outside surface (encourage disguise)



Playing Out of the Back/Penetration (15 mins)

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Organization:

40x30 yard area divided into 4 10 yard channels

2 team of 6, 3 players per channel

1 ball, spares nearby

Instructions:

- Team with the ball attempts to keep possession
- Score points by passing between defensive lines (as shown in diagram)
- Possession may be kept around defensive lines but will not score point
- Players must remain in their channel throughout
- If defensive team wins the ball, they transition into attacking team
- Rotate channels players are in after set period

Coaching Points:

- Keep the ball moving in possession
- Draw defensive line out of shape
- Play penetrating pass when it presents itself
- Do not force passes and surrender possession
- Disguise penetrating pass by using outside surface of foot

Progressions:

- Play with touch limit
- Play with time limit for ball in each channel



SSG (15 mins)

Sm Sided Penetration Game (15 min)

Organization:

30x20 yard area

2 teams of 3

1 ball, spares nearby

Instructions:

- Regular scrimmage, kick ins for restarts, no corners
- Goals only scored with a shot 1st time

Coaching Points:

- Movement off the ball to receive on the move to shoot
- Playing the ball between defenders into space
- Timing of runs (offside)
- When to penetrate and when to possess

Progressions:

- Play with time limit to score once ball is in attacking half
- Add Neutrals

