

Date:

Topic: *Passing and Receiving*



| Phase One- WARM UP   | ORGANIZATION               | KEY COACHING POINTS  |
|--|----------------------------|--|
| <ul style="list-style-type: none"> <li>Phase 1:Using Brazilian Bolas, players will partner pass around a central cone</li> <li>Partners are 5-10 yards apart</li> <li>The focus of the lesson is the preparation touch or “first touch”</li> <li>The coach will provide various patterns and surfaces to play with I.e. Receive with the right and play with the left etc.</li> <li>Partners can pass and receive with both feet and then repeat with a size 4-5 ball</li> </ul>                                       |                            | <ol style="list-style-type: none"> <li>1. Receive into space to play.</li> <li>2. Head low and steady, eyes on ball.</li> <li>3. Strong core strength.</li> <li>4. Receive and play with the sweet spot on your foot and on the ball.</li> <li>5. Balance: address the ball when it is under your hips. Don’t reach out for it!</li> <li>6. Bring your eyes, head and shoulders down to play the ball.</li> <li>7. Exaggerate technique.</li> </ol>  |
| <p><b>Phase Two</b></p> <ul style="list-style-type: none"> <li>“The Magic Box II” includes 5-7 players working inside a 10-15 yard grid</li> <li>Players can now pass and receive using the same concepts as before</li> <li>The ball will now skip one player on the first pass and go “two forward”</li> <li>The second pass will go “one back”</li> <li>The pattern will continue two forward and one back continuously</li> <li>Players will rotate to the next cone after the complete the combination</li> </ul> |                            | <ol style="list-style-type: none"> <li>1. Play ball into the correct foot or the front foot of your teammate.</li> <li>2. Receive in the direction you want to play.</li> <li>3. The “one back” pass is a layoff ball. Take all the speed out of the pass and make it easy to play for your teammate.</li> <li>4. Watch your spacing. Time when you check in to play the ball. Stay underneath in support</li> <li>5. The “two forward” pass should be firm and into the checking leg or the back foot.</li> <li>6. Sweet spot, balanced and strong core.</li> </ol> |
| <p><b>Phase Three</b></p> <ul style="list-style-type: none"> <li>Rondo: Players circle 2-3 defenders and play keep away.</li> <li>If a player turns the ball over, that player and the players next to him or her become the next defenders in the middle</li> <li>If possession players connect 10 passes defenders stay in a second round and so on</li> <li>Add restrictions as needed including one or two touch</li> </ul>  |                            | <ol style="list-style-type: none"> <li>1. Receive with front foot when possible.</li> <li>2. Keep hips open to as much of the field as possible to see all options.</li> <li>3. Check in and create a good angle to receive as the second attacker.</li> <li>4. Recognize time and space and play 1-2 touch as needed.</li> <li>5. Use small body fakes and feints to create time.</li> <li>6. Review proper passing technique as needed.</li> <li>7. Encourage new passing surfaces including toe and outside of the foot when appropriate.</li> </ol>              |
| <p><b>Game Phase</b></p>   | <p><b>ORGANIZATION</b></p> | <p><b>KEY COACHING POINTS</b></p>  |
| <p>PLAY!</p>   | <p>.</p>                   |  |