



## Passing & Receiving

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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### Screen 1 (10 mins)

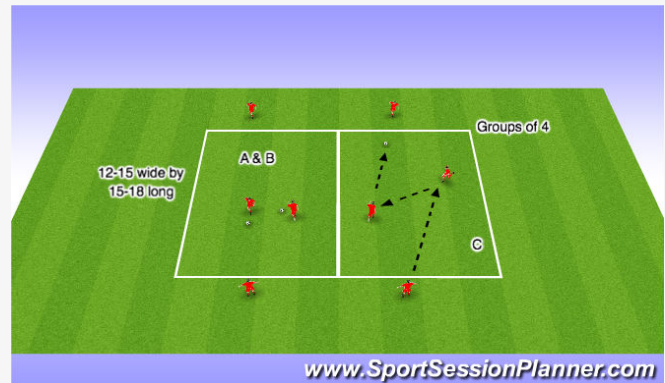
Set up: Add as many grids needed for sets of 4 players

Game:

- Player in the center receive a pass from the outside turns and dribbles to where they make the next pass to the opposite side - game repeats it self. Rotate players after 2 minutes
- Center player plays to the outside, the passing player then completes an overlap receives the ball and repeats the same at the opposite end. Rotate players after 2 minutes.
- Now one ball, An outside player plays to a center player, both center players play off each other and then plays out to the opposite end. Rotate players after 2 minutes.

CPs:

- 1) Quality of passing
- 2) Ball mastery
- 3) Movement off the ball
- 4) Combinations
- 5) Fitness
- 6) Communication



### Screen 2 (15 mins)

Set up: 20x20 yard grid

Game: 3v3 to 2 targets, game has direction, every time a center player passes to the outside they change positions.

CPs:

- 1) Passing & Receiving demands - 1 touch, 2-touch, 3-touch and so on
- 2) Balance when passing and receiving - posture
- 3) Space awareness
- 4) Combinations
- 5) Speed of play
- 6) Transitional movement
- 7) Communication



### Screen 3 (20 mins)

Set Up: 30x30 yard grid, 4v4 + 4 creating a 8v4 in possession.

Game: Two groups of 4 playing possession.

- 1) Passing under pressure
- 2) Numbers up, Numbers down demands
- 3) Tactical awareness
- 4) Transition
- 5) Speed of play
- 6) Communication



## Screen 4 (30 mins)

Set Up: 1/3 field

Game: 6 v 5

CPS:

- 1) All previous demands
- 2) Shooting & Finishing
- 3) Passing in the final third
- 4) Passing out of the back third
- 5) Balance and temp of game

