



## Academy 4

**Category:** Technical: Passing & Receiving

**Difficulty:** Beginner

Am-Club: Omaha FC  
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### Passing and Moving (10 mins)

Quick warm-up  
Passing and moving around  
Reds pass to Blues, Blues pass to Reds  
3 touch max.



### 3v0 Passing and Moving (10 mins)

3v0  
Blues move the ball around the square  
Different types of passes -short, long, 1 touch, 2 touch  
Coaching Points  
-Quality passes  
-Communication  
-Movement after pass  
-Head up for next pass



### 3v1 Rotating defenders (15 mins)

Group of 5-6  
Red on offense  
Blue on defense  
Blue passes to Red and it becomes a 3v1  
Red scores points for 10 consecutive passes  
Blue scores if they intercept  
Switch Blues after balls goes out  
Switch roles after 3-5 min  
Coaching points  
-Quality of passes  
-Supporting movement in the grid  
-Communication  
-Decision making  
-Speed of play



## Possession to Opposite side (20 mins)

3 Grids

3 groups of four

(can adjust for smaller numbers)

Blue play 3v1 and tries to switch the ball to Red grid, if they succeed then Red plays 3v1 and repeats objective

Black plays Defense, if they win the ball they rotate out to whomever lost the ball, that team comes in the middle to play defense

Repeat

Coaching Points

-Communication -when to switch, when to keep it

-Field Vision -pass or dribble

-Proper Passing and support movement

-Patience with the ball

-Defense work on Pressure-Cover-Balance in the Mid Third

