



## Academy 2

**Category:** Technical: Passing & Receiving

**Difficulty:** Beginner

Am-Club: Omaha FC  
Matt Bragg, Omaha, United States of America

### Ball Manipulation (10 mins)

Ball Manipulation 10-15min

- players on cones
- Progress through ball work For/Back/SidetoSide
- lots of touches



### Passing and Receiving (20 mins)

Passing & Receiving

Groups of 3-4 players

- 1 passes to 2, who receives and passes back
- 2 turns and receives a pass from 3 and passes back
- Repeat, trapping with inside and outside of foot, passing only with inside of foot
- Switch after 3 min
- Progress to opening your body up when pass is played and play ball to opposite side
- Repeat opening up with both feet
- Switch after 3 min
- Coaching points
- Proper passing technique- heel down, toe up, strike the middle of the ball
- Soft prep touch when receiving
- Communication- give commands, drop, open up, turn



### 2v1 Passing and Receiving (20 mins)

Red Attackers

Green Servers

Blue Defenders

Attackers have the ball and play Servers, they play it back to attackers

Defenders try to win ball to become attackers

Coaching Point

- Head up
- Movement after pass
- Body Shape
- Communication
- Protect the ball, be aware where the defender is
- Servers can move around the outside

