



Mathematical passing

Category: Technical: Passing & Receiving

Difficulty: Difficult

Am-Club: Omaha FC
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Screen 1 (45 mins)

Set up: Based on age group, allow space for players to move freely at pace

a) Start with one ball, Red passes to Blue, Blue passes to Red - start with Two touch then move to one touch, when players become comfortable at each touch restriction add a second ball, and again a third ball

b) Start with one ball, now players do takeovers, Red to Blue, Blue to Red, when players become comfortable add a second ball then the third ball

c) Now Color to Color, Red players pass to Red, Blue players play to Blue, the starting player with the ball starts with one touch, the receiving player has two touches, the third has three, the next player goes to one touch, and so on, 1-2-3-1-2-3-1-2-3 demands, once comfortable add a second ball and then third. Then reverse the touches, 3-2-1-3-2-1-3-2-1, with advanced groups now do the same going Red to Blue, Blue to Red and so on, again add the second and then the third ball

d) Red team passes with the inside of the foot, Blue team must receive with the outside of the foot, Blue team can pass with their inside of the foot, when players look comfortable add the second ball then the third ball, then rotate so Blue passes with the inside of their foot Red receives with the outside of the foot, No touch limit to allow more dribbling and player movement.

CPs:

Passing

Receiving

Awareness

Communication

