



Receiving the ball - Passing

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: Omaha FC
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Screen 1 (5 mins)

Place players in pairs to start
Stage 1, Receiving players check to servers and volley the ball back into the hands of the server.

Rotate servers. 3-5 minutes

CPs:

Look for balance and approach of receiving player

Quality of touch

Communication when demand the ball

Move onto

1) Chest - Volley back to server

2) Thigh - Volley back to server

3) Thigh pass on the ground

u13s and older,

1) Server serves to Receiving players head for Header - Volley back,

2) Foot - header back

3) Foot - header - volley back

4) Thigh up to header back

5) Thigh up to header back to volley



Screen 2 (5 mins)

Progression:

Receiving players have the option to pair up or work as individuals, in pairs they volley onto their partner to volley or head back to the server, individual receivers adjust to the flight of the ball

CPs,

Heading for u13s and older

Servers can serve by hand or on the ground for a foot pass

After working in pairs work as an individual

Body posture, angle of support,

comfort on and around the ball



Screen 3 (10 mins)

Long passing, in pairs

Receiving player is now challenged by receiving a longer pass with weight and or bend. Start with ground passing, move onto to bouncing balls to challenge receivers.

CPs:

In Pairs, or groups of four players for short passing and Receiving

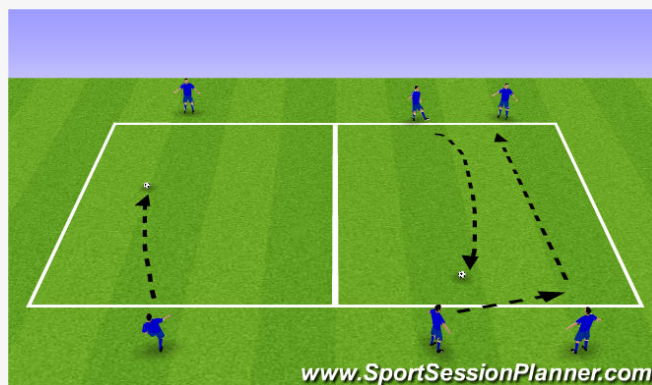
Up on the balls of your feet ready,

While ball is traveling make adjustment steps

choose receiving surface

Relax on contact

Supporting angles



Screen 4 (15 mins)

Receiving ground passes:

One player is stationary the other moving onto a right footed pass or a left foot edpass

Cone gates are 3-5 yards apart in a half moon, 4 cones used above you can add more

Working player receives a double pass at each end to move from Left foot to right foot or right foot to left foot, Rotate players after each set using both feet.

CPS:

Choosing correct surface

body shape, side on and or open to working player

balance and space awareness

