



# Passing

**Category:** Technical: Passing & Receiving

**Difficulty:** Difficult

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## Screen 1 (20 mins)

CPS:

Accuracy of pass

Weight of pass

Balance and posture

relaxed when passing

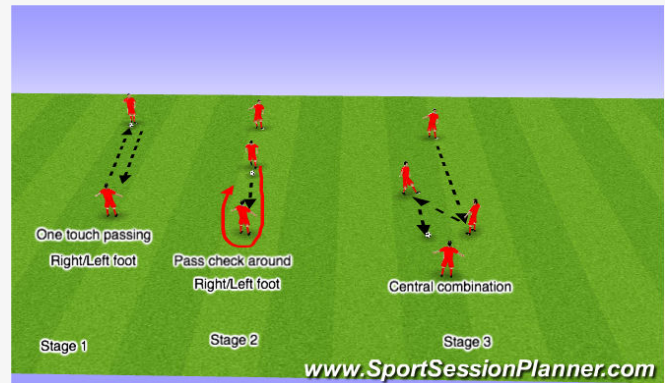
Correct follow through - correct contact on the ball

Speed of play

Stage 1- All of above

Stage 2- All of above + movement to receive pass - open side on - work rate off the ball - rotate players

Stage 3 - All of above, check-in check-out, check your shoulder - end player passes to furthest player in the center - rotate players



## Screen 2 (25 mins)

Stage 4

Left side - timed passing with central players staying in the middle

Right side - Transition of players shown

CPS:

1) Transition is now added, after center combination the end line player # 4 goes into the center to start a new rotation, player # 4 plays a long ball to player #1

2) Player # 2 takes up a new position,

3) Player 4 moves into supporting angle, player #4 passes to player #2

6) Player #2 passes into player #1 and the rotation starts over

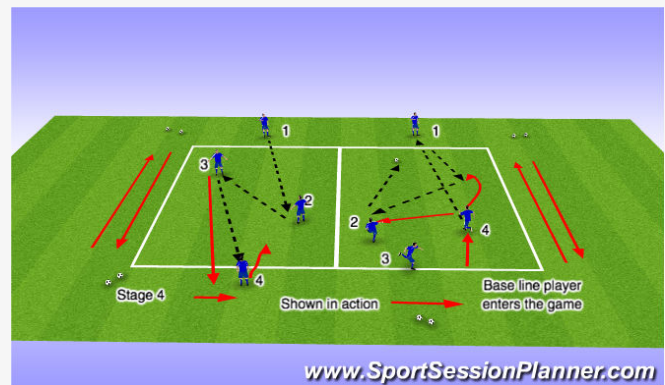
a) Quality of passing

b) Space awareness

c) Movement of the ball

d) Communication

e) Alertness



## Screen 3 (35 mins)

5v5 Winner stays on

