



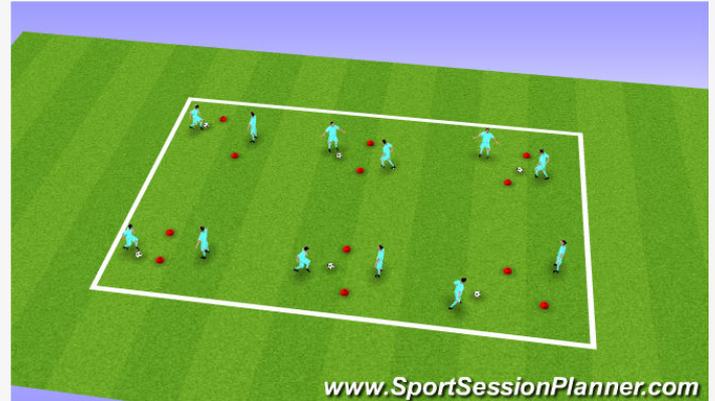
2018 Rec Academy Week 4: Passing and Receiving

Category: Warm-ups
Difficulty: Beginner

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Individual-Adult Member

Passing with a partner

Start by having pairs with one ball at a cone gate.
Players play two touch, and must play on a different side of the cone then where they received it.
Stay at the same gate the entire time.
Play for 2 min, and ask for numbers of passes. Repeat 4 times.
Coaching points:
- toe up and heel down. Lock the ankle
- first touch into space and away from body (forward) with toe up and heel down
- move to get behind ball
- pass on the ground and with pace and aim for a specific foot (accuracy)



Break the gate

Field: 1 40x25 yard grid with gates around the outside
Time: 2 min game to 1 min rest x 4 = approx. 12 min
Setup:
- 2 players per ball
- Add two players holding pinnies as defenders after second or third round
Gameplay:
- Play pass through gate for teammate to run onto for point. Cannot go through same gate twice in a row.
- Progress to adding in defenders (holding pinnies).
- If defender wins ball, they play it out of square. The players with out a ball must go help other players keep their ball. Play until no balls left or 3 min.
Coaching Points:
- Quality passes (pace, accuracy, on the ground)
- Where to take first touch (continuing to next gate)
- Open Body to see the field
- communication



Rondo with 2 teams

Put 2 15x20 yrd grids side by side, making a 30x20 grid.
2 teams, one in each 1/2.
Coach plays in ball to lights, every 3 passes darts send a defender. Defenders try and win ball and play to their side.
If ball goes out, coach plays in new ball on opposite sides.
Play for 3 min, rest for 1, repeat 3-4 times.
Coaching points:
- Play away from pressure.
- Play quick, which requires quality passes
- Keep body open to see field and new defenders.
- Communicate



Scrimmage

Scrimmage in a big field. Use 2 fields to keep numbers per team to 5 or less. Use kick ins to encourage passing on the ground.

Time: 2x9 min with 2 min rest

Coaching Pts:

- When to pass and when to dribble?
- How does my pass effect my teammate?

