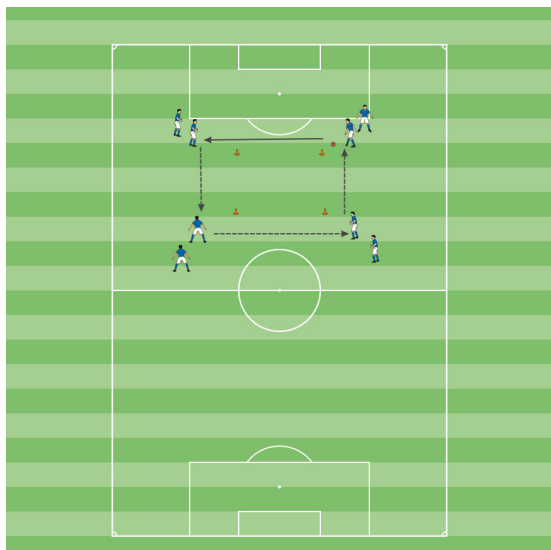








TRAINING EXERCISE

Passing and Receiving Body Shape



	Passing and Receiving Combination Play
	U12 to Senior
	8 to 16 Players
	Cones, Balls
	Intensity: 6
	15:00 min (3 x 05:00 min, 00:00 min rest)

Objective

Pass the ball around the outside of the square to team mates

Description

1) Players are stationed equally on each corner of the square. Players should stand back from the cone at the corner as it represents a defender and to prevent it getting in the way. Players pass to the player in the corner to their right, then move to the back of the line. Progress to following pass. 2) Player 1 passes to their right and receives ball back half way between the two cones from player 2. They then play a diagonal ball to Player 3. Player 2 makes a run after he has laid the ball off to Player 1 and receives the ball half way between the two cones, from Player 3, before making a diagonal pass to Player 4. Player 3 then makes a run toward Player 4 who lays it off and Player 3 makes a diagonal pass back to the first cone (See Diagram 2). 3) Player 1 passes to player two. Player two lays the ball off for a give and go through the inside of the square. Player 2 receives the ball and plays it into player 3 who lays the ball off for a give and go through the inside of the square (See Diagram 3). Progressions: Limit touches, use more than one ball, pass ball in other direction around square

Key Points

Stand back from cone, open body shape to all corners, good first touch in direction the ball will be played, firm pass