

Date:

Topic: *Passing and Receiving*



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Phase 1:Using Brazilian Bolas, players will partner pass around a central cone Partners are 5-10 yards apart The focus of the lesson is the preparation touch or “first touch” The coach will provide various patterns and surfaces to play with Ie. Receive with the right and play with the left etc. Partners can pass and receive with both feet and then repeat with a size 4-5 ball 		<ol style="list-style-type: none"> 1. Receive into space to play. 2. Head low and steady, eyes on ball. 3. Strong core strength. 4. Receive and play with the sweet spot on your foot and on the ball. 5. Balance: address the ball when it is under your hips. Don’t reach out for it! 6. Bring your eyes, head and shoulders down to play the ball. 7. Exaggerate technique.
<p>Phase Two</p> <ul style="list-style-type: none"> “The Magic Box II” includes 5-7 players working inside a 10-15 yard grid Players can now pass and receive using the same concepts as before The ball will now skip one player on the first pass and go “two forward” The second pass will go “one back” The pattern will continue two forward and one back continuously Players will rotate to the next cone after the complete the combination 		<ol style="list-style-type: none"> 1. Play ball into the correct foot or the front foot of your teammate. 2. Receive in the direction you want to play. 3. The “one back” pass is a layoff ball. Take all the speed out of the pass and make it easy to play for your teammate. 4. Watch your spacing. Time when you check in to play the ball. Stay underneath in support 5. The “two forward” pass should be firm and into the checking leg or the back foot. 6. Sweet spot, balanced and strong core.
<p>Phase Three</p> <ul style="list-style-type: none"> Rondo: Players circle 2-3 defenders and play keep away. If a player turns the ball over, that player and the players next to him or her become the next defenders in the middle If possession players connect 10 passes defenders stay in a second round and so on Add restrictions as needed including one or two touch 		<ol style="list-style-type: none"> 1. Receive with front foot when possible. 2. Keep hips open to as much of the field as possible to see all options. 3. Check in and create a good angle to receive as the second attacker. 4. Recognize time and space and play 1-2 touch as needed. 5. Use small body fakes and feints to create time. 6. Review proper passing technique as needed. 7. Encourage new passing surfaces including toe and outside of the foot when appropriate.
<p>Game Phase</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
<p>PLAY!</p>	<p>.</p>	