

**Passing**  
**&**  
**Receiving**

## PASSING

This session will demonstrate the techniques of all types of passing, short, and long. All techniques will be covered: inside, outside, and the toe of the foot, chipping and driving the ball.

### Coaching Points:

- Body position (placement of non-kicking foot, body over the ball, ankle locked, follow-through landing on kicking foot)
- Selection of passing surface
- Balance
- Proper speed and accuracy of the pass “Give a pass the way you would like to receive it”). Does the pass require the receiver to slow down or speed up?
- Disguise
- Vision
- Passing and moving

### Economical Training:

Economical training is the combination of two or more aspects of the game (i.e. technical, tactical, physical, and psychological strength) into a training activity. This makes the most productive use of valuable training time. All of the following activities can also be used in training receiving. Only the emphasis on the coaching points for the given technique change. Please refer to these same activities during the receiving session.

### Organization:

Players are in pairs passing the ball back and forth from 5 yards. The coach selects one technique and then emphasizes one coaching point. Move the players to various distances (i.e. 10 yards) and then back.

Variations: \*Note – coaches should be creative and look at all types of receptions and passes the game necessitates. This is called **Technique On Demand**.

- Player receives with left foot and passes with right foot (coach selects the surface)
- Player receives with outside of right foot, pushes to the side and passes back with laces on right foot

## RECEIVING

This session will demonstrate the techniques of all types of receptions both on the ground and in the air. All the techniques will be covered:

- Ground: inside, outside, and sole of the foot.
- Air: Inside, outside, sole and instep of the foot, thigh, chest, and head.

### Coaching Points:

- Body position – moving the feet and receiving the ball into the middle of the body
- Judging the flight of the ball
- Early decision as to the correct surface with which to receive
- A soft touch with the reception, relaxing the controlling surface
- Not “killing” the ball with the first touch, but moving it with the first touch into the proper area and direction with a proper distance according to where the pressure is from opponents

### Economical Training:

Economical training is the combination of two or more aspects of the game (i.e. technical, tactical, physical, and psychological strength) into a training activity. This makes the most productive use of valuable training time. All of the following activities can also be used in training passing. Only the emphasis on the coaching points for the given technique change. Please refer to these same activities during the passing session.

### Organization:

Players are in pairs passing the ball back and forth on the ground from 5 yards. The coach selects one receiving technique and then emphasizes one coaching point. Move the players to various distances (i.e. 10 yards) and then back.

- Players may be stationary in this learning phase and stop the ball in front of them
- Next, players must receive the ball with designated surface and redirect to the side into open space (1-3 yards)
- Next, players must move to receive the ball and follow above instructions
- Process is repeated with the ball tossed from the hands when working on air receptions

### Variations:

\*Note – coaches should be creative and look at all types of receptions and passes the game necessitates. This is called **Technique On Demand**, i.e.:

- Player receives (coach selects the surface) with the inside of the left foot and passes with right foot
- Player receives with outside of right foot, pushes to the side and passes back with laces on right foot

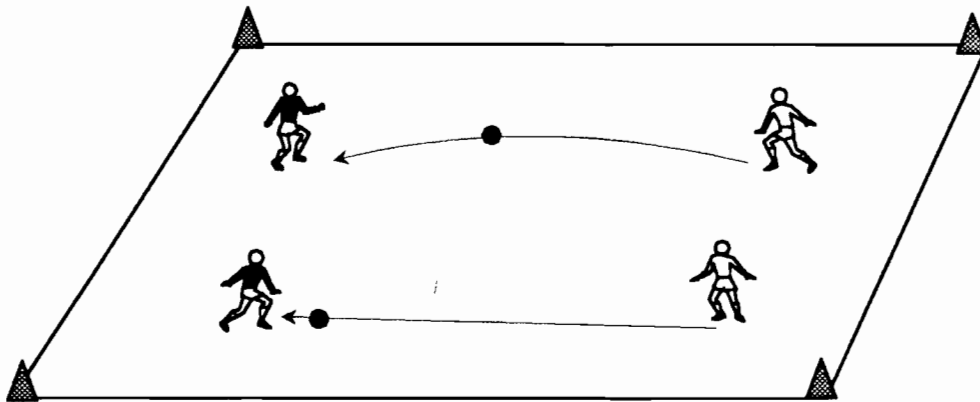
# Basic Partner Passing

## Instructions

Divide players into pairs. Players pass back and forth, using the first touch to control and prepare the ball, and the second touch to pass the ball back. Use 5 to 30 yard distances depending on players' age and technique being practiced.

## Objectives

To improve various passing techniques.



## Coaching Points

- *First touch prepares the ball out from feet and to the side for a return pass.*
- *Get a smooth, clean strike on the ball.*
- *Correct pace.*
- *Be on your toes and get in line with the ball early.*

## Progression/Variation

- *Ground pass, instep drive, banana kick, chip pass, lofted drive, outside-of-foot pass.*
- *Use alternate receiving foot.*
- *Use alternate passing foot*
- *Receiver prepares the ball to the right.*
- *Receiver prepares the ball to the left.*

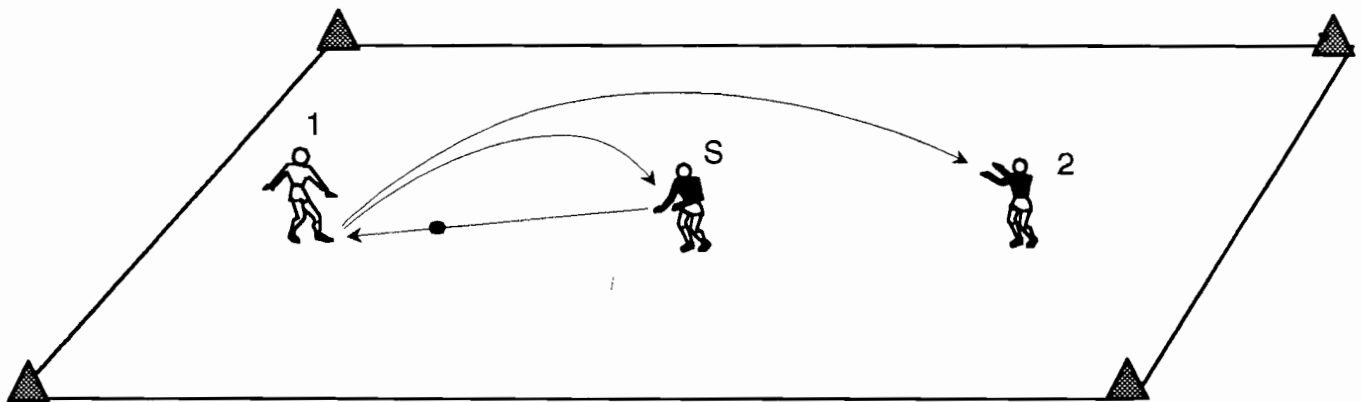
# Passing: Chips

## Instructions

Play with two players and one server. The server rolls the ball for Player 1 to chip /high pass. Player 1 gets one point for chipping the ball into the arms of the server and two points for chipping it into the arms of Player 2. Next, the server serves for Player 2 to chip, and so on. Do five chips each and then switch the server.

## Objectives

To practice chipping the ball.



## Coaching Points

- Server must give slow serve to player's good foot.
- Players must adjust their body to align correctly to strike the ball (i.e., so that they are approaching from a little bit to the side of the ball).
- Get under the ball and keep your eye on the ball as you strike it.
- If the ball is bobbling, it is sometimes more effective to use the inside of the foot for striking, since the larger sweet spot may result in a more accurate pass.

## Progression/Variation

- Players can stop the ball or tee it up before chipping.
- Players chip a dead ball; the server is merely a goalkeeper over whom the players try to chip the ball for their partner to catch.

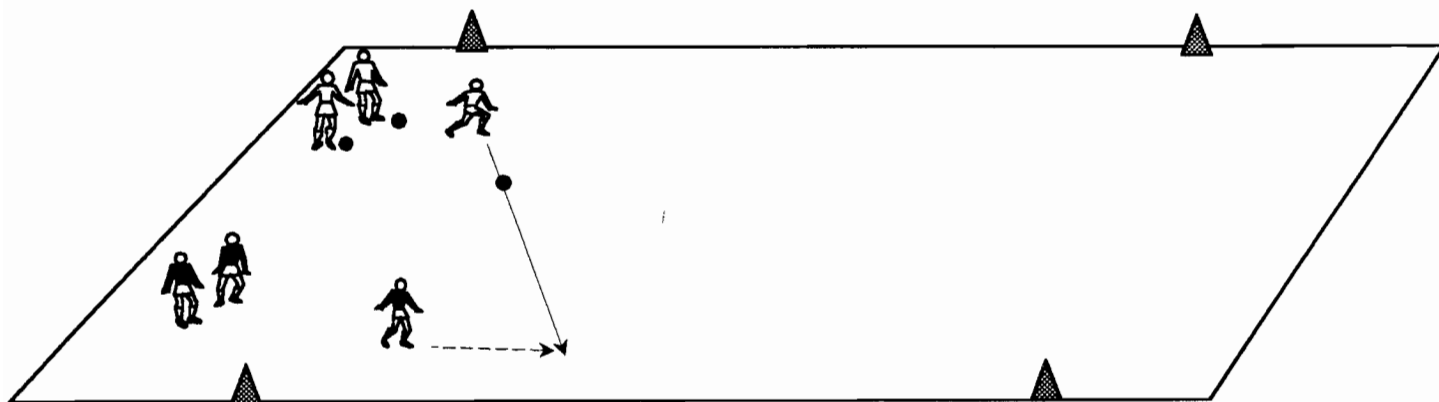
# Partner Passing on the Move

## Instructions

Players form two lines. Pairs of players run down the field, passing the ball back and forth to one another. Use two-touch: first to receive the pass, and second to pass back. When all players have worked from one end of the field to the other, they turn around and work back towards the starting point, thus using the opposite foot to pass with on the way back.

## Objectives

To achieve accuracy leading your partner with your pass while on the move.



## Coaching Points

- *A correct first touch prepares the ball for the return pass.*
- *Accuracy and correct pace so partner does not have to break stride or accelerate to reach the ball.*

## Progression/Variation

- *Specify various passing techniques: ground pass, instep drive, banana kick, chip pass, lofted drive, outside-of-foot pass.*
- *Specify one-touch passing.*

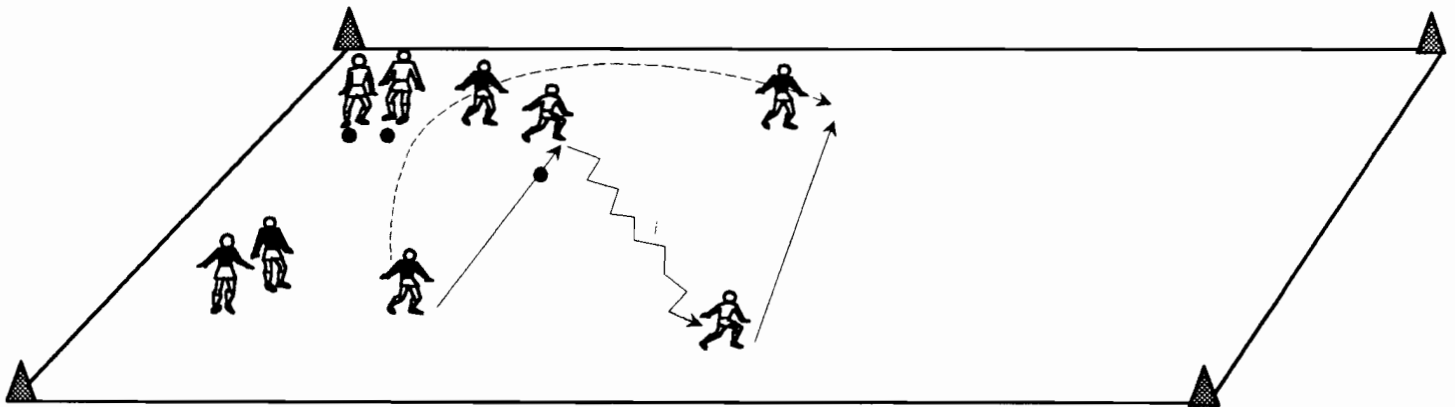
# Passing: Two-Man Weave

## Instructions

The player with the ball passes to his partner (as in Passing on the Move), then runs behind his partner to switch positions with him. Meanwhile, the partner receiving the ball dribbles it over to where his partner was originally, pivots, looks up, passes the ball to his partner, and then runs behind his partner to switch positions again. At the turnaround point, players work back to the starting point so that they are now using the opposite foot when passing.

## Objectives

To get players to pass and move to a new support position.



## Coaching Points

- *Quicken the pace once players have the basic idea.*
- *Passing player must pivot and look up before passing to his partner.*

## Progression/Variation

- Specify various passing techniques: ground pass, instep drive, banana kick, chip pass, lofted drive, outside-of-foot pass.

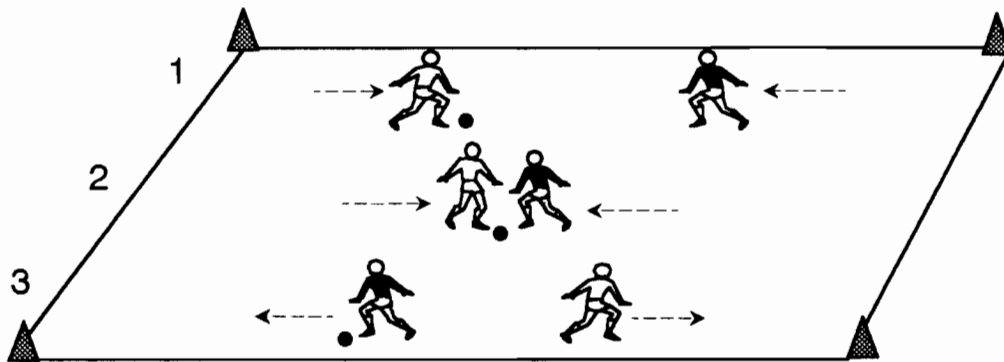
# Passing: Takeover

## Instructions

The partner with the ball dribbles to the center of their practice area. The partner without the ball jogs to the center from the opposite direction and takes over possession of the ball as the players pass one another. He then continues to dribble to the far side, pivots, dribbles to the center and allows his partner to take over possession of the ball.

## Objectives

To switch the direction of the play with a takeover to confuse the defense, and to achieve a smooth takeover with good communication.



## Coaching Points

- *Quicken the pace once players have the basic idea.*
- *The partner with the ball does not want to touch the ball too many times as he approaches the point of takeover- -leads to collisions!*
- *The receiving player lines himself up with the side on which the ball carrier is dribbling the ball toward him.*

## Progression/Variation

- *The player with the ball stops the ball with the sole of his foot and leaves it for his partner.*
- *The player with the ball fakes to stop the ball and then explodes away with it.*

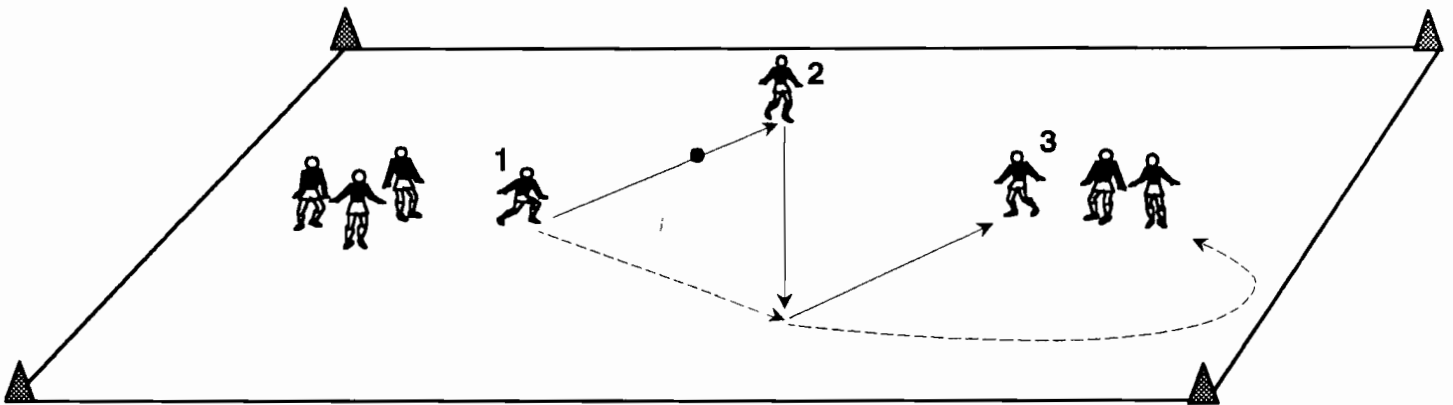
# Passing: the Wall Pass

## Instructions

The player with the ball (1) passes to the wall player (2), who passes it back for player 1 to move onto. Player 1 then controls the return pass and with a second touch passes it to Player 3, who is in line. Player 1 then joins the back of the line, while Player 3 begins the same process going the other way.

## Objectives

To achieve a well-timed wall pass designed to commit and beat a defender.



## Coaching Points

- *Quality of first pass: accuracy and pace.*
- *Quality of return pass.*
- *Quality of third pass.*
- *Wall player: be on your toes!*
- *Player 1: time your run to take the return pass in stride.*

## Progression/Variation

- *Make it all one-touch.*

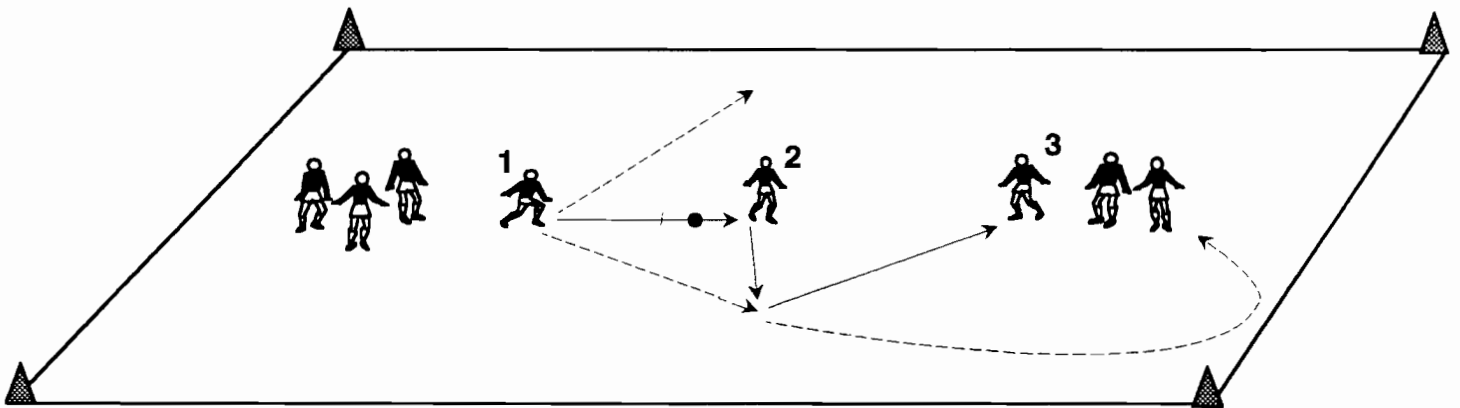
## Passing: Wall Pass II

### Instructions

The player with the ball (1) passes to the wall player (2), who passes it back for player 1 to move onto. Player 1 can now move to either side for the return pass. Player 2 adjusts to give a good return pass to Player 1, who controls it and with second touch passes to Player 3, who is in line. Player 1 then joins the back of the line, while Player 3 begins the same process going the other way.

### Objectives

To achieve a well timed wall pass designed to commit and beat a defender.



### Coaching Points

- Quality of first pass: accuracy and pace.
- Quality of return pass.
- Quality of third pass.
- Wall player: be on your toes!
- Player 1: time your run to take the return pass in stride.

### Progression/Variation

- Make it all one-touch.

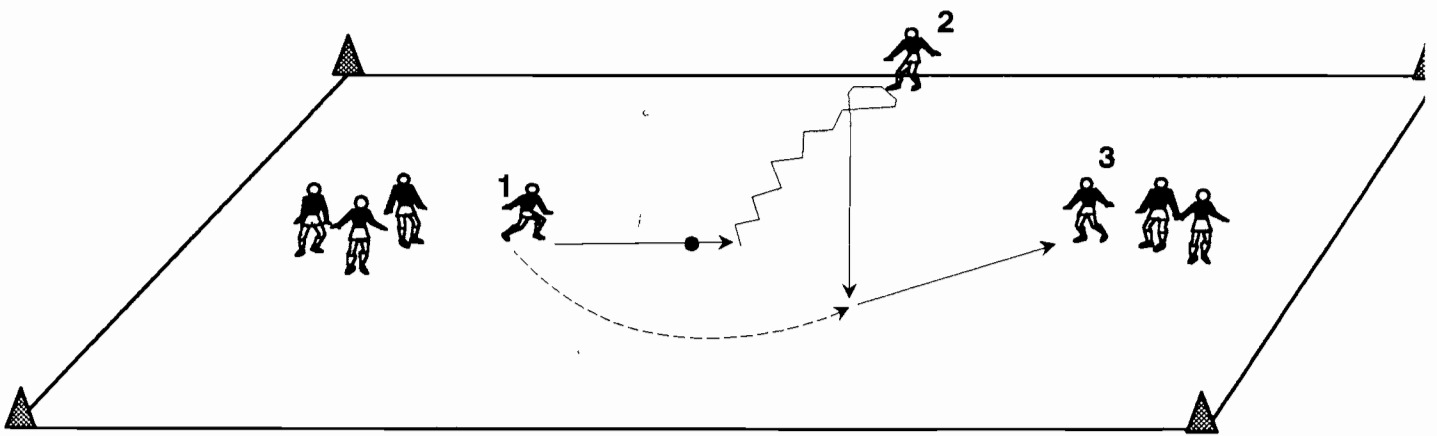
# Passing: Spin, Turn, and Pass

## Instructions

Player 1 passes the ball to Player 2, who dribbles the ball toward the sideline (10 yards), then swivels around and plays the ball back for Player 1 to move onto and pass to Player 3.

## Objectives

To draw in the defender and then pass around him.



## Coaching Points

- *Spin, turn, and pass is all one movement.*
- *Player 2 should try to get ahead of the ball for a smooth turn and pass.*
- *Player 1 holds his run until Player 2 starts to spin.*

## Progression/Variation

- Spin, turn, and pass with **bad** foot.
- Put a defender on Player 2. Player 2's first option is to outrun the defender on the outside and pass directly to Player 3. Only if he is unable to outrun the defender does he spin, turn, and pass to Player 1.

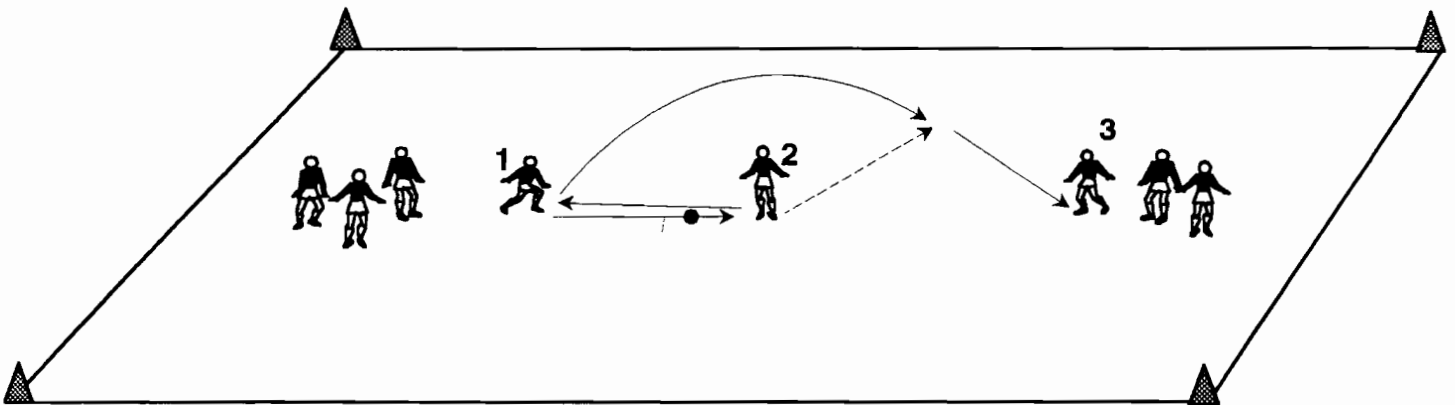
# Passing: Double Pass

## Instructions

Player 1 passes into space for Player 2 to come to him. Player 2 returns the pass and keys a third pass by faking one way and then running the other way. Then Player 1 kicks the ball into space for Player 2, who then passes to Player 3. Do it all two-touch to start with, then progress to one-touch.

## Objectives

To draw in the defender and then pass around him.



## Coaching Points

- *Quality of first pass: accuracy and pace.*
- *Quality of return pass.*
- *Quality of pass into space: it should come into receiver's running path.*
- *Player 2's run to receive the third pass should be an angled run, and he should try to keep eye contact with Player 1 as he runs.*
- *The third pass should be curled into the runner's path.*

## Progression/Variation

- *Specify that the pass into space must be chipped.*

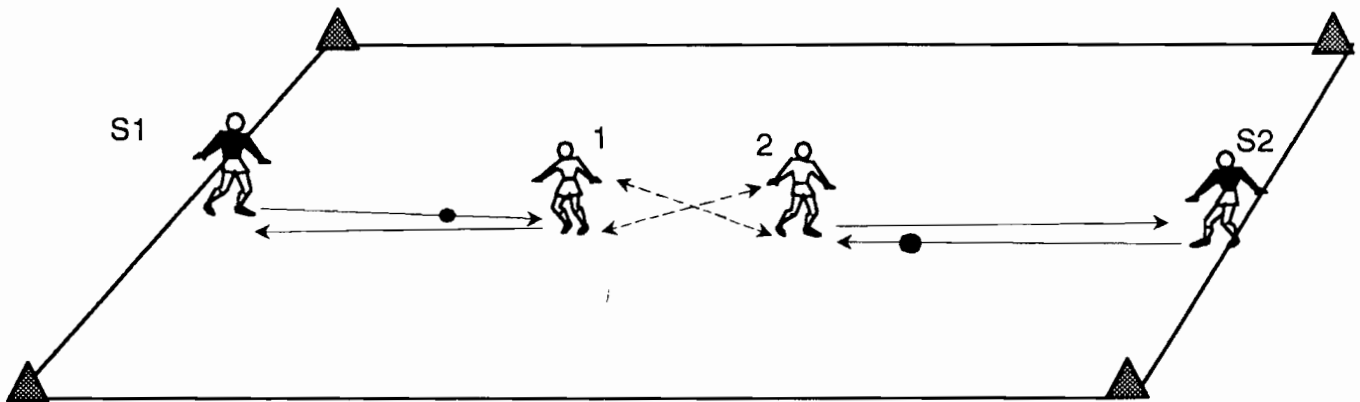
# Passing: Show, Pass, and Turn

## Instructions

Play with two players and two servers in an area between 20 and 30 yards long. Player 1 receives and returns a pass from Server 1 (S1), then turns and sprints to receive and return a pass from Server 2. Meanwhile, Player 2 receives and returns a pass from Server 2 (S2), turns, and sprints to receive and return a pass from Server 1, and so on. Play at a rapid pace for 45 seconds, then switch outside servers and inside players.

## Objectives

To develop good passing skills at a fast pace.



## Coaching Points

- *Quality of passes and first touch.*

## Progression/Variation

- Players 1 and 2 move at 50%, 75%, and 100% speed. Two-touch only.
- Servers pass the ball in before players arrive so that receiving players have to hustle to get to the ball, play it back, then sprint back the other way.
- Vary the passes: inside of the foot, outside of the foot, instep, volley back the server's throw, etc.

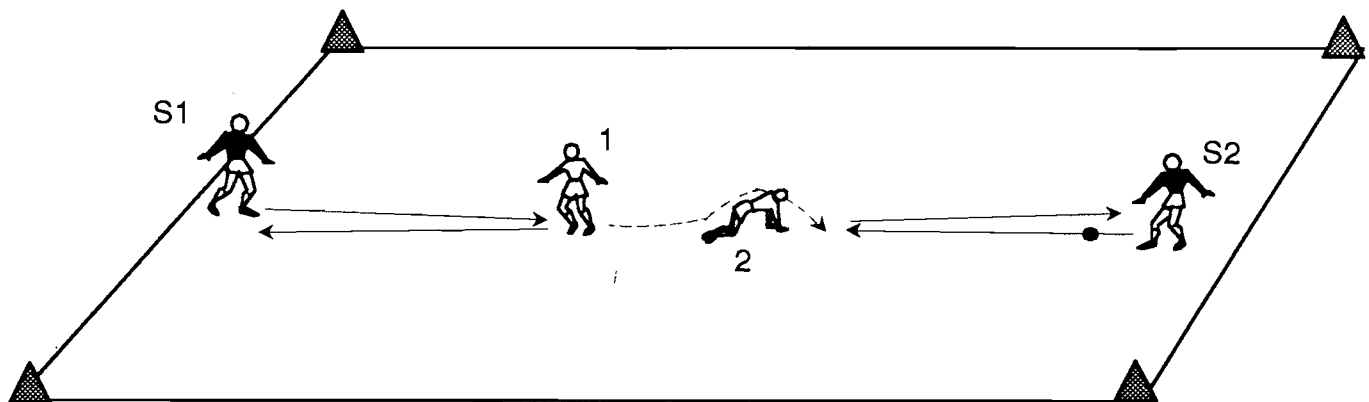
# Passing: Pass and Jump

## Instructions

Play with two players and two servers in an area between 20 and 30 yards long. Player 1 receives and returns a pass from Server 1 (S1), then turns, jumps over the back of Player 2 (who is kneeling on all fours), and receives and returns a pass from Server 2 (S2). Player 1 then again jumps over the back of Player 2 to receive and return a pass from Server 1, and so on. Go at a fast pace for 45 seconds, then switch Players 1 and 2. Afterwards, Players 1 and 2 switch positions with the servers.

## Objectives

To develop good passing skills at a fast pace.



## Coaching Points

- Quality of passes and first touch.

## Progression/Variation

- Players 1 and 2 move at 50%, 75%, and 100% speed. Two-touch only.
- Servers pass the ball in before players arrive so that receiving players have to hustle to get to the ball, play it back, then sprint back the other way.
- Vary the passes: inside of the foot, outside of the foot, instep, volley back the server's throw, etc.

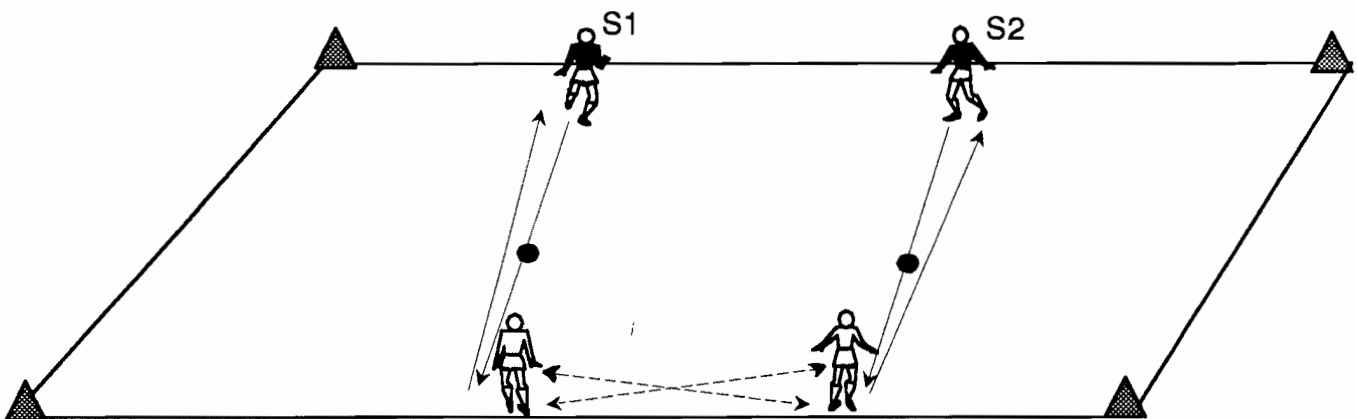
# Passing Shuttle

## Instructions

Play with two players and two servers. Server 1 (S1) passes the ball to Player 1, who returns the pass, then runs to switch positions with Player 2. Meanwhile, Player 2 has returned a pass from Server 2 (S2) and runs to switch positions with Player 1. Then Server 1 passes the ball to Player 2 while Server 2 passes his ball to Player 1, and so on. Go for 45 seconds- -fast.

## Objectives

To develop good passing skills at a fast pace.



## Coaching Points

- *The first touch of the receiving player prepares the ball out from his feet for a return pass.*
- *Quality of passes- -crisp!*

## Progression/Variation

- Players 1 and 2 move at 50%, 75%, and 100% speed.
- Servers pass the ball in before players arrive so that receiving players have to hustle to get to the ball, play it back, then sprint back the other way.
- Vary the passes: inside of the foot, outside of the foot, instep, volley back the server's throw, etc.
- Go to first-time return passes.

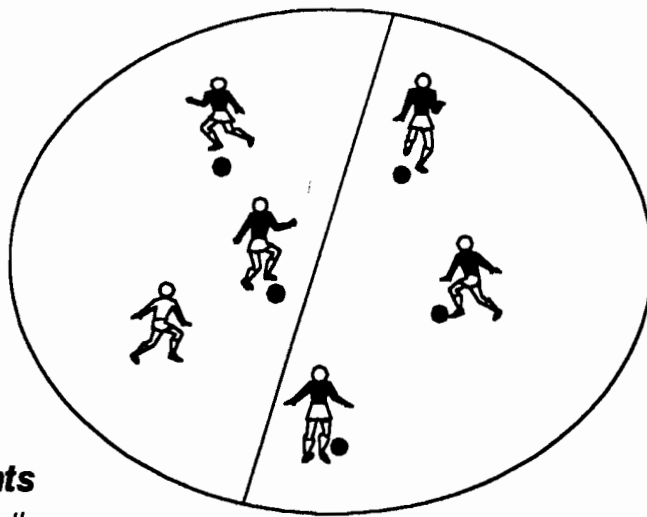
# Passing: Hunter

## Instructions

Split the players into groups of five or six. The first group goes in the center circle or an area of similar size. Each player has a ball. On "go," a hunter is sent into the circle to kick out all the balls. First the players try to protect their balls from the hunter by shielding and dribbling away. When a player's ball is kicked out by the hunter, the player stays in the circle and offers himself as a support player for his teammates to pass to when pressured by the hunter. Eventually, there will be only one ball left in the playing area, with the five or six players working together to keep the ball away from the hunter. When the hunter kicks the last ball out, the coach stops his watch and notes the elapsed time. Then the next group of five or six players goes in the circle, and on "go," a new hunter tries to kick all the balls out. The winning group is the one with the longest time in the circle. Change the hunter every minute to keep the pressure on.

## Objectives

To develop the ability to pass the ball under pressure.



## Coaching Points

*Players with the ball:*

- Stay away from the hunter.
- Shield your ball and move away when you are under pressure.
- When you are under pressure and support players are available to pass to- -use them!

*Support players:*

- Move to a safe passing angle and demand the ball from pressured players. Also, try to anticipate who the hunter is going after so that you can warn him and help him before he gets closed down.
- Try to stretch out the hunter by keeping maximum distance between support players. Remember, this is a timed game. Only pass the ball when the hunter pressures you.
- Always expect to receive the ball and try to anticipate what you might do with it when you get it.

## Progression/Variation

- Play in a larger area with eight or nine players and three hunters.
- Limit each player to two-touch.
- Air-ball passes only.

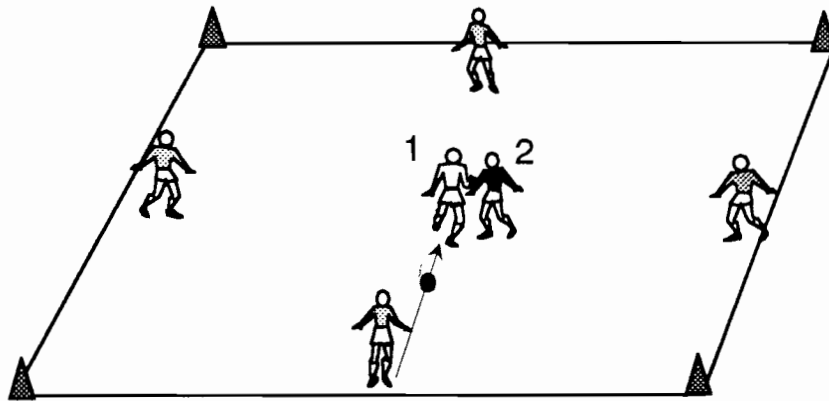
# Passing: 1-versus-1 Keep the Ball

## Instructions

A neutral outside player passes the ball into Player 1. Then Player 1 has to keep possession of the ball as long as possible by shielding it from Player 2, dribbling, and passing to other neutral players. Player 2 tries to win the ball from Player 1 by tackling or intercepting a pass to or from the neutral players. However, Player 2 cannot tackle the neutral players. If Player 2 wins the ball, he then works with the neutral players to keep the ball away from Player 1. Play for a maximum of two minutes.

## Objectives

To develop good passing skills under pressure.



## Coaching Points

- *Player 1 times his "show" for the ball to neutral players: he needs to take Player 2 away, then check back to receive the ball.*
- *Player 1 should be stationary as he gets a first touch on the ball, digging in to prevent being pushed forward by Player 2.*
- *Player 1 should try to get sideways to Player 2 when shielding the ball so he can see Player 2 and can react to Player 2's attempts to win the ball.*
- *When shielding the ball, Player 1 should make himself as big as possible, boxing out Player 2.*
- *Player 1 has to explode into space to receive return passes from neutral players. He also has to fake his runs to trick Player 2.*
- *Neutral players should be ready for the ball, on their toes.*

## Progression/Variation

- *Player 1 must hold the ball for five seconds each time before using a neutral player.*
- *Neutral players have two touches only.*
- *Have two sets of partners in the middle.*

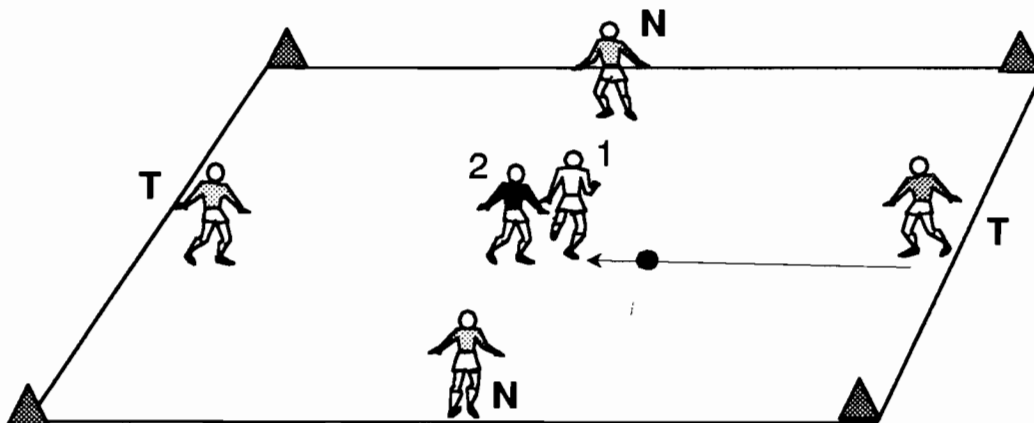
# Passing: 1-versus-1 Target Ball

## Instructions

An end target player (T) passes the ball into Player 1. Player 1 has to retain possession of the ball as long as possible and get the ball to one of the target players on opposite ends. He can shield the ball from Player 2, dribble, and use the neutral players (N) on the sides for wall passes. Once Player 1 gets the ball to a target player he can receive it back and then go in the opposite direction. Player 2 tries to win the ball from Player 1 by tackling or intercepting a pass to or from the neutral players. However, Player 2 cannot tackle the neutral players. If Player 2 wins the ball, he then works with the neutral players to keep the ball away from Player 1. Play for a maximum of two minutes.

## Objectives

To develop good passing skills under pressure.



## Coaching Points

- *Player 1 times his "show" for the ball to neutral players: he needs to take Player 2 away, then check back to receive the ball.*
- *Player 1 should be stationary as he gets a first touch on the ball, digging in to prevent being pushed forward by Player 2.*
- *Player 1 should try to get sideways to Player 2 when shielding the ball so he can see Player 2 and can react to Player 2's attempts to win the ball.*
- *When shielding the ball, Player 1 should make himself as big as possible, boxing out Player 2.*
- *Player 1 has to explode into space to receive return passes from neutral players. He also has to fake his runs to trick Player 2.*
- *Neutral players should be ready for the ball, on their toes.*

## Progression/Variation

- *Player 1 must hold the ball for five seconds each time before using a neutral player.*
- *Neutral players have two touches only.*
- *Have two sets of partners in the middle.*
- *No neutral players on the sides.*

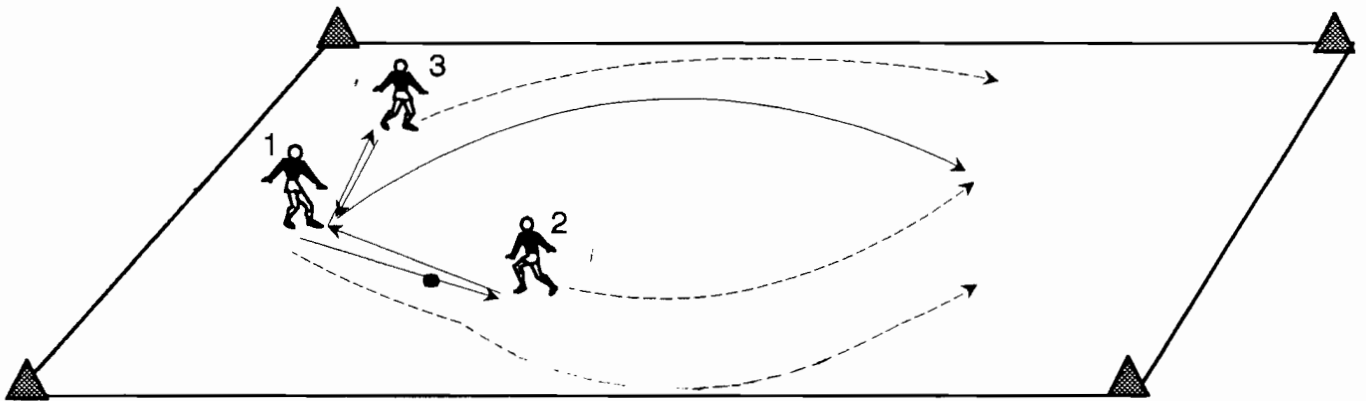
# Passing: Short, Short, Long

## Instructions

Play in three's. Player 1 passes and receives a return pass from Player 2. Then Player 1 passes and receives from Player 3. Then, Player 1 hits a long ball to Player 2, who has run into a long support position. Players 1 and 3 run to closely support Player 2, who passes to Player 3 and receives a return pass. Player 2 then passes to Player 1, receives a return pass, and then hits a long ball for Player 3, who has run into a long support position, and so on.

## Objectives

To practice long and short passes.



## Coaching Points

- *Quality of passes and returns.*
- *Timing of shows and long support run.*
- *Quickness of close support following long pass.*

## Progression/Variation

- *Do everything two/one touch.*

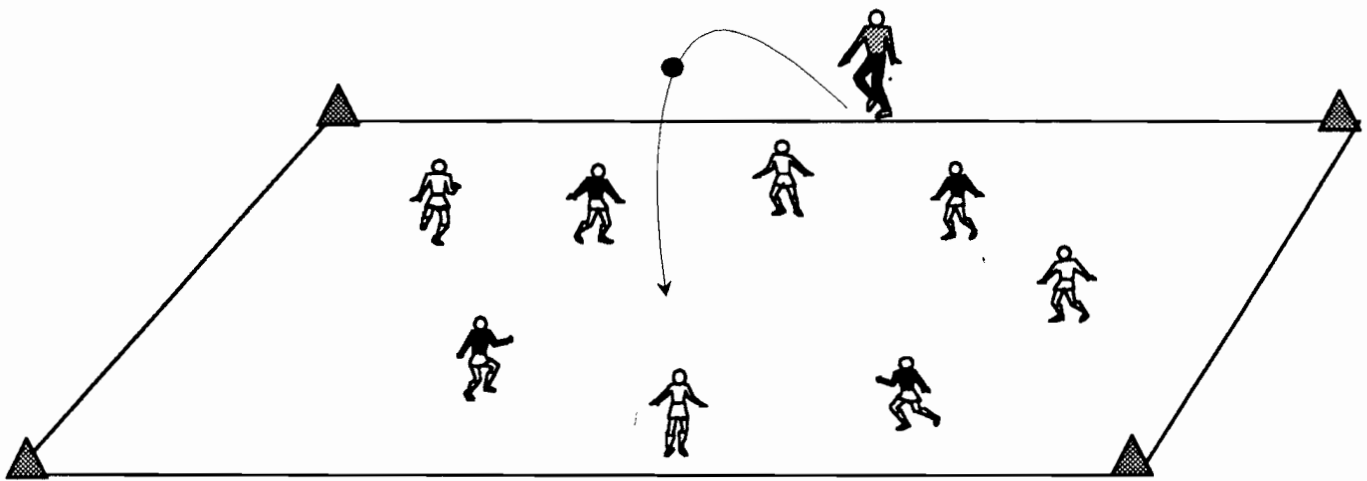
# Passing: 4-versus-4 Keep Ball

## Instructions

Play 4 versus 4 in a large grid (20 by 30 yards). The object of the game is to put ten passes together before the opposing team can get the ball. To start the game, the coach kicks the ball into the air in the playing area.

## Objectives

To develop good passing skills in a competitive, game type situation.



## Coaching Points

- Usually, the time to make a support run is when the ball-player's eyes come up and he can see you.
- Make late, explosive runs rather than early slow runs.
- Use the whole area: sometimes a long pass relieves the pressure on the ball. Look to draw opponents in with short passes, then play a long ball over them to a far support player.
- Technical points: does the first touch of the receiving player take the ball away from opponents? does he **keep** the ball with his first touch? is the quality of passes such that they are first-time playable? how do opponents organize to gain possession?
- The ball-player should have **every** teammate looking to get open to receive a pass.

## Progression/Variation

- Have neutral sideline players.
- Use a smaller grid.
- Two-touch only.
- Use time in possession as a means of scoring (e.g., 15 seconds = 1 point, 30 seconds = 2 points).
- Have more/less players on one team than the other.

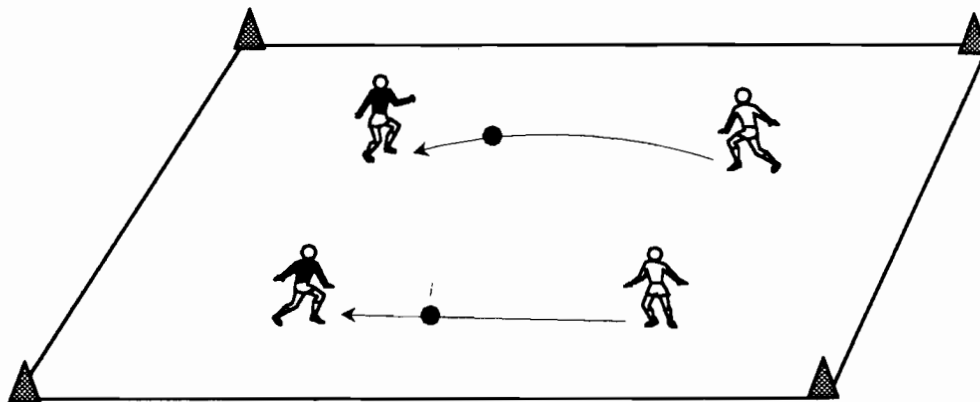
# Receiving and Controlling the Ball: in Pairs

## Instructions

Divide players into pairs. Players pass back and forth, using two touches: one to control, and two to return the pass.

## Objectives

Technical practice in ball control.



## Coaching Points

- *Various technical points.*
- *Good first touch prepares the ball out of feet for the pass back.*

## Progression/Variation

- *Players move further apart.*
- *Bounce the ball.*
- *High passes.*
- *Driven balls.*
- *One-touch.*

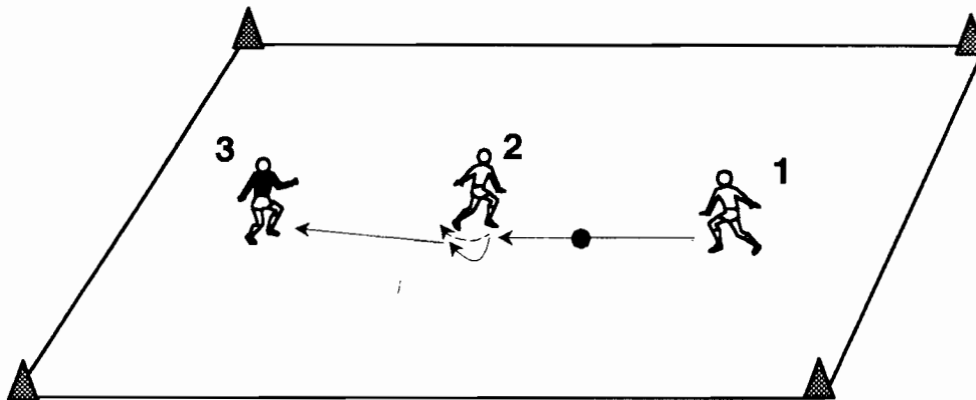
# Receiving and Controlling: Turn and Pass

## Instructions

Play in three's. Player 1 strikes the ball to Player 2, who turns with his first touch and plays the ball to Player 3 with his second touch.

## Objectives

To practice turning and shooting with the ball.



## Coaching Points

- *Various technical points.*
- *Angle your body to "bring the ball through" on the first touch.*

## Progression/Variation

- *Vary the service: direction, height, pace, spin, bounce, distance.*

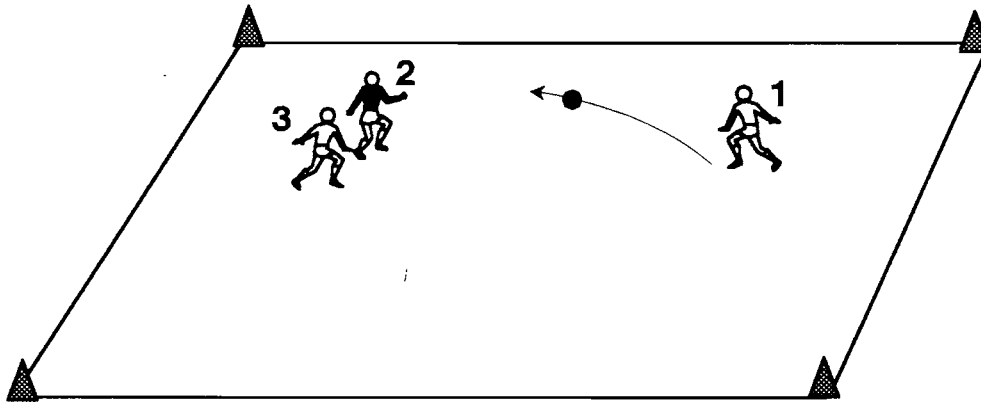
# Receiving and Controlling: Under Pressure

## Instructions

Play in three's. Player 1 strikes the ball in towards Players 2 and 3, who both compete to win possession of the ball and play it back to Player 1.

## Objectives

To attain ball control under pressure.



## Coaching Points

- Time your run.
- Move to the ball.
- First touch prepares the ball away from your opponent.

## Progression/Variation

- Vary the service: direction, height, pace, spin, bounce.
- Go 1 v. 1, with Player 3 a defender who simply tries to clear the ball.
- Specify that the player receiving the ball must control and screen it for five seconds before passing it back.

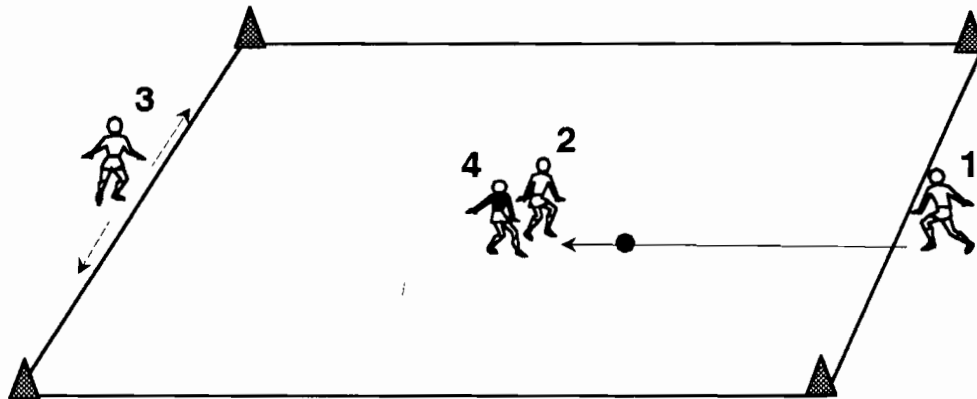
# Receiving and Controlling: Turn and Pass Under Pressure

## Instructions

Play in four's. Player 1 strikes the ball to Player 2. Player 2 must get the ball to Player 3, but now he must decide whether to screen the ball if he is under close pressure from Player 4 or turn immediately if Player 4 gives him space. Player 3 can move along his base line.

## Objectives

To practice turning and shooting or passing with the ball while under pressure.



## Coaching Points

- Take the defender away to the side, then check back to the ball.
- As you show back to the ball, take a quick look behind you to see what the defender is doing.
- Angle your body so you can see what the defender is doing.
- While screening, look for an opportunity to get your pass off.

## Progression/Variation

- Vary the service: direction, height, pace, spin, bounce, distance.

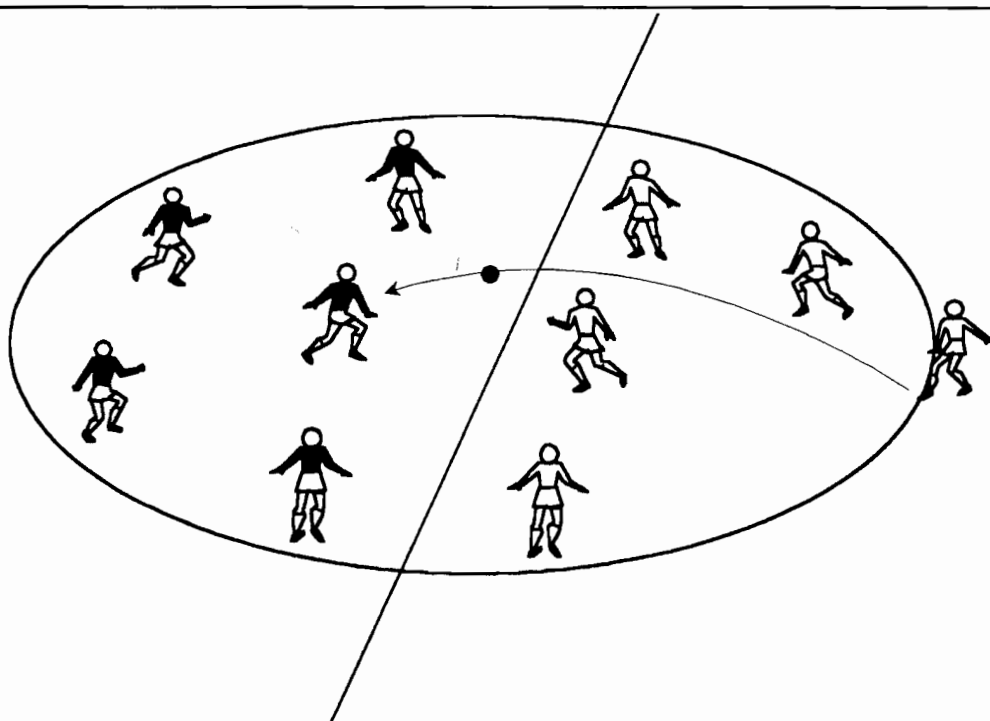
# Receiving and Controlling: Soccer Volleyball

## Instructions

Play five versus five with the center line as the net. The ball must go over the "net" at waist height or above. A player serves the ball by drop-kicking it from the back of the circle into his opponents' half. The ball may be played by three players on one side of the "net" before being returned to the other side. The ball may bounce once among each of the three players. Players can juggle the ball to get a good set-up position before passing it on. Use volleyball scoring; first team to fifteen wins. Teams can score only on their serve.

## Objectives

To improve touch on the ball.



## Coaching Points

- *On your toes!*
- *Quick reactions are needed.*
- *Be alert: the ball could come to you at any time.*
- *Try to pop the ball up so that your teammates have time to get under it.*

## Progression/Variation

- No bounces on the ground allowed.
- Use a bigger playing area to allow more difficult reception for longer distances.
- Add more players.

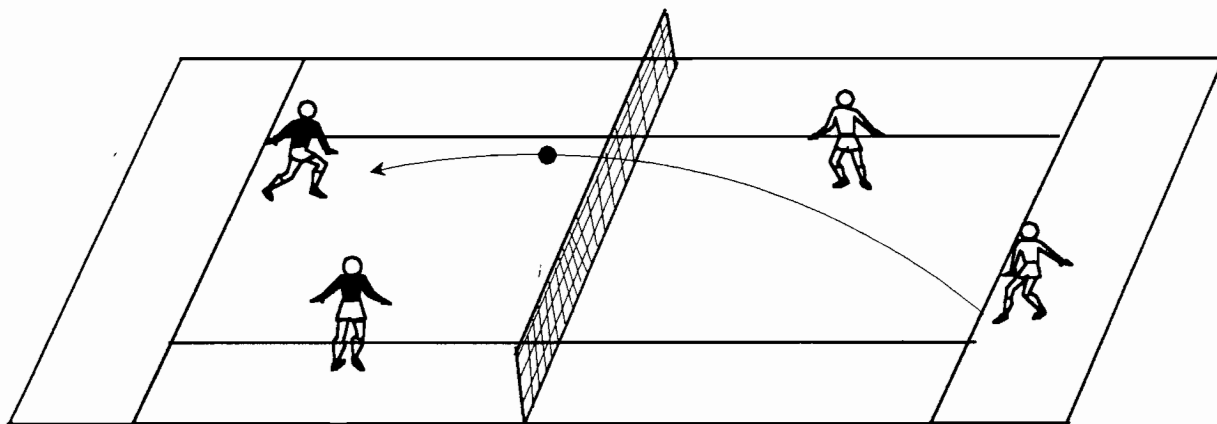
# Receiving and Controlling: Soccer Tennis

## Instructions

Play two versus two on a tennis court. Play by regular tennis rules; only one bounce allowed on each side of the net, then the ball must be juggled between the two partners and then played back over the net. (Or allow one bounce between each partner to start with.) Use tennis scoring. Serve with a drop-kick from the baseline.

## Objectives

To improve touch on the ball.



## Coaching Points

- Try to set up your partner for a header or volley to score a point on your opponents.

## Progression/Variation

- Impose a time limit to get the ball back in opponents' court.
- Players can do a maximum of five juggles, then they must pass to their partner.