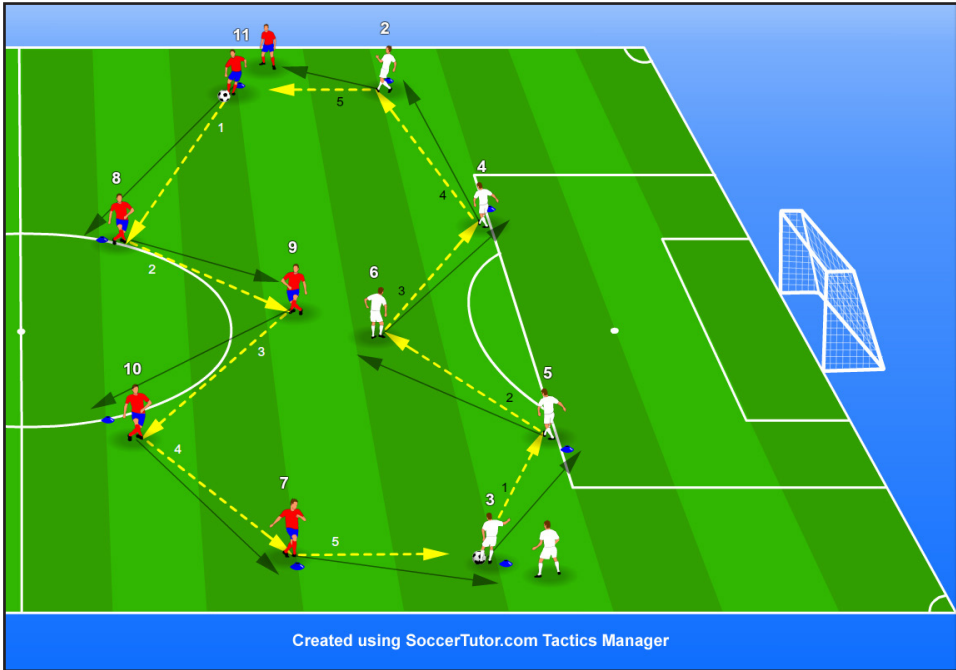


Technical Passing and Receiving in a Positional Practice



Objective

To practice receiving and passing in different positions on the pitch.

Description

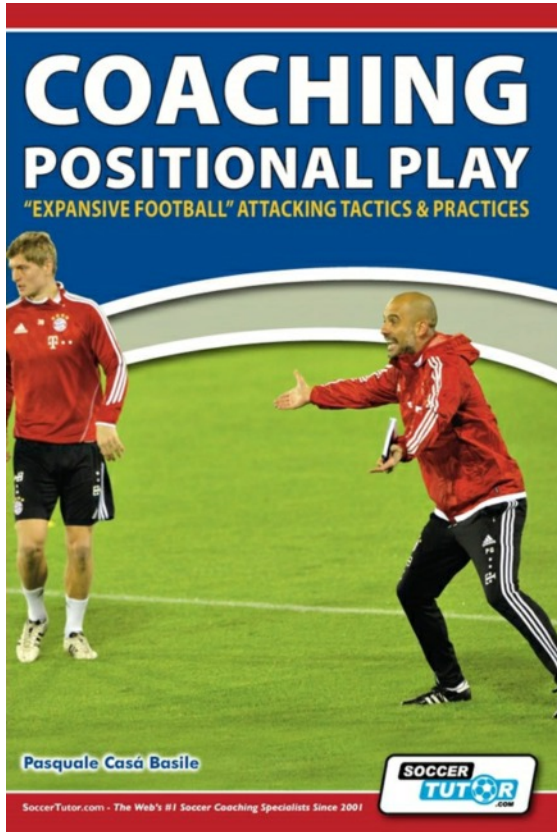
We position two lines as shown in the diagram, attacking and defensive. The defensive line consists of five players (2 full backs, 2 centre backs and 1 defensive midfielder). The attacking line also consists of five players (2 wingers, 2 attacking midfielders and 1 striker).

The players start in their positions on the blue cones. We start with 2 balls simultaneously in the positions shown and play “pass and move” (to the next position). The passes are played in the sequence shown along both lines.

Coaching Points

1. We use this practice so that each player learns each teammate’s role and how he should receive the pass and how he should pass the ball along the “chain”. As Seirul.io says, **“To understand the game you must play in all of the positions”**.
2. If a pass is misplaced, quickly pass a new ball in.
3. To increase the speed and rhythm, introduce additional balls.

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