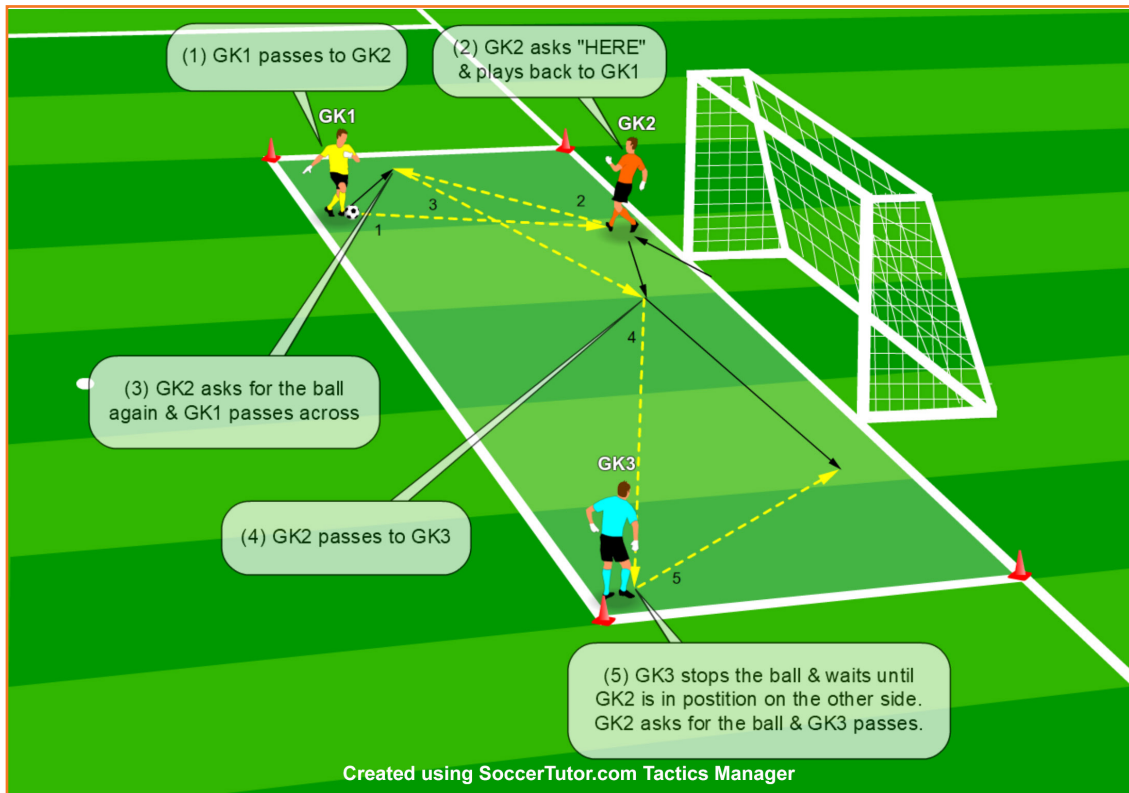


CHAPTER 8

TECHNICAL SKILLS WITH FEET



6. Moving to Receive Back Passes and Play Out within the 6-Yard Box



Description

(1) GK1 passes to GK2 near the post. **(2)** GK2 asks for the ball "HERE" and passes back to GK1. **(3)** GK2 asks for the ball again and GK1 passes across the body of GK2. **(4)** GK2 passes to GK3 on the other side. **(5)** GK3 stops the ball and waits until GK2 is in position and asks for the ball. GK3 finishes the sequence with the pass to GK2 outside the post.

GK2 only uses 1 foot throughout the sequence. Change the foot used after every sequence. All GKs rotate positions (GK1 -> GK2 -> GK3 -> GK1) after every sequence.

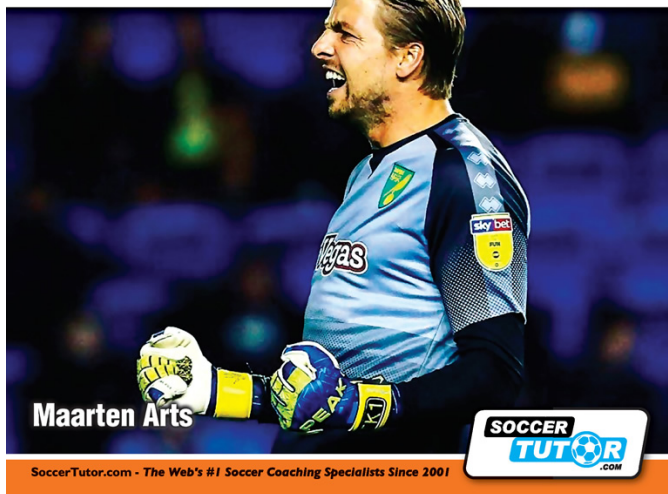
Progressions: **(1)** Make the 4th pass (from GK2 to GK3) a chip pass. **(2)** Add a 4th GK.

Coaching Points

1. Always make sure a back pass is directed wide of the goal.
2. Ask for the ball close to goal line, to create the largest distance between GK and striker.
3. When you ask for the ball: Stay open, so you can see the whole pitch.
4. After asking for the ball: Look to the other side, to see if you can play the ball there.

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