



CHAPTER 4

Passing

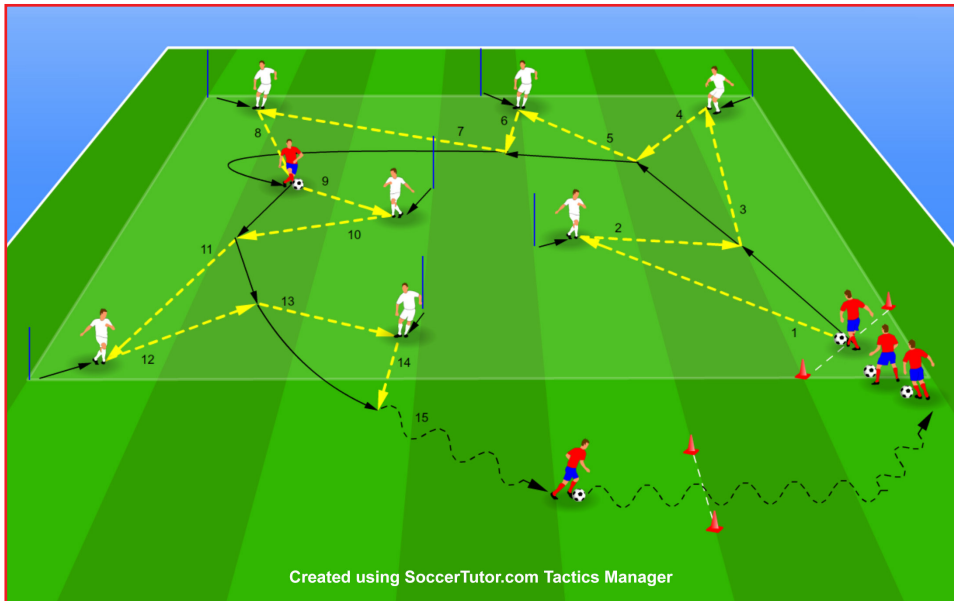
PASSING TRAINING METHODOLOGY



- Passing is one of the main foundations in our football school, one of the most repeated words for all of our coaches “Pass, pass, pass ...”
- We practice passes that reflect passes that players will use during competitive games.
- As well as focussing on the technical aspects of different passes (short, medium, long), we also work on receiving on the move.
- We use a mixture of practices where players pass and move in fixed positions and others where they pass more freely in pairs.
- Depending on the ages we work with, we will adjust the passing distances for the practices.
- For the younger players, it is very important that they gain confidence. Therefore, we will perform many of the practices with hardly any opposition or with some passive resistance as a progression.

One-Two Passing Combinations at Different Angles

4 x 3 min



Objective: To develop passing and receiving at different angles with one-two combinations.

Description

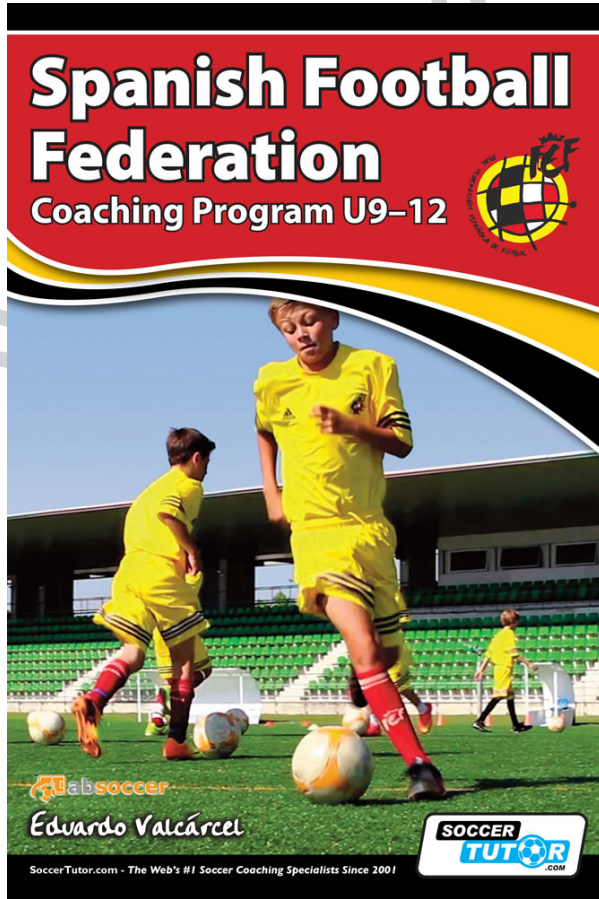
Mark out an area to suit the age/level of the players.

We have 7 players (whites) positioned on the cones as shown and the rest of the players (reds) have a ball each.

The red players play one-two combinations with every one of the white players in the sequence shown. When they receive the last pass back, they dribble through the cone gate and back to the start.

Depending on the age/level of the players, start by using 2 touches (control + pass) and then progress to 1 touch passing.

The white players step off their cone to play their passes on the move. We repeat 4 sequences of 3 minutes. Change the roles of the players after each repetition.



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