



Passing & Receiving - Vertical Passing Lanes

Category: Tactical: Combination play
Difficulty: Moderate

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Individual-Adult Member

Description

Supporting & Receiving Ahead of the Ball, Passing thru Vertical Passing Lanes, Communication via Movement/Timing, Body Language, Pointing, Voice

Show/Receive/Pass (2-Touch) (10 mins)

Setup: 30x15y Space, Starting Points Marked, Passing Lanes Marked, 2-3 Players at Each End, 1 Ball for the Group

Activity: (as pictured) Blue (1) Passes to Red (2) Showing for the Ball. Red (2) Receives Ball across Space, then Passes to the next Blue (3) Showing for the Ball. Blue (3) Receives Ball Across Space looking to play to next Red (4). Etc. After passing the ball, a player leaves the play and returns to starting point.

Coaching Points:

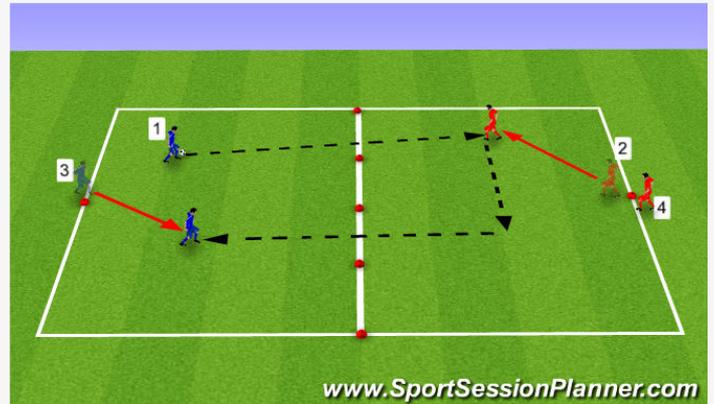
- Quality of 1st Touch (Direction, Weight, Choice of Surface)
- Body Orientation, Forward Facing
- Quality of Pass (Accuracy, Weight)
- Speed of Play, Mobility
- Quality of Support (Distance, Timing, Angle, Starting Point).

Communication Points:

- Receiver: "Name!", "Now!", Timing of Movements, Point to Foot/Space
- Passer: "Name!", Timing of Pass, Point to Space, Head Up

Game Awareness Points:

- Awareness of 2nd Att, Passing Lanes, Boundaries.



Pass/Join/Combine (1-2-Touch) (10 mins)

Setup: Same as Above

Activity: (as pictured) Blue (1) Passes to Red (2) Showing for the Ball. Blue (1) comes across the line to Join Red (2). Red (2) Combines with Blue (1) to get Across Space, Receive the Ball, and then Pass to the next Blue (3) Showing for the Ball. Red (2) then comes across the line to Join Blue (3). Blue (3) Combines with Red (2) to get Across Space, Receive the Ball, and then look to play to next Red (4). Etc. After combining, a player leaves the play and returns to starting point on their original side.

Coaching Points:

- Same as Above
- Open Space Horizontally during the Combination to Find New Passing Lane
- Open Space with Depth during Combination to Keep Spacing b/t Ball and Defenders

Communication Points:

- Same as Above

Game Awareness Points:

- Same as Above

