

## Passing & Receiving

“if you keep the ball... the other team cannot score” – Mike Smith

### Warm Up

2 or 3 players together passing the ball between them over a short distance to begin with and increasing the distance as they get warmer from the warm up which will also include stretching of parts of the body related to passing a ball.

### Fundamental Passing

Show correct technique to players on passing the ball with the inside and outside of both feet. Also, cover the chip pass and the drive through. Hit middle to keep ball on the ground. Outside the foot pass toe down, turn foot inside, heel up. Chip pass, open foot up, heel down, bend knee follow through. Drive pass, toe down, ankle up knee bent on contact, then follow through. On all of the above passing control body movement mainly the head. A good pass will have good accuracy and weight. **Note:** it is easier for your teammate to control a ball delivered on the floor!

### Fundamental Receiving

When possible get in line with the ball. Address how to receive balls on the ground and in the air. ( i.e.- good balance, meet the ball, relax with ball, good first touch away from pressure). Try to get the ball down to the floor (under control) as quickly as possible.

### Match Related

Add pressure (i.e.- 2v1, 3v2 to one goal) looking for disguise in passing. Address shape of body when wanting to pass in one and 2 touch. Looking for good vision and balance in passers. Address using inside/outside of foot and hard passes as opposed to soft passes.

### Match Conditions

Play to 2 goals looking for players to be using correct technique in passing. Can begin with one neutral player always playing with the team that has the ball. This will promote passing/receiving as there should always be a spare player open. Then lift restrictions and play with even numbers.

**Summary** - If you can't pass a ball in soccer you are going to be chasing the opposition a lot. The understanding of good fundamentals is important, also in receiving the ball on the ground and from the air players are going to find more space and time if they have a good first touch.

Mike Smith  
OYSA Head Coach

