



COACHING CLINIC SESSION 2: PASSING AND RECEIVING DECEMBER 2, 2008

Key Factors

Key factors are technical and tactical building blocks for the coach and should be the terminology used when teaching technique. When a player is unable to perform or execute a specific technique, the coach should apply the key factors of that skill in a sequential order.

Receiving the ball Key Factors

- Body behind the ball
- Attacking the ball
- Eye on the ball
- Part of the body
- 1st touch (decision)
- Head up

Passing Key Factors

- Eye on the ball
- Part of the foot and ball
- Ankle locked (direction of ankle depends on type of pass)
- Follow through
- Pace / Timing / Weight of the pass

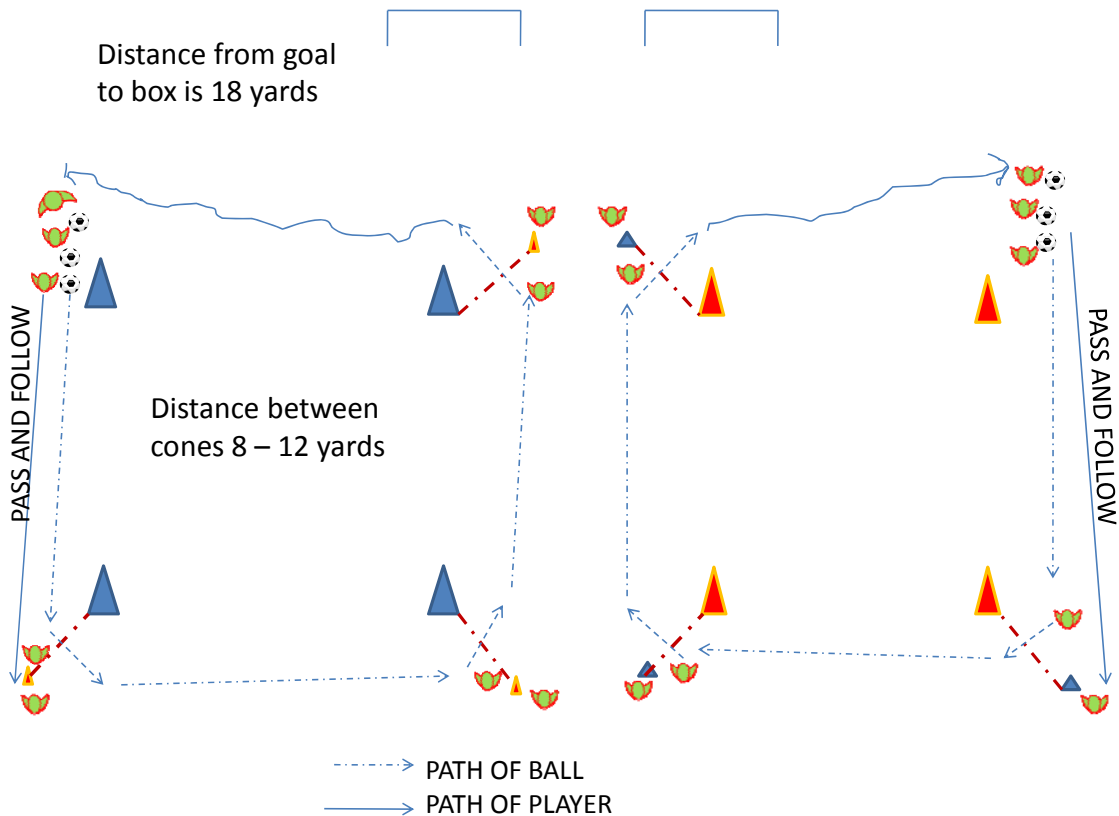
Components of Coaching Technique

It is important for the coach to understand the components of coaching soccer technique and how to apply them through a consistent methodology that incorporates the 'Key Factors of Coaching'. The components of coaching technique are:

- Fundamental Stage
 - No pressure from opponent
 - Begin at slow speed and work towards execution at top speed
 - Reduced strength and power
- Match Related
 - Introduce pressure of an opponent
 - Incrementally add pressure based upon the player's level of success
- Match Conditions
 - All restrictions taken off the opponents
 - Does not have to be 11v11 or an even numbered exercise
 - Importance of small-sided games for technical training



BASIC SET UP OF DRILL



Two groups train at the same time (numbers can be varied depending on group size)

- The group on the left side in the picture above will pass and receive the ball with his or her right foot
- The group on the right side in the picture above will pass and receive the ball with his or her left foot

Introduction:

- Player 1 passes to player 2 and continues to follow the pass by going to where player 2 was.
- Player 2 will look to break the line by taking his first touch past the imaginary line between the two cones as shown above. This will force him to take his first touch in the direction of where he wants to go next
- Player 2 passes the ball to player 3 who opens up and breaks the line in order to play the ball to player 4
- Player 4 breaks the line up on receiving the pass and dribbles to the back of the line





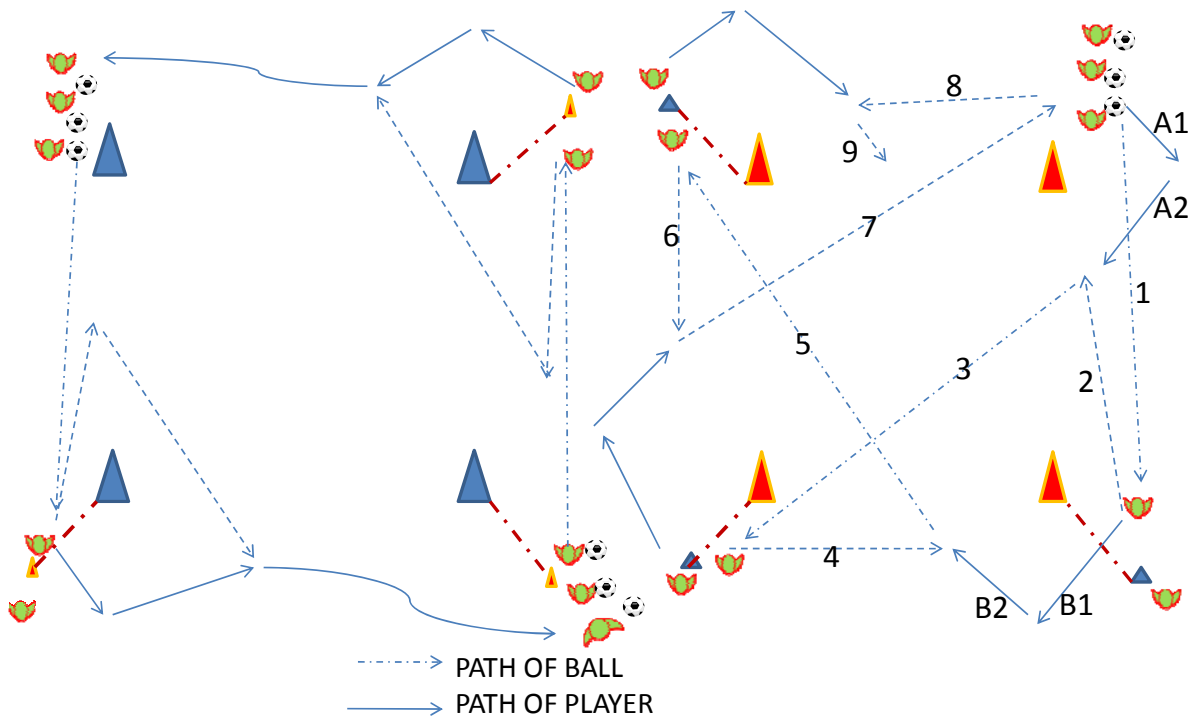
Coaching Points:

- Gradually introduce the following coaching points as the players get better
- Passing player
 1. Don't play a dead ball to start the drill. Always take a touch out of your feet to make it like a game situation
 2. Keep your toes up when passing the ball (this will keep your ankle locked, in order to hit a solid pass)
 3. Leg should follow through after contacting the ball with your toes up
 4. After following through, your kicking leg should step forward in the direction the player wants to run
- Receiving player
 1. Body should be positioned 'Sideways On' which enables the player to see the player with the ball, the field in front of him and the player to whom the ball will go to
 2. Body behind the ball
 3. Receive the ball with the inside of the foot (right foot if going to the right, left foot if going to the left)
 4. First touch should break the line and be a little over two yards out of your feet
 5. As the players begin to get the concept and are able to do it with ease, have the receiving player check away to create space and check back towards the ball when receiving the pass
 6. Look over your shoulder as you check back towards the ball to see what's behind you



PROGRESSION 2

PROGRESSION 3



PROGRESSION 2:

Two balls going at the same time

- Player 1 plays the ball to player 2 / player 3 plays the ball to player 4
- Player 2 lays the ball back to player 1 / player 4 lays the ball back to player 3
- Player 1 plays a lead pass for player 2 to run on to/ Player 3 plays a lead pass for player 4 to run on to
- Player 2 dribbles to the back of the next line / Player 4 dribbles to the back of the next line

Coaching Points:

- Same as the first drill
- Put a 'Message in the pass' by telling the receiving player where you want them to go with their first touch
- Weight of the lay off pass needs to be light, so that the receiving player can play a one touch lead pass
- Lead pass needs to be played in front of the receiving player so that he doesn't slow down to receive the ball
- Player running on to the lead pass should come away from where they want to go in order to give them selves more space and time to get to the ball. It will also allow for the player to open his body to the player with the ball and see the ball the whole time



PROGRESSION 3:

One ball

- Player 1 plays the ball to player 2
- Player 2 lays the ball back to player 1
- Player 1 plays a diagonal ball to player 3
- Player 3 lays the ball back to player 2
- Player 2 plays a diagonal ball for player 4
- Player 4 lays the ball back to player 3
- Player 3 plays a diagonal ball for player 1

Coaching Points:

- Same as the one's above
- The player looking to play a diagonal ball should open up his body to face the way he wants to play the ball. In order to do this, he needs to come away from the space that he will eventually receive the ball by making a check mark run. Refer to the diagram for Progression 3 and look at A1 / A2 for player 1 and B1/ B2 for player 2

PROGRESSION 4:

- All of these drills can and should be done into shooting on goal
- After shooting on goal, players should switch lines so that they are able to work on both feet
- You can add a competition to the drill by seeing which group can score the most goals in two minutes

