



## **North Star F.C.**

### **Recreational Coaches Training Program for Passing, control and movement themes**

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (16 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Awareness Training (Scanning) theme (14 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (10 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

## Start with some warm-up ideas

### Warmups

#### Fast footwork, co-ordination and speed training

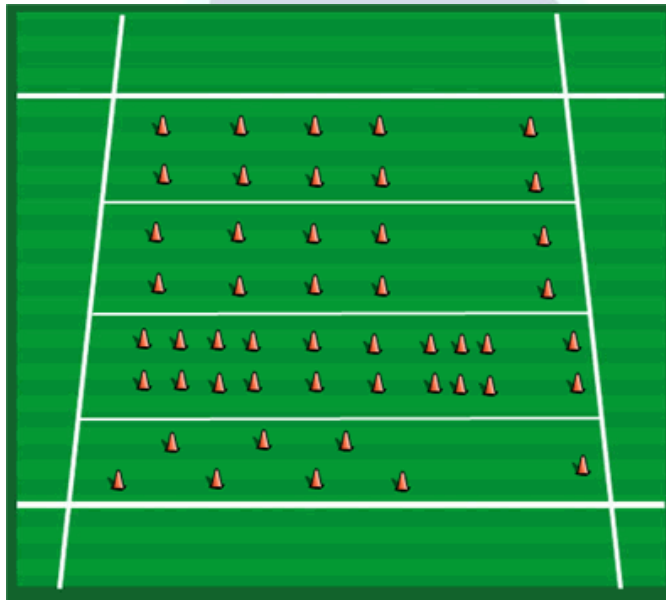
All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping, and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (Cones a half meter apart with a 5-meter sprint at the end). Players are racing in twos.



Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

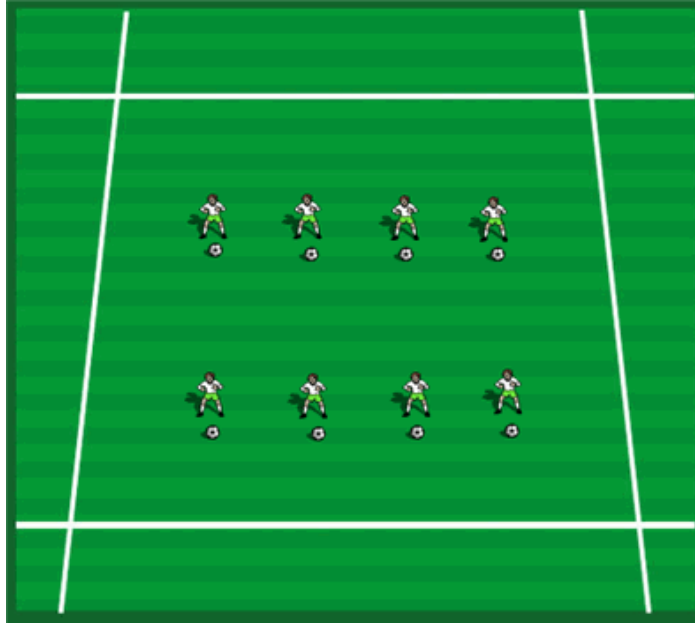
Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

## An introduction to improving touch on the ball.

### Ball familiarity

#### 1. Using different techniques to control the ball.

a) Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.

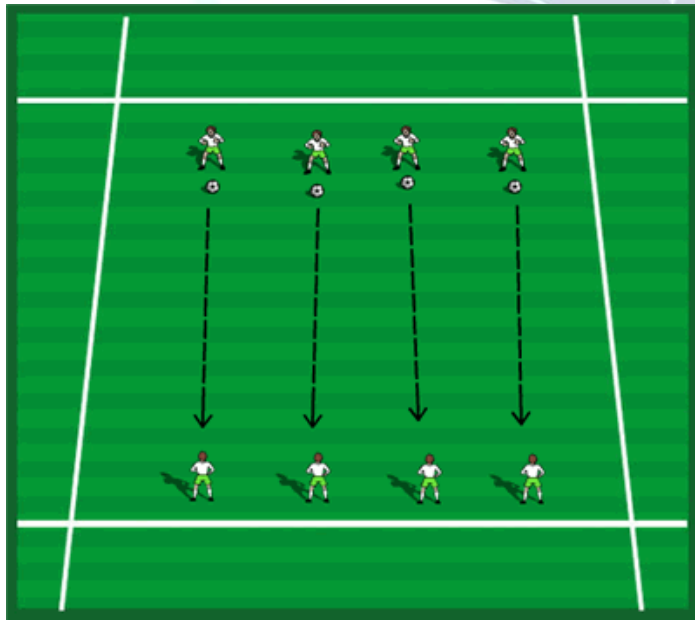


b) Using the inside and the outside of the feet and moving side to side. Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.

c) Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

2. Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

3. Remind them to keep their head up not just looking at the ball all the time, even asking them to look around the area when they are doing this, or the coach can hold up so many fingers and they must call the number out as they work.



1, Simple passing in two's back and forth, first two touches, then one touch where possible. The coach can dictate the distance between them.

2. Ask the players to look to "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.

3. This will be difficult at first, but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players.

4. They should be able to see their ball in the "peripheral vision".

5. Using both feet to pass the ball.

6. Competitive: Count how many

passes they can get in between them during a given time.

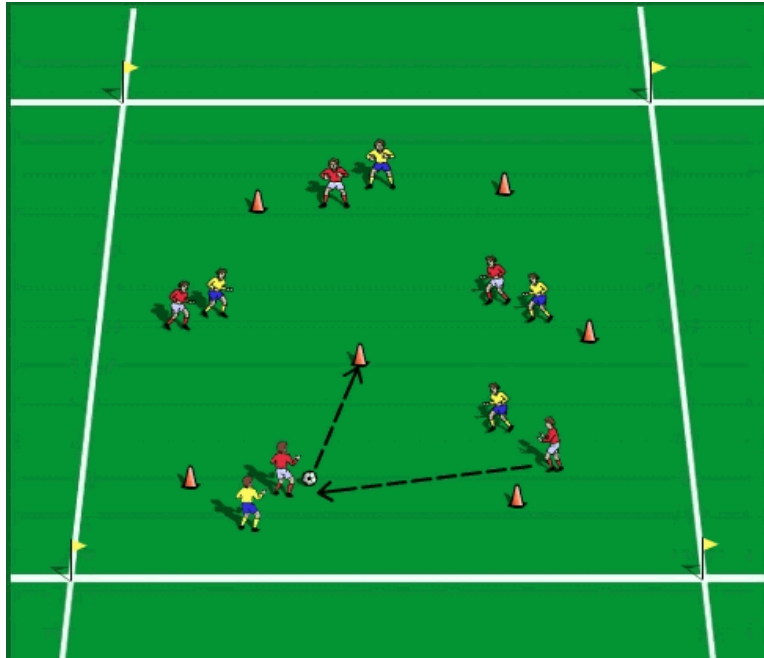
## Passing, Control and Movement themes

For small-sided game situations for Passing and Movement see the SSG section.

**To Begin:** For much younger players we can start with very simple but FUN passing exercises leading onto more serious passing movements.

### VARIOUS FUN PASSING PRACTICES

#### SESSION 1: A 4 v 4 KNOCKOUT GAME



**Passing, receiving, dribbling, turning, mobility**

Create a 35x35 yard grid. Two teams of 4-6 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid.

Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

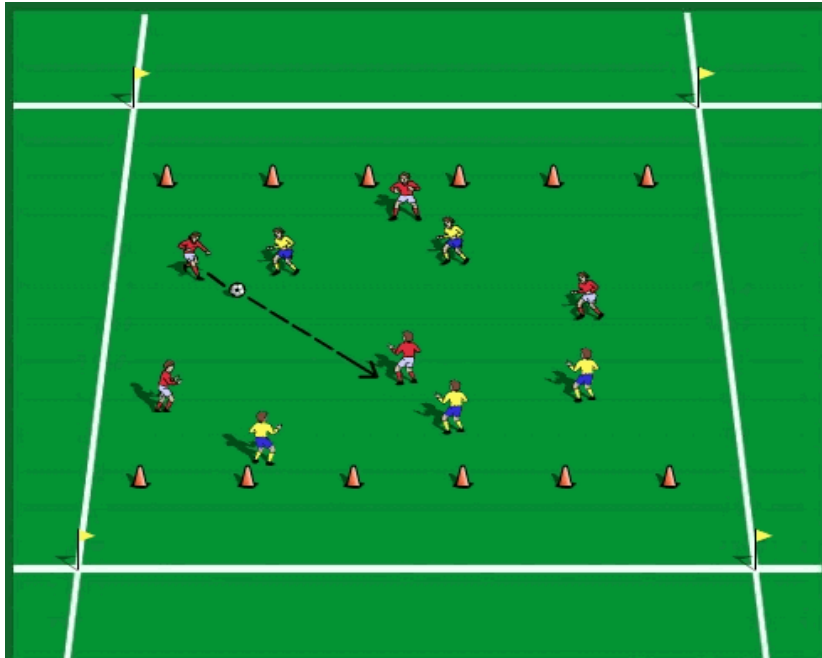
#### **Progression:**

Limit the number of touches.  
Decrease the size of the grid.

#### **Coaching Points:**

Create supporting angles.  
Use the inside of the foot to pass accurately.  
Look to combine and play the way you face.

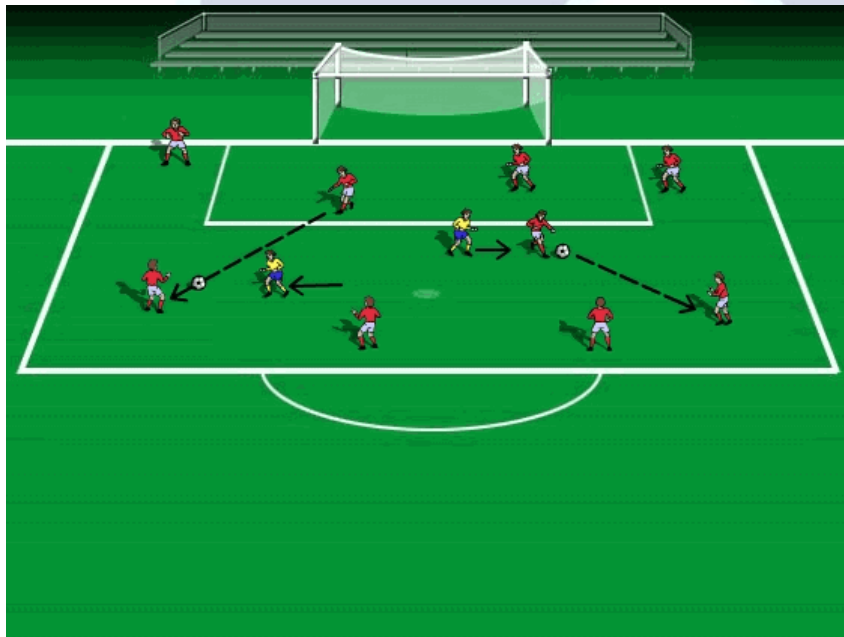
## SESSION 2: DEFENDING THE CONES



### **Passing and dribbling**

Create a 40x30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5 and place them in the grid.

## SESSION 3: TEAM TAG



### **Passing, receiving, warm up**

Create a 44x18 yard grid (penalty box). Position 8-10 attackers, 2 defenders, and two balls inside the grid.

1. The attacking players pass and dribble two balls around the grid. The two defenders must attempt to tag one of the attackers while they are in possession of the ball.
2. If the tag is made, that attacker has been eliminated from the grid and must juggle on the side.
3. Take note how long it takes the two defenders to tag all players. After each game, switch the roles of the players and see how quickly the defenders can get the job done.

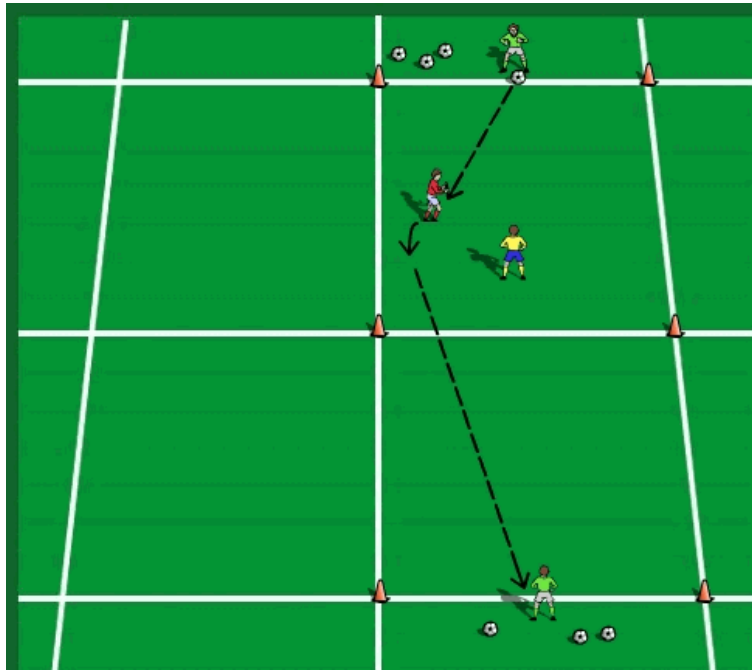
**Progression:**

The attackers only have 2 touches.  
Reduce the size of the grid.

**Coaching Points:**

Defenders must work together to close players down.  
Attackers must provide passing angles and must keep the ball moving.

## **SESSION 4: TURNING AWAY FROM PRESSURE**



### **Passing, receiving, turning**

Create a 20x10 yard grid with a neutral player at each end of the grid with a supply of balls. Two opposing players start in the grid. Repeat set-up to accommodate all players on the team.

1. The neutral player finds the closest player in the grid. That player must turn and play it to the other side's neutral player for a point to be awarded.
2. That player remains on the offensive side until the defender wins the ball back, at which time the roles are reversed. The player can play the ball back to the neutral player but does not receive a point for it.
3. Play for 1 minute before rotating in the neutral players.
4. The object is to score as many points as possible by changing the point of attack.

### **Progression:**

Two touch maximum.

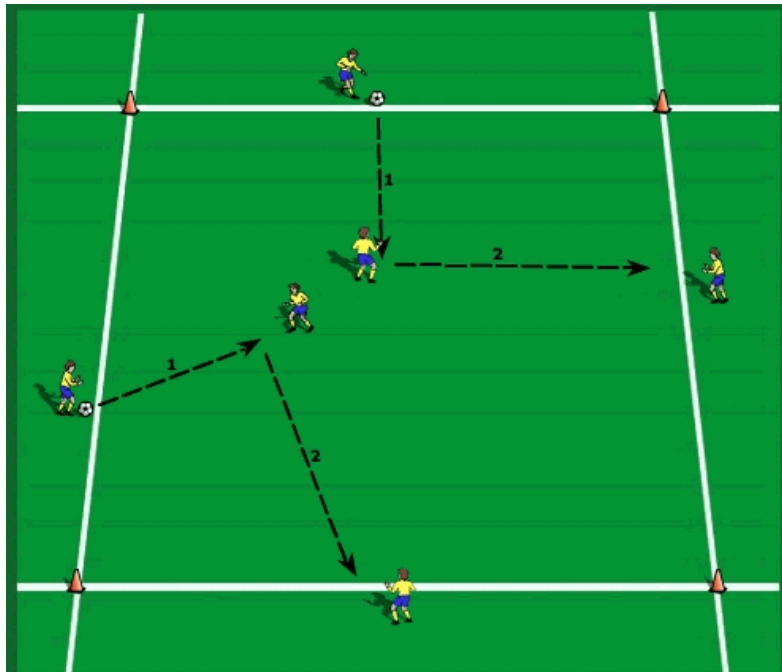
Neutral players can drive balls back and forth as well.

### **Coaching Points:**

Play the way you face if the defender is tight.

If the defender is loose, receive them in a sideways-on position.

## **SESSION 5: A 4 CONE ROTATION**



**Accuracy and weight of one-touch passing.**

20 x 20-yard grid. Players work in groups of 6 with two balls. Two players (C, D) are positioned in the middle of the grid and act as the targets. All other players are located at each side of the grid.

1. Target players (C, D) must move around the grid receiving passes from the outside players. (C) And (D) must quickly return the ball to either of the two outside players they are facing with a one-touch pass.
2. Both target players continue moving around the grid receiving and playing one-touch passes for 30-40 seconds before switching with two new target players.

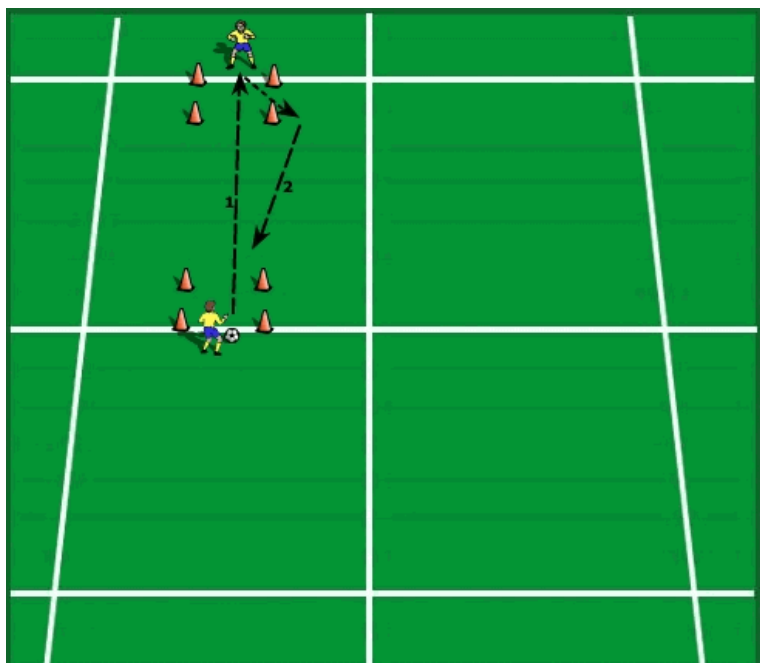
### **Coaching Points:**

Players should accelerate towards the ball.

Accuracy and weight of the pass is vital.

Strike through the middle of the ball with the inside of the foot

## **SESSION 6: PREPARE AND PASS**



**Accuracy and weight of passing.**

Also, the quality of the player's preparation touch

10 x 10-yard grid with 8 cones positioned as shown. The cones are placed to create a 2-yard square at each end of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

Both players must stand behind their square as shown. Player (A) must try to pass (1) the ball through the middle of his partner's square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball diagonally through the side of the square before attempting to return the ball (2) to his partner in the same fashion. Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass. Points are awarded for each successful pass through the square.

### **Progressions:**

Reduce the size of the target squares as the ability level increases.

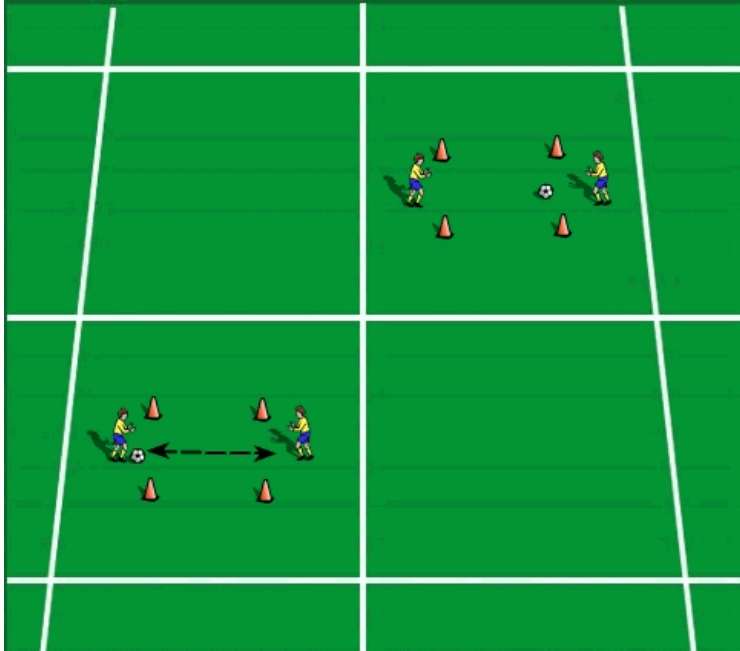
### **Coaching Points:**

Accuracy and weight of the passing are equally important.

Strike through the middle of the ball with the inside of the foot.

The preparation touch on a diagonal will enable players to have more success in their passing accuracy

## **SESSION 7: RAPID ONE TOUCH**



### **Accuracy and weight of passing.**

10 x 10-yard grid with 4 cones positioned as shown. The cones are placed to create a square in the middle of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

Players must try to play the ball back and forth through the middle of the square

using one-touch passing. Each pass must be along the ground. Points are awarded for each successful pass that travels through the middle of the grid. Players attempt to get as many passes as possible in the designated time.

### **Progressions:**

Reduce the size of the square (narrower) as the ability level increases.

### **Coaching Points:**

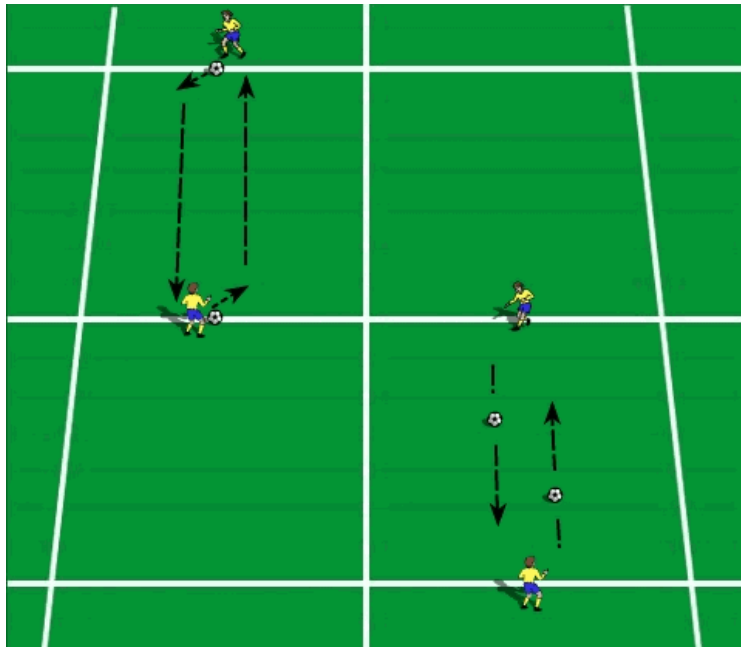
Players should try to develop a rhythm with their passing.

Accuracy and weight of the pass are equally important.

Strike through the middle of the ball with the inside of the foot.

Players must stay light on their feet in anticipation of receiving the next pass

## **SESSION 8: RAPID 2 BALL PASSING**



Accuracy and weight of passing. Also concentrates on the quality of the preparation touch.

10 x 10-yard grid. Players work in pairs with two balls. Each player stands on the opposite side of the grid. Repeat setup to accommodate the entire team.

Players must attempt to pass both balls back and forth at the same time. Each player must use 2 touches (1 to receive, 1 to pass) to maintain the rhythm of the exercise. Players should prepare the ball at a slight diagonal before passing the ball to their

partner. Preparing the ball at a slight diagonal will reduce the likelihood that the balls will collide while being passed.

### **Progressions:**

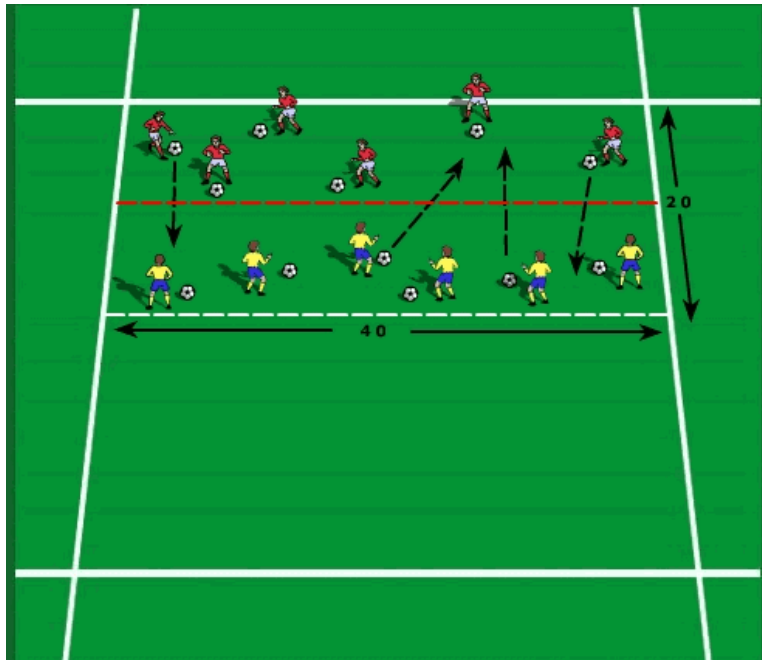
Introduce a race format – “first pair to complete ..... Wins”.

### **Coaching Points:**

Players should try to develop a rhythm with their passing.  
Accuracy and weight of the pass are equally important.  
Strike through the middle of the ball with the inside of the foot.

Players must stay light on their feet in anticipation of receiving the next pass.

## **SESSION 9: CLEAN SHEET**



### **Passing and receiving**

Divide your players into two teams and each player has a ball. Place the players in a 20x40 yard grid with a cone line separating the grid into two equal halves.

Each team must stay in their own half of the grid. The objective is to keep your grid clean by constantly kicking the balls across the cone line and into the opponent's half. The coach must keep the balls in play to keep the game going. The game lasts for two minutes and the team with the least number of balls in their half

wins the game.

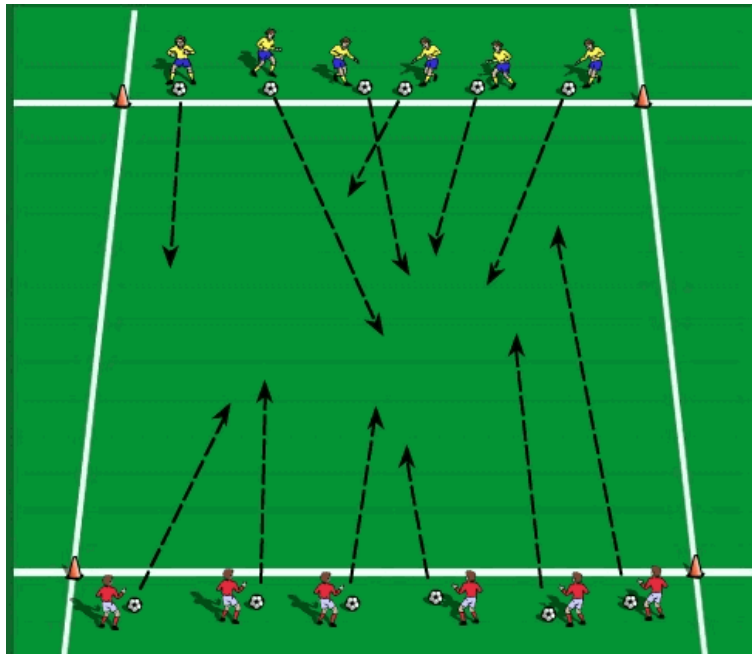
### **Progression:**

Award an extra point for balls that pass over the opponent's end line. Increase the size of the grid.

### **Coaching Points:**

Spread the players out.  
Concentrate on accuracy, not power.

## **SESSION 10: PASSING WARS**



### **Passing and receiving**

Make a 20x20 yard grid. Divide your players into two teams facing each other on opposite sides of the grid. Every player has a ball.

The players can only move along the end line but not forwards or backwards. All players strike the balls at once. The objective is to kick the balls across the field and past the opponent's line. The team with the least number of balls behind it after 1 minute is the winner.

### **Progression:**

Balls must be driven below waist height.

Players must alternate striking with the left and right foot.

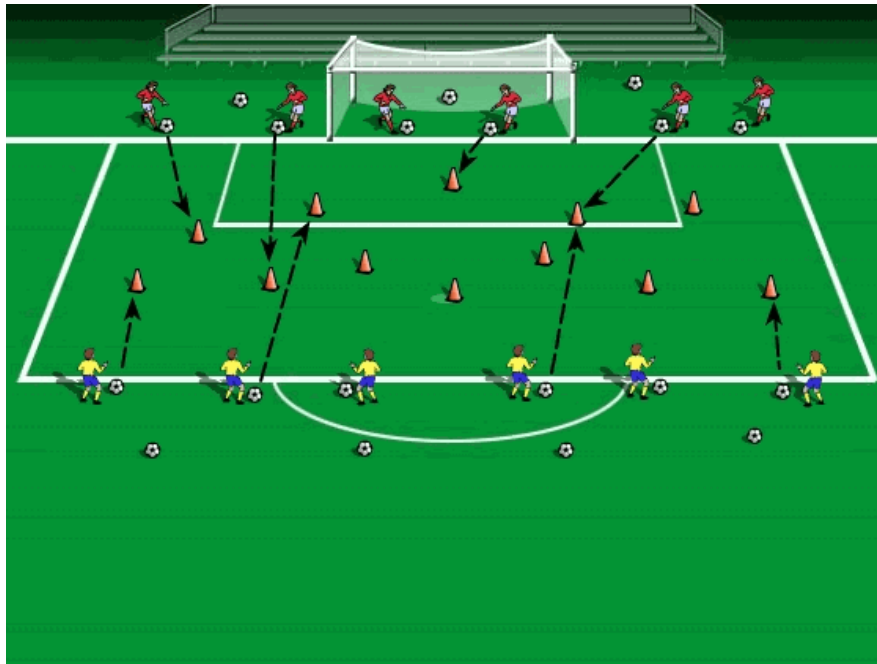
### **Coaching Points:**

Use the inside of your foot to pass.

Use your laces to drive the ball.

Players on the end lines must communicate.

## **SESSION 11: PENALTY BOX BOWLING**



**Passing:** Use the center circle. Place teams of two players facing each other, on the outside of the center circle. Randomly place the cones all over the inside of the center circle. Place plenty of extra balls around the outside of the box.

The players strike the balls back and forth trying to knock down the cones. The weight of the pass should be strong enough, so it reaches the other side of the circle. All passes

must be made behind the circle. When all the cones have been knocked over, the team with the most strikes wins the game.

### **Progression:**

Pass with you in step (laces) low and on the ground.

Balls can be chipped across for their partner to head the ball at the target.

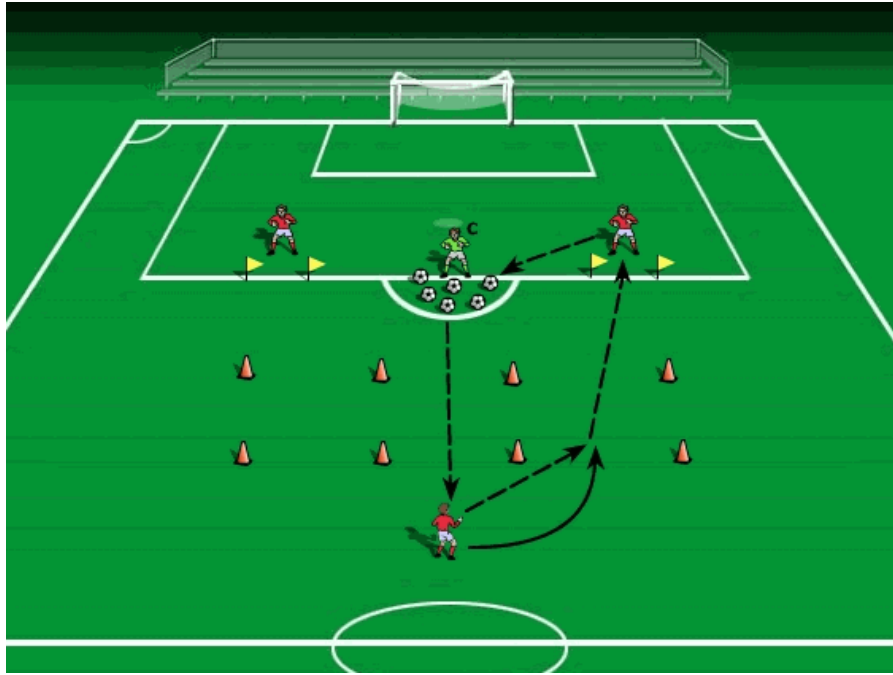
Also use your weaker foot to pass.

### **Coaching Points:**

Accuracy first, then power.

Keep your toe up and ankle locked.

## **SESSION 12: CONTROL AND STRIKE**



### **Receiving and passing**

1. Place two 10x10 yard grids five yards apart from each other. Place two 6-foot goals, five yards behind each of the two grids.
2. The passer (player 1) stands in the middle of the two grids and slightly behind the two goals. The receiver (player 2) stands roughly 20 yards from the passer (player 1), in the middle of the two grids.
3. Two retrievers (players 3 and 4) are placed behind each of the goals. Place a group of balls with the server (1).

The server (1) strikes the ball to the receiver (2) who takes a preparation touch into the grid and then passes the ball through the goal and to the retriever (3 or 4). The retriever then passes the ball to the server. Alternate sides, and after completing ten successful repetitions, change the roles of the players. Always try and use a maximum of two touches.

### **Progression:**

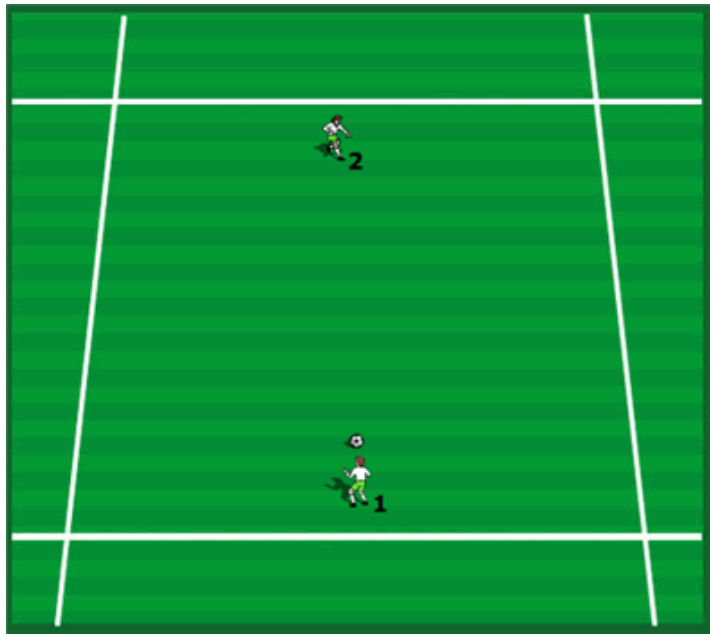
Receive with the outside of the foot and pass with the inside of the same foot. Receive with the inside of the foot and cut the ball across the body and pass with the opposite foot.

Must use the in step (laces) to pass the ball through the goals and to the retrievers.

### **Coaching Points:**

The preparation touch must be out and at a 45-degree angle.

### **SESSION 13: DEVELOPING AND IMPROVING PASSING PLAY USING TWO PLAYERS**



1. Passing the ball in 2's. To begin, receive with one foot, a good first touch in front of the body and pass with the other foot. Trying to do it ALL within three touches then two touches.

2. Discuss the approach from the side of the ball, the head position, the non-kicking foot position, the kicking foot follow through striking through the midline of the ball, etc.

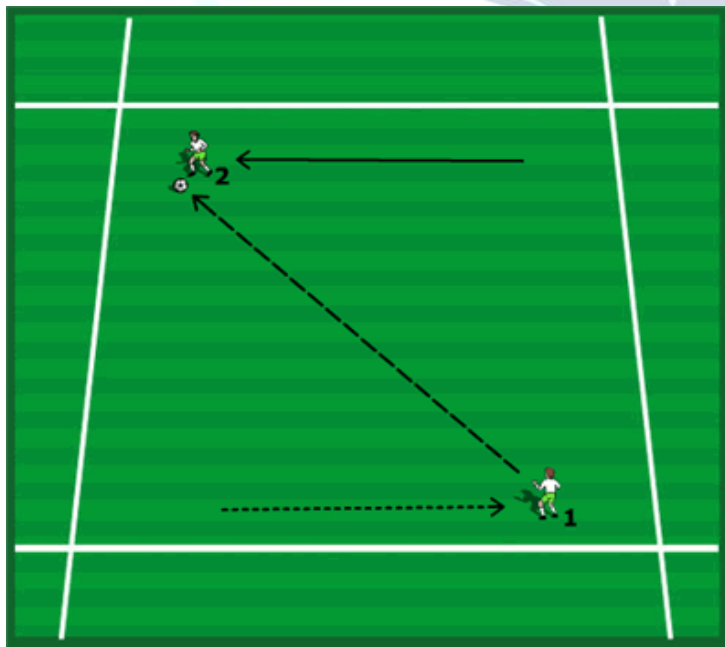
3. Skills in passing to be addressed:

- a) Disguise
- b) Pass Selection (inside / outside / laces)
- c) Timing of the pass.
- d) Weight.

e) Accuracy.

4. Eventually try one touch passing when it is on to do so. Introduce two cones in the middle to act as a gate or goal to pass through to test accuracy. Decrease the size of the goal as the players improve. Develop: Have the players look into each other's eyes, not at the ball and at the same time try to keep the passing accurate.

### **PASSING AND MOVING**



1. Introduce the concept of passing and moving. Moving across the grid area making diagonal passes.

2. The receiving player must move across the grid to meet the pass.

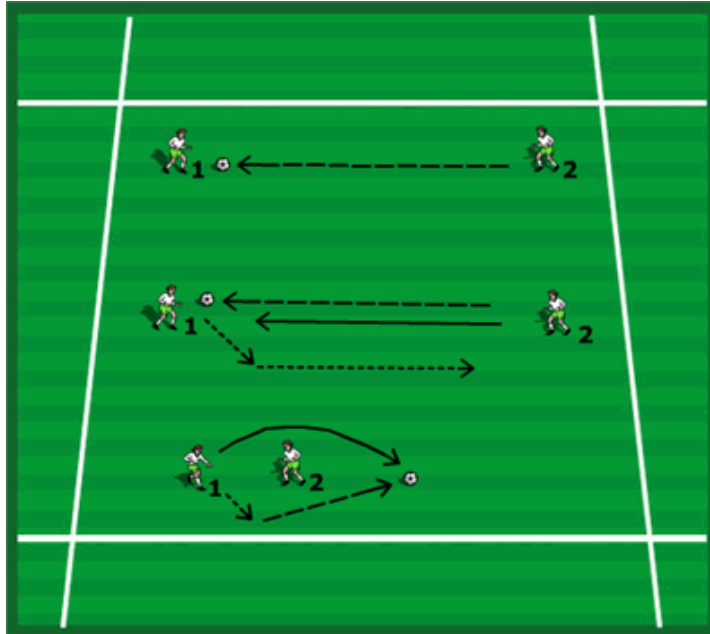
3. (1) moves with the ball across the grid and plays a pass diagonally to (2). (2) Receives the pass and runs back across the grid with the ball and makes a diagonal pass back across to (1) etc..

4. Players are practicing and learning to move with the ball and without the ball.

5. The key coaching points of passing in this practice are the weight, accuracy, and timing of the pass to arrive in the space at the same time as the support player arrives.

6. The key coaching point in the movement of the player to receive is the timing of the run; arriving at the same time as the pass. The support player must judge the pace / weight of the pass.

### PASSING AND CONTROL IN TWO'S



1. Ground passing working on the importance of the first touch.

Control with one foot and pass with the same one then controls and pass with the other one; (A) above.

2. Get in line of the ball to receive and control it then pass it to the other player. Pass the ball a yard to the side of the other player, prompting them to adjust their position to receive the pass.

3. Control and pass with the same foot in three touches then two touches. Control with the inside of the foot and pass with the outside of the same foot then control with the outside of the foot and pass with the inside of the same foot.

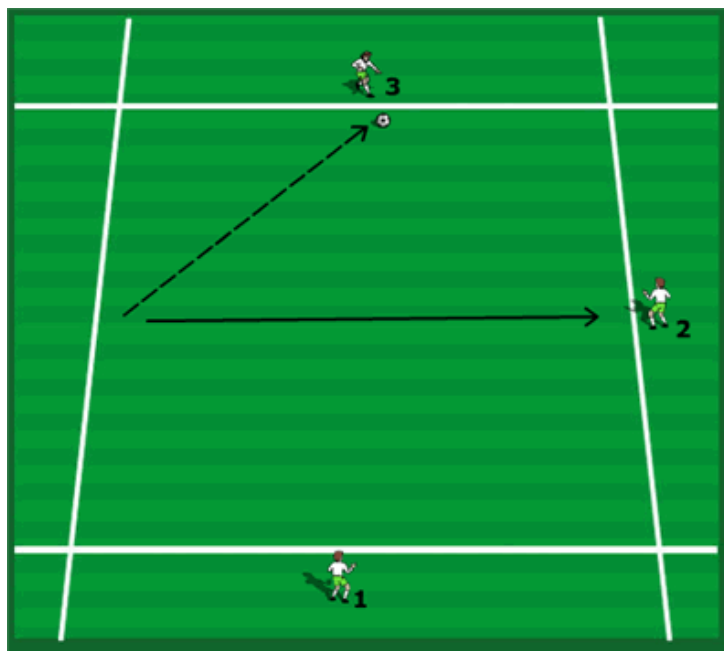
4. Control with the inside of the left

and pass with the inside of the right foot and vice versa. Control with the inside of the left foot and pass with the outside of the right foot and vice versa.

5. **Develop:** (1) passes to (2) and closes in a straight line; (B) above. There is no attacking, and the pressure is passive. (2) Must move the ball with a good first touch to the side to escape the pressure and run to the other side of the grid with the ball. Better still (2) can try to get past (1) with one touch and away.

6. (2) now must pass to (1) and the cycle continues. Develop by passing past the opponent with one touch and run around the other side of them and collect the ball: (C) above.

### PASSING AND MOVING IN THREE'S



1. Passing then moving to the free line. This ensures that when a player passes the ball, they move at the first moment.

2. Above, (2) passes the ball to (3) and must immediately move to the free line opposite. It is structured and more drill-like, but it is a good first introduction to the concept of passing and moving.

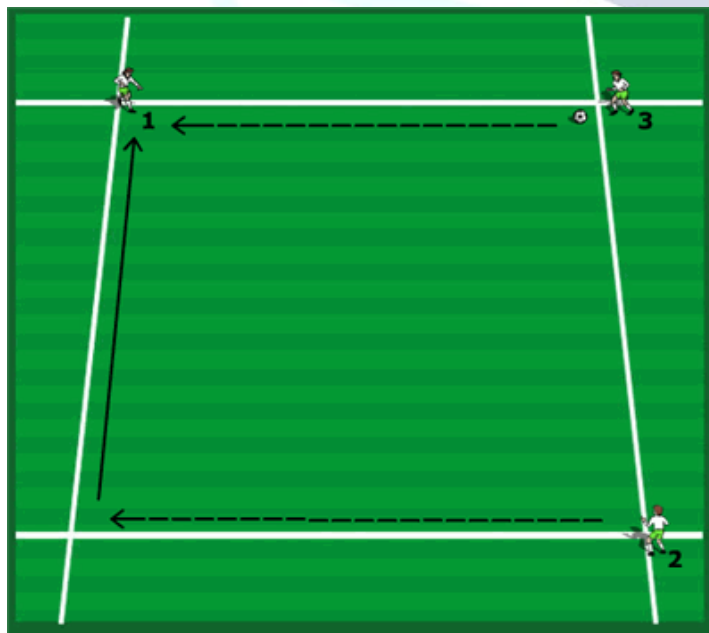
3. The coach can control the session easily using this set up and it is simple for the players to understand. Also, they are constantly working and keeping a routine going.

4. **Develop:** Three touches then two touches only then one touch if the weight, accuracy, and timing of the pass allows for this. When the

players can work regularly on a one touch basis you know they are getting the idea of weight, accuracy, timing of the pass and timing of the run.

5. **Develop** – Have the player who doesn't receive the pass as the one who must run to the free line, liken this to a third man run off the ball.

### PASSING AND MOVING IN THREE'S GRID-LINE GAME



1. Drill orientated set up. The players can now only pass along the grid line and only move along the grid line.

2. One corner is always free, and this encourages the players to run to the free corner should the player on the ball need that option of a pass. Above, (3) is on the ball ready to pass. To ensure (3) has two options of a pass (1) must run to the free corner to provide an option whilst (2) is already at a corner as an option.

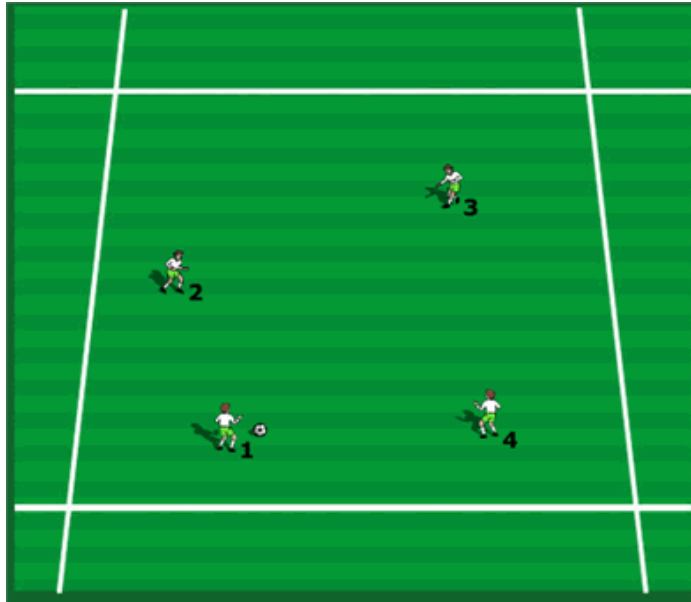
3. (3) passes to (2) and now (1) must move across the grid line to the free corner closest to the ball to provide an option for (1). Again, this promotes continuous passing and

movement from the players.

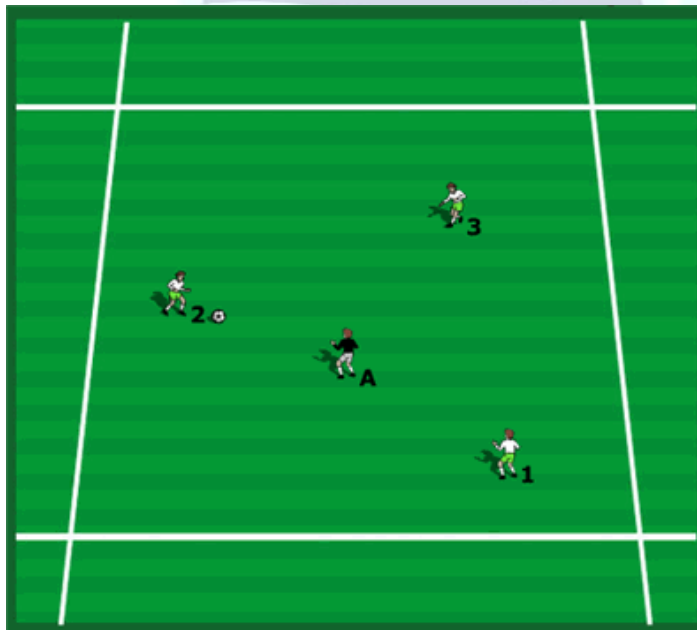
4. **Develop:** The player on the ball can pass it back to the player they received the ball from, thus making the third player move up and back to support each player as they receive the pass. This keeps the players on their toes and concentrating because they do not now always receive the pass even though they have moved to provide the option. Introduce a defender into the middle of the grid.

#### **SESSION 14: PASSING AND SUPPORT PLAY USING FOUR PLAYERS AND AN**

##### **INTRODUCTION TO COMBINATION PLAYS**



1. No opponent's just four players passing and moving with the ball.
2. Emphasize once the player has passed the ball, they must move to space to support the next pass or beyond the next pass.
3. This is a simple non – competitive warm-up for the players to help them develop composure in the session.
4. **Progression** – Use two balls passing and moving so their decision making must speed up because as one ball is passed another is on its way to be controlled and passed.



1. Bring all the players into the middle and have them working inside the grid. After working passing and moving with no opposition introduce again the defender into a 3 v 1 situation.
2. This is now a keep ball session, but the players are free to move inside the grid to any position and are not limited by movement along the grid lines.
3. Now we are working more on the angles and distances of support of the attacking players.
4. Players now pass to their feet; or pass to space depending on which type of pass is needed, which can be determined by the position of the defender (A).
5. Make it competitive where the

attacker whose pass was intercepted becomes the defender.

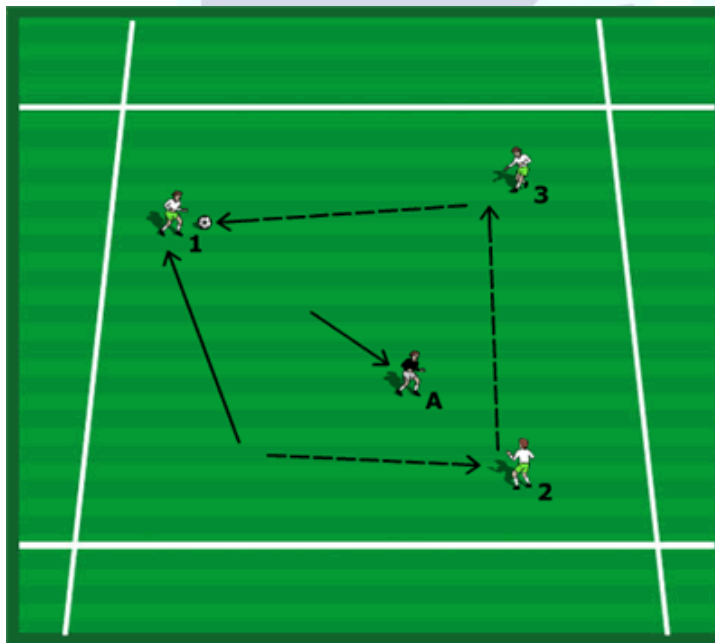
6. Here all the key coaching points in passing and support can be practiced with there being a good chance of success for the players to help their confidence due to the size of the overload.

7. Now we are establishing aspects of coaching such as passing; accuracy, timing, pacing / weight, disguise, selection (inside / outside / laces), passing to feet, passing to space, timing of the run into space to receive, control with the first touch and so on.

### **PASSING AND SUPPORT USING FOUR PLAYERS**

1. Using 4 players to a grid you can organize different levels of challenge for the players. Rotating all the players as you go through each progression.
2. Progressions – a) 4 v 0 – no opponent's just four players passing and moving
- b) 3 v 1 using the grid lines to move and pass along. Passive defending, then making it competitive with the defender trying to win the ball.
- c) 3 v 1 situation – keep ball opening the area to play in. No goals are used. If the 3 players make 5 passes it is a goal, if the defender wins the ball, it is a goal.
- d) 2 v 1 situation – more difficult with a player less. No goals are used. Have the odd player out on the outside to help the defender should this player win the ball. This extra player must stay outside the grid but can move around to be a support player. Same idea as a) but the defenders can pass and count the passes.
- e) 1 v 1 plus side players. Attacking goals at each end of the grid. Players can use the support player or dribble and beat the player in a 1 v 1. This encourages dribbling and passing and support.
- f) 2 v 2 situation – Attacking the goals at each end to score. Directional combination plays are to be worked upon here, takeovers, and overlaps, 1-2's, diagonal runs and so on.

### **SUPPORT PLAY IN A 3 v 1 SITUATION**



player goes too early then he / she is easily marked.

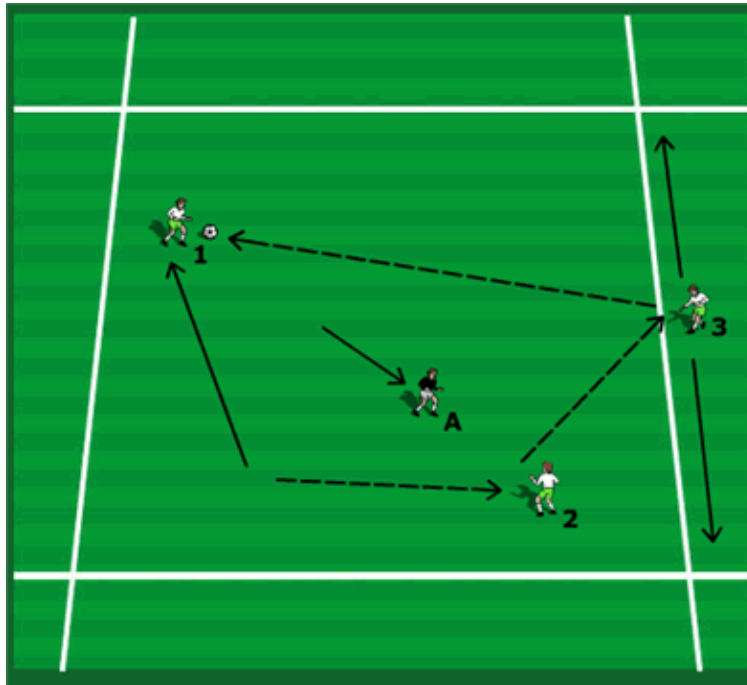
3. Passing to feet and passing to space (to force the receiving player to change their position). (2) Passes to (3) and (1) moves into space to offer an option for (3).

1. Now letting the session go free and competitive with a 3 v 1 situation. Players (1) (2) and (3) must keep the ball away from (A). Have a goal (target) to reach; it could be 5 consecutive passes without the defender (A) touching the ball. Rotate the defender.

#### **2. Coaching Points**

- a) Creating Space – Off the ball to receive or move the defender to create space for a teammate.
- b) Decision – when and where to pass.
- c) Technique – Quality of the pass (timing, accuracy, weight / pace).
- d) Support – Angles and distances, timing of the run to space to receive. This is important if the

## SUPPORT PLAY IN A 2 v 1 SITUATION



1. A 2 v 1 is more difficult to be successful with and is a greater test of the player's ability than a 3 v 1.

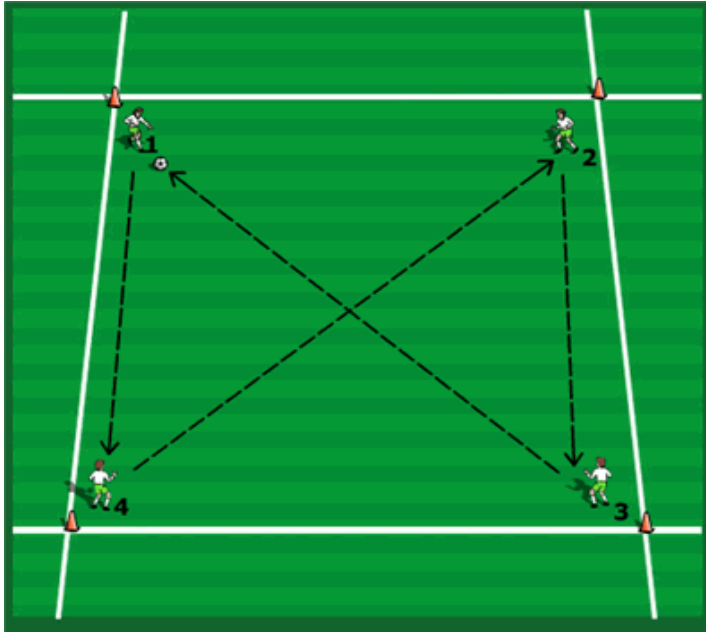
2. Initially have the third player as a support player on the outside of the grid so it is 2 v 1 plus 1 in favor of the attackers. Less freedom for the third player means a slightly more difficult set up for the attackers.

3. As this gets easier include the following progressions:

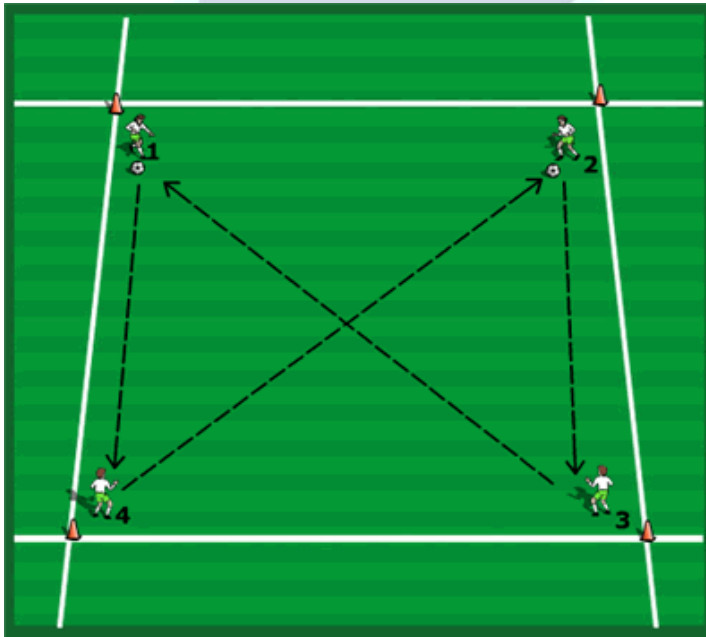
- a) Reduce the number of touches on the ball, go three touch maximum then two touches with one touch where it is on to do so.
- b) Increase the number of passes required to score a goal by setting a more difficult target to achieve.

4. Make it a pure 2 v 1 with the outside player supporting the defender should that player win the ball. The set up still favors the attacking players as the support player is restricted to moving up and down one side, but it serves as an incentive for the defender to work hard to win the ball and means the two attackers must work harder to maintain possession.

## **SESSION 15: SIMPLE PASSING DRILLS IN FOURS**



**1. Very simple passing drills between four players. First, have only one ball passed around the area.**



**2. As they get competent at this, bring in another ball and have two balls going at the same time. Start with a ball each at player 1 and player two.**

**3. Co-ordination of the two balls is important now, as one ball arrives and is passed on and the next one is almost there, so players need to be on their toes and alert.**

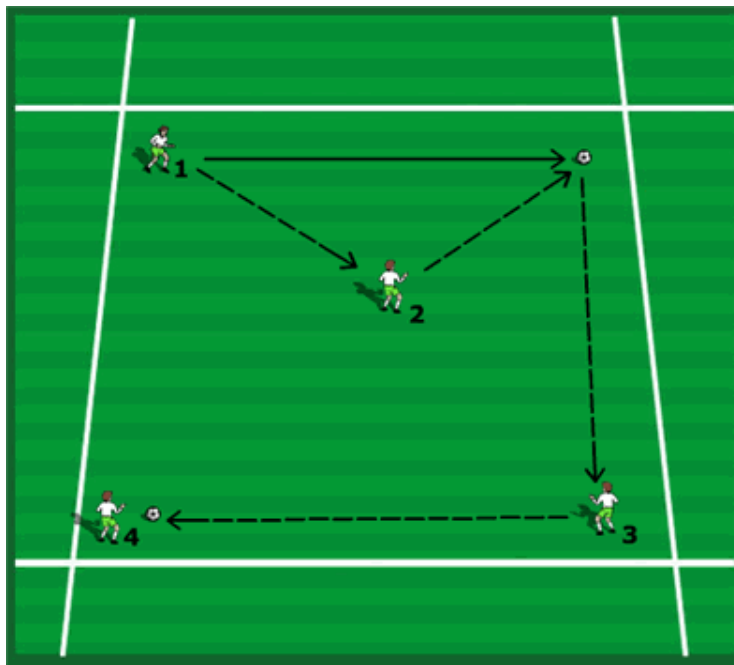
**4. Change it to (1) and (2) now pass diagonally and (3) and (4) pass up and down.**

**5. Change it to (4) pass to (3) and (2) pass to (1) across the area.**

**6. Initially have it three touches (one to control, one to set up and one to pass), then two touches if possible (one to control “and” set up, and**

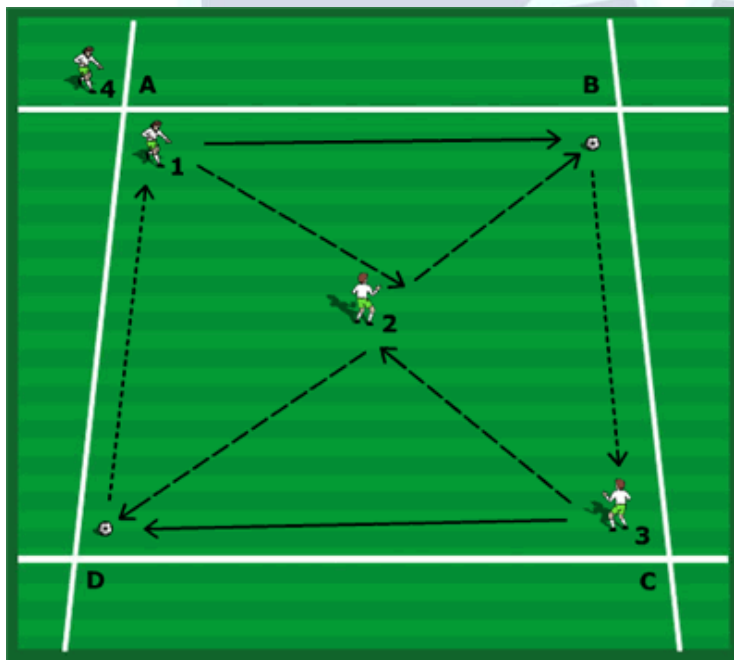
**two to pass) and ultimately one touch if the weight, accuracy, and timing of the pass is so good as to allow a one touch pass on.**

## WALL PASSES AND LONG PASSING IN FOURS



balls are passed.

4. Now also working on the timing, pace, angle, and accuracy of the pass by the center player. Rotate the center players.



1. Start with one ball with players practicing wall passes with (2) in the middle all around the grid area.
2. Introduce another ball so there are two balls working, practicing wall passes with a player in the middle. The player passes and receives a wall-pass back then passes the ball to the next player.
3. (1) has played a wall pass (1-2) with (2) and sprints to the next cone to receive the pass. At the same time (3) passes to (4) and waits for the next pass from (1). Now we have simultaneous passes going with both balls, one going to the middle player for a wall pass and the other along the outside of the grid area. Players just follow around the area as the

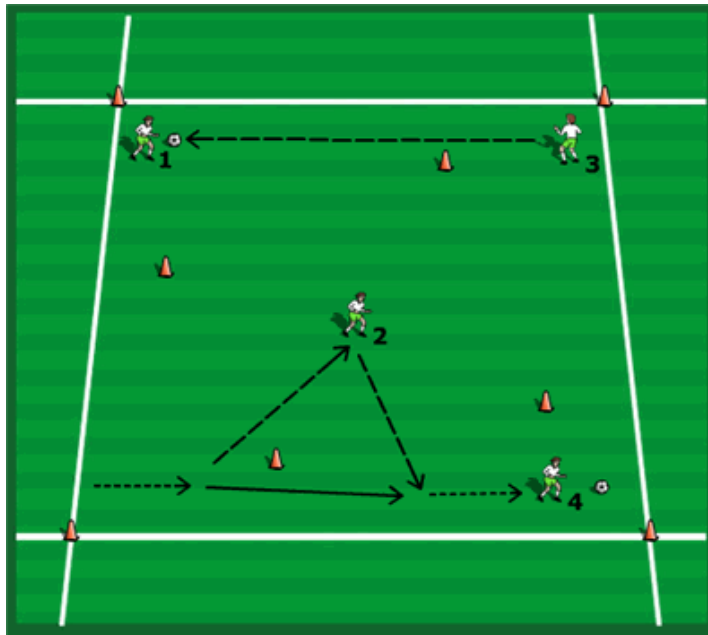
5. **Competitive:** Groups of four can compete against each other.

1. (1) plays a wall pass with (2) from corner (A) to corner (B) and then runs across the grid with the ball to the next corner (C).
2. (2) turns and receives a pass from (3) at corner (C) and plays a wall pass to corner (D) for (3). (3) Then runs across the grid with the ball to the start again at (A).
3. Wall passes going from both sides one after the other with continuous traffic movement.

4. **Coaching Points:**

- a) Quality of Pass (Timing, weight, accuracy)
- b) Timing of the run

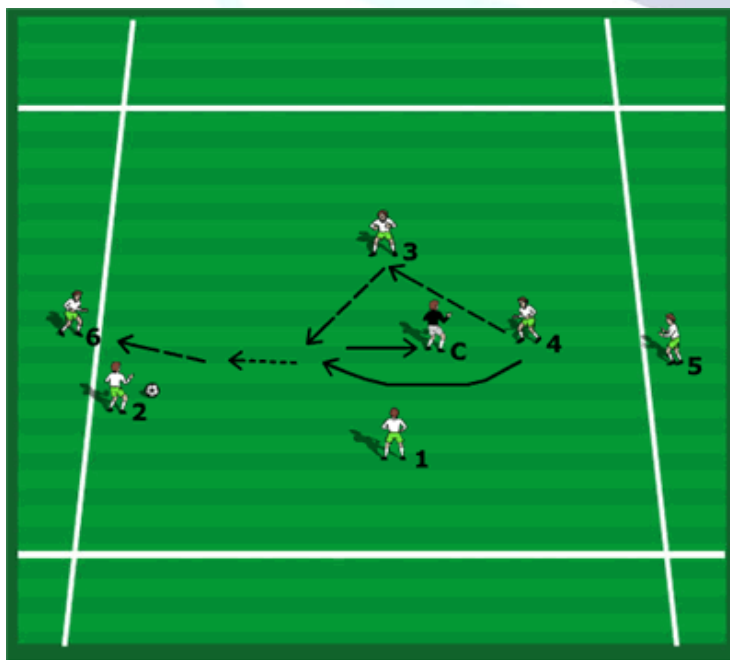
## SESSION 16: WALL PASSES, DRIBBLING WITH THE BALL AND LONG PASSING IN FOURS



1. (4) has completed the wall pass with (2), at the same time (3) passes to (1) and the cycle continues. (1) Now makes the wall pass with (2) and as this is completed (4) passes to (3). Try to get the co-ordination of this between the players otherwise it is difficult to make it work.

2. **Develop:** Place a cone to act as a defender to pass around; the player on the ball runs at the cone, passes the ball to (2) and runs around the other side of the cone to receive the return pass. (4) Runs at the cone and performs a wall pass around the cone with (2) as the layoff player. (4) Then collects the ball and runs forward with it and passes to ball to (3).

3. **Coaching Points of a Wall Pass:** a) Run straight at the cone representing a defender b) Use outside of the front foot to pass for deception c) Quality of the pass (especially the timing, not too far away so a defender could drop off and cover the run or too close so a defender can intercept d) Quality of One touch layoff by supporting player (outside opposite foot is best to open up the angle of the pass) e) Quality of First touch reception and ensuing pass.



1. Wall passing with the coach as the passive defender to time the movement off. Rotate the players so everyone has the chance to be the passer and the wall passer. (4) works the wall pass with (3) and passes to (6) then (2) goes, works the wall pass with (1) and passes to (5) and so on. Outside players move inside to receive the pass so they are in forward motion.

2. **Coaching Points of a Wall Pass:**

a) Run with the ball in a straight line at the coach (representing a defender).  
b) Use outside of the front foot to pass for deception  
c) Quality of the pass (especially the timing, not too far away so a defender could drop off and cover

the run or too close so a defender can intercept

d) Quality of One touch layoff by supporting player (outside opposite foot is best to open the angle of the pass)

e) Quality of First Touch Reception and pass.

3. **Progression:** The coach can try to intercept the wall pass to help the player on the ball get a better “feel” for the distance they have to be away to make it a successful wall pass. Distance should be where a defender steps forward as far as he or she can without being able to touch the ball, that is the position to pass so they are leaning forward and out of the movement.

4. **Competitive:** Have two groups and over a given time have them count the number of successful wall-passes they can make.

