

### Passing

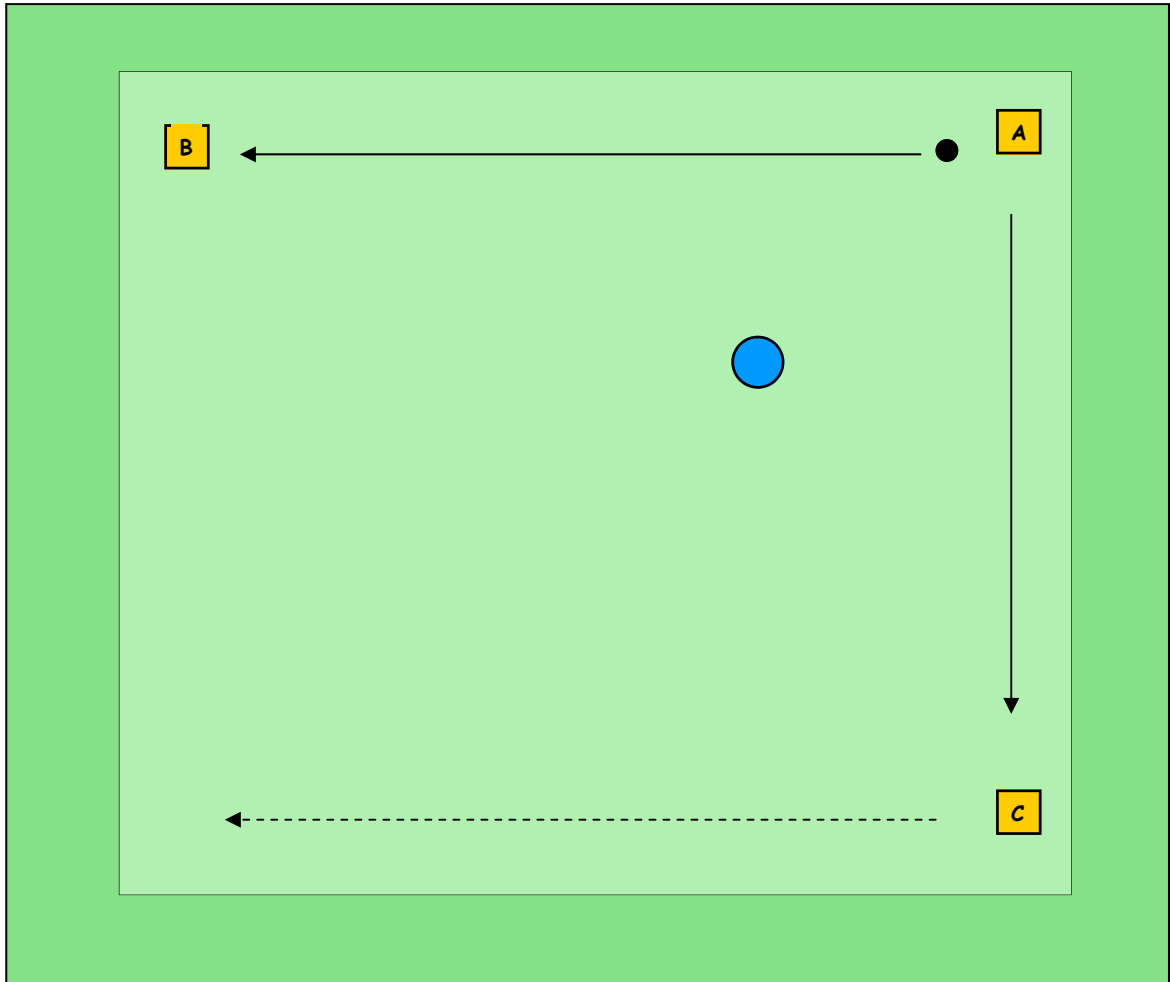
In an area of 10 x 10 the players pass the ball either in a clockwise or anti-clockwise direction around the area.

The players are working to receive the ball with their back foot, so they are opening their body.

The players are only allowed a maximum of three touches to start and then progress two touches if possible.

#### **Progression:**

Add another player on the starting corner, so that whoever passes the ball can then move on to the next position.



### Passing and Support

In this exercise 3 players try to keep possession of the ball from 1 defender

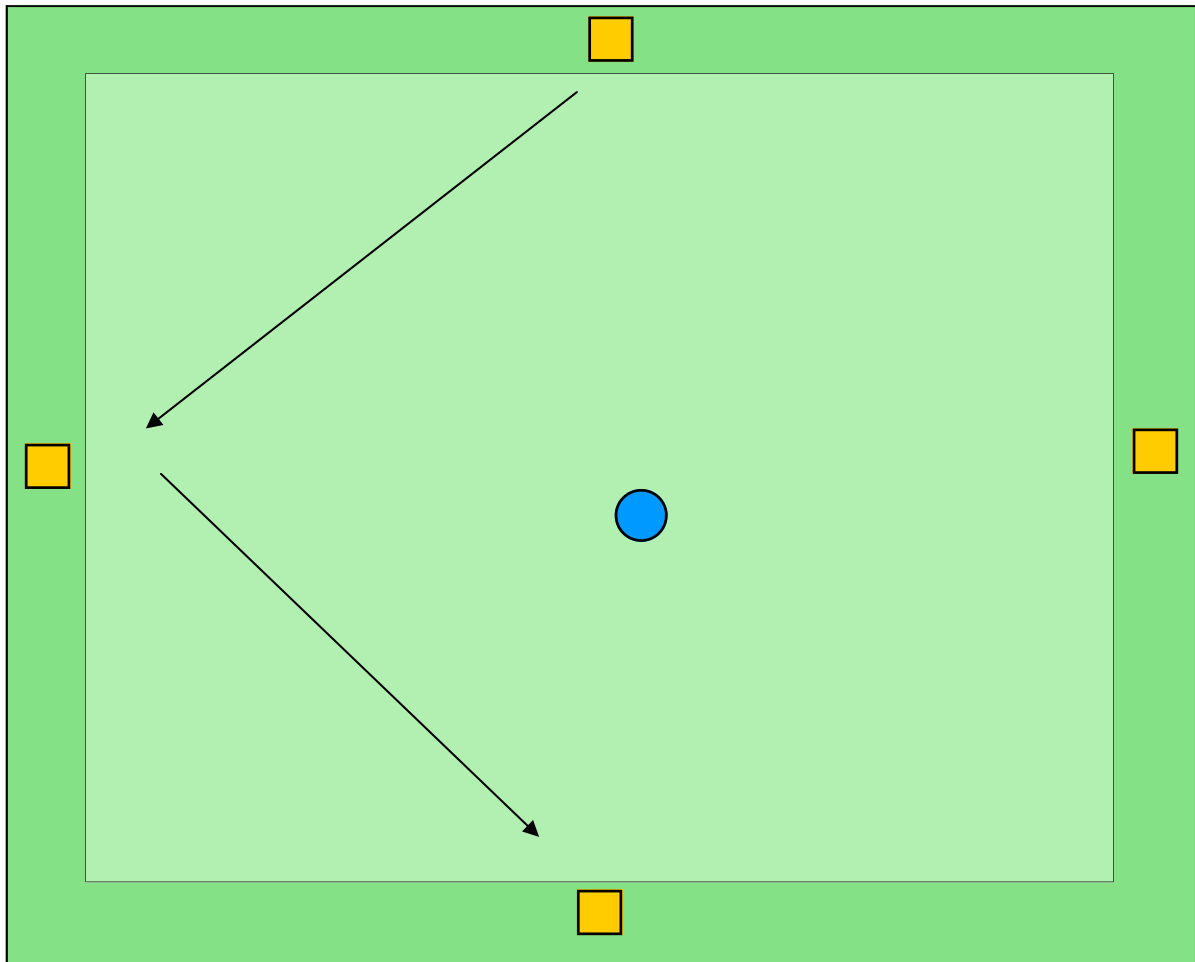
Players need to make the area as big as possible by staying in the corners, so they can offer good supporting angles, as shown above players need to adjust their position as the ball moves, players must try not to be diagonally opposite the player in possession of the ball.

If A passes to B, player C needs adjust their position.

Players need to look for quality with their passes, good control, try to have touch before passing to a team mate.

Can players use disguise with their passes ?

Good communication will help the player on the ball.



## Passing and Support

### Progression:

In this exercise we now have four attackers and one defender, in a 10x10 area.

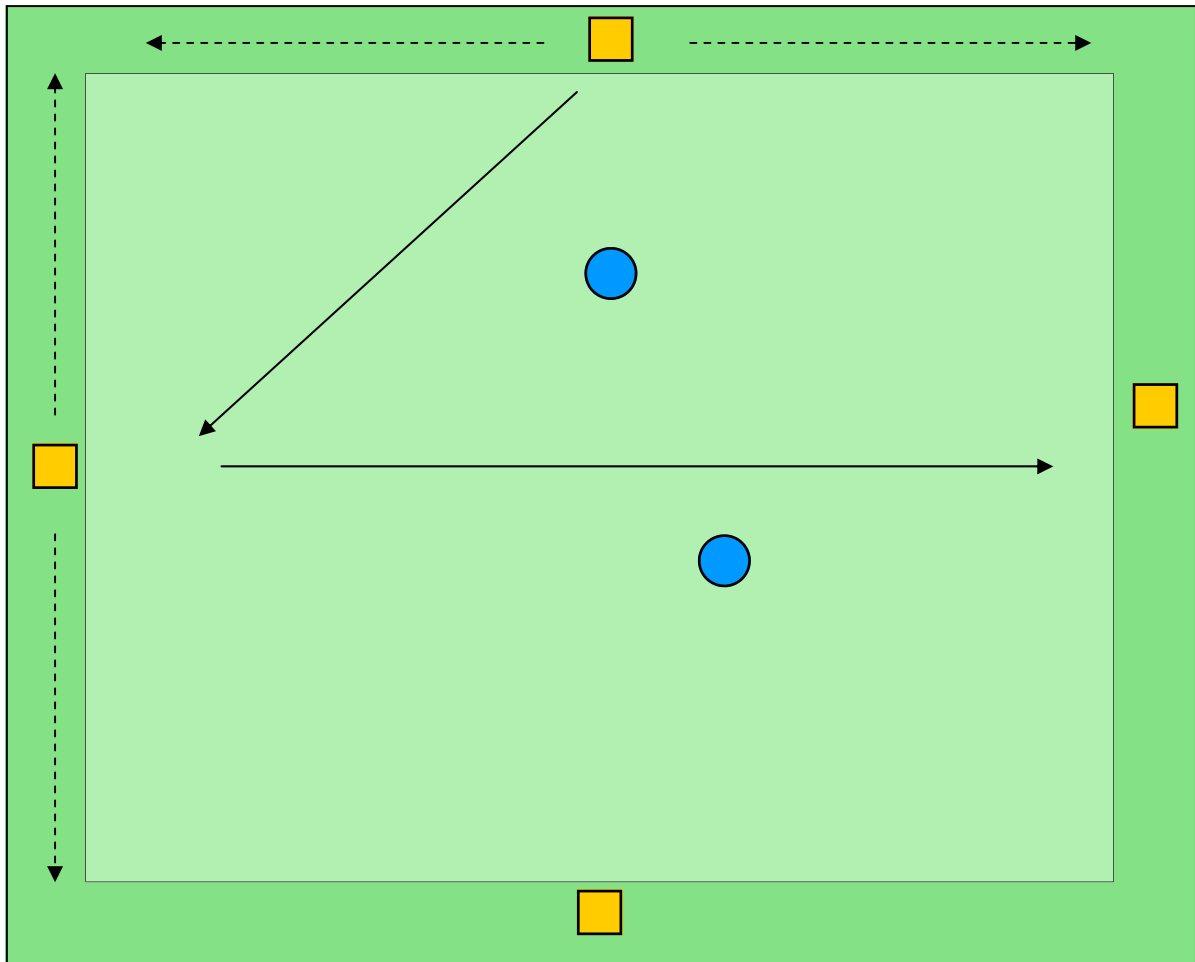
The four attackers are on each side and remain outside of the area of the area.

As the defender closes player in possession down the others must adjust to give the player on the ball good options to pass to.

Players need to look for quality with their passes, good control, try to have a touch before passing to a team mate.

Can players use disguise with their passes.

Good communication will help the player on the ball.



### Passing and Support

#### Progression:

In this exercise we now have four attackers and two defenders, on the edge of a 20x20 area.

The four attackers are on each side of the area and can move along the side they are on.

As defenders close attackers down the attackers must adjust their position so as to give the player on the ball good options to pass to.

To make the exercise interesting, attackers can score by splitting the defenders with a pass.

Players need to look for quality with their passes, good control, try to have a touch before passing to a team mate.

Can players use disguise with their passes.

Good communication will help the player on the ball.