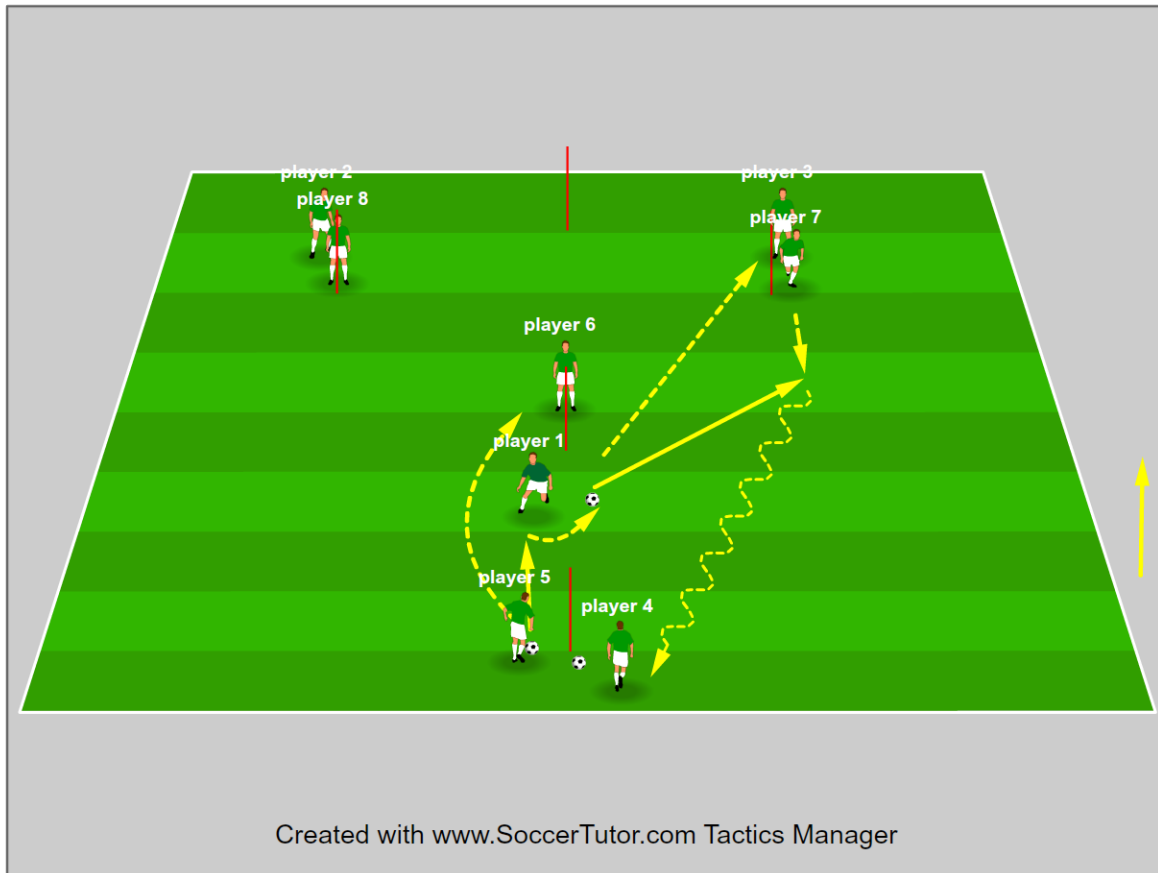


(Y) Passing and Receiving



Date:	20/Jan/2014	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	10
Duration:	10	Level/Age Group:	U11 - 18+

Description: Player 5 Starts with the ball and plays it to Player 1. Player 1 checks away and then checks to the ball to receive it. Once player one receives it they execute a turn and then plays the ball over to Player 7. Player 7 checks away from the ball and checks to it to receive it on the run. Player 7 then quickly dribbles the ball back to the front of the line.

This repeats with the next set of players turning the other way.

Objective: -Establish the tempo and pace of training through sharp quick passing and receiving.

Coaching Points: -Sharp, quick movements to create space.
 -Strike through the middle of the ball.
 -Limit the time between your touch and your strike.
 -Explosive dribble into space.

Progression: Various turns the with inside and outside of the foot.

Increase/Decrease players for more reps.