



End-to-End Combination Passing - 2 Central Players

Category: Technical: Passing & Receiving
Difficulty: Beginner

Tom Mitch, Harrisonburg, United States of America
Individual-Adult Member

Description

Basic Receiving & Passing Sequences for Diamond Shape

End-to-End Passing via 2 Central Players

Setup: Level-Appropriate Space/Distance. 1-2 Players on each end. 2 Players in the middle. 4-5 Balls with coach.

Activity: Players combine from end-to-end thru the 2 central players via different prescribed patterns. If ball is lost, coach can help re-start play with pass into end player. Rotate players thru the middle.

Progression:

- 1-2-3-4
- 1-3-2-4
- 1-2-3-2-4
- 1-2-1-3-2-4

Options:

- 2-Touch > 1-Touch
- Receive with Inside of Far Foot
- Receive with Outside of Foot
- Receive with Sole of Foot
- Receive with Far Foot, pass with Near Foot
- How many times can the group complete the passing sequence in 1 minutes.
- If 2 groups, number of completed sequences for each team in 1 min. Or first team to 8 completed passes.

Coaching Points:

- Quality of Support (multiple layers of support, timing, starting points, angle, distance)
- Mobility (change positions, high/low, right/left, pre-movement, check/show for the ball, make 2nd movement if don't get the ball right away).
- Quality of Passing (technique, on ground, weight)
- Accuracy of Pass (to feet, to far foot, to space)
- Receiving/Turning with ball, Body Orientation
- Quality of 1st Touch (to prepare for what comes next)
- Speed of Play (decision-making, mobility of ball, tempo/speed of ball movement)

