

# Week 1: Passing & Receiving to Build Attack

**OBJECTIVE** | Learn to pass & receive the ball away from pressure to build attack.

## COACHING POINTS

1. See the whole picture.. Head Up & Scan to play away from pressure!
2. Run dictates pass.. Play it where your teammate wants it and with the correct weight.
3. Immediately move to open space to give options to receive pass.
4. BE Brave - GK Needs to be used to keep possession!

## GUIDED QUESTIONS

1. How do I know where to attack/go with the ball?
2. What dictates the type of pass to play?
3. How can you manipulate the defenders when you have the ball?
4. Who creates the numerical advantage for possession in defensive half?

## PLAYER SKILLS AND TECHNICAL TOOL BLOCKS




### Receiving

1. Keep the ball close
2. Ready Position, Scan
3. Correct Foot, Shield
4. Add Variations
5. No Bounce

### Passing

1. Find a teammate
2. Find feet, Find space
3. Possess, progress, penetrate
4. Correct foot, add variations
5. Search, Disguise, Texture

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



Learning Block  
Development Stage 3

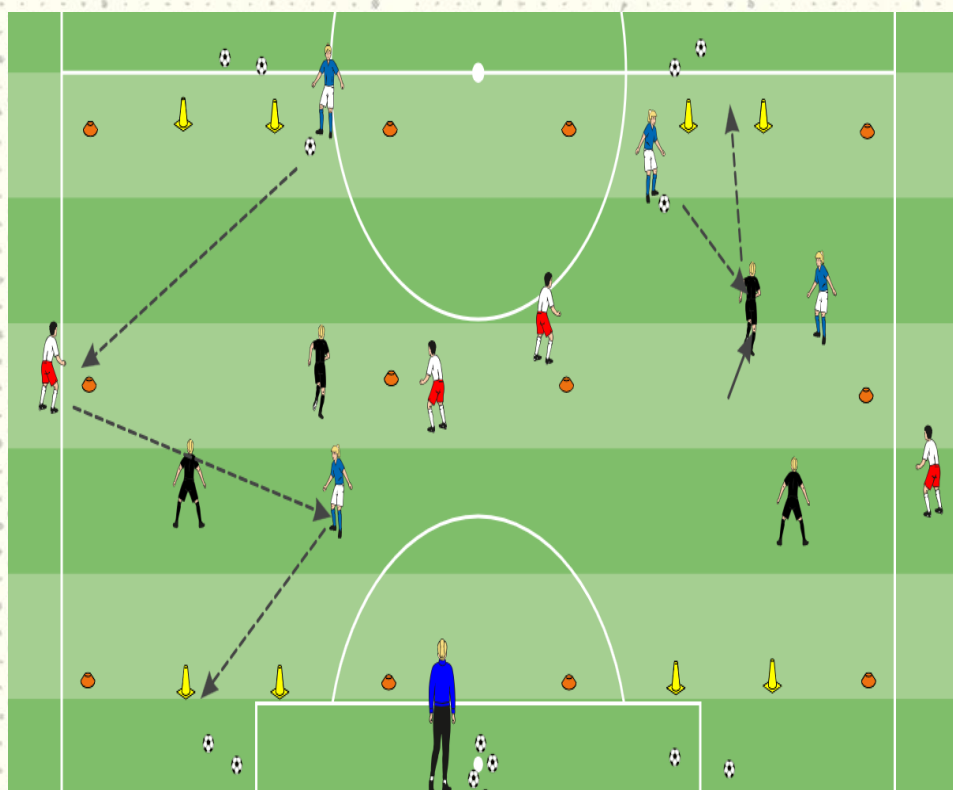
Stage Outcome  
Learn basic skills and basic functions of attacking, defending and transitions

Game Moment  
Attacking

Game Moment Idea  
To create goal scoring opportunities in and from identified key areas of the field

PHASE 1 – Modified Game | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



### AREA

Set up 2 Fields Approx. 30x24 yards.

### DESCRIPTION

Split into three teams on each field and play small sided games of 2v2+2 Neutral Wingers. After 5 minutes. Call players in and introduce topic. Play resumes, switching teams/matchups for game 2!

### MORE CHALLENGING

MUST play wingers before scoring!

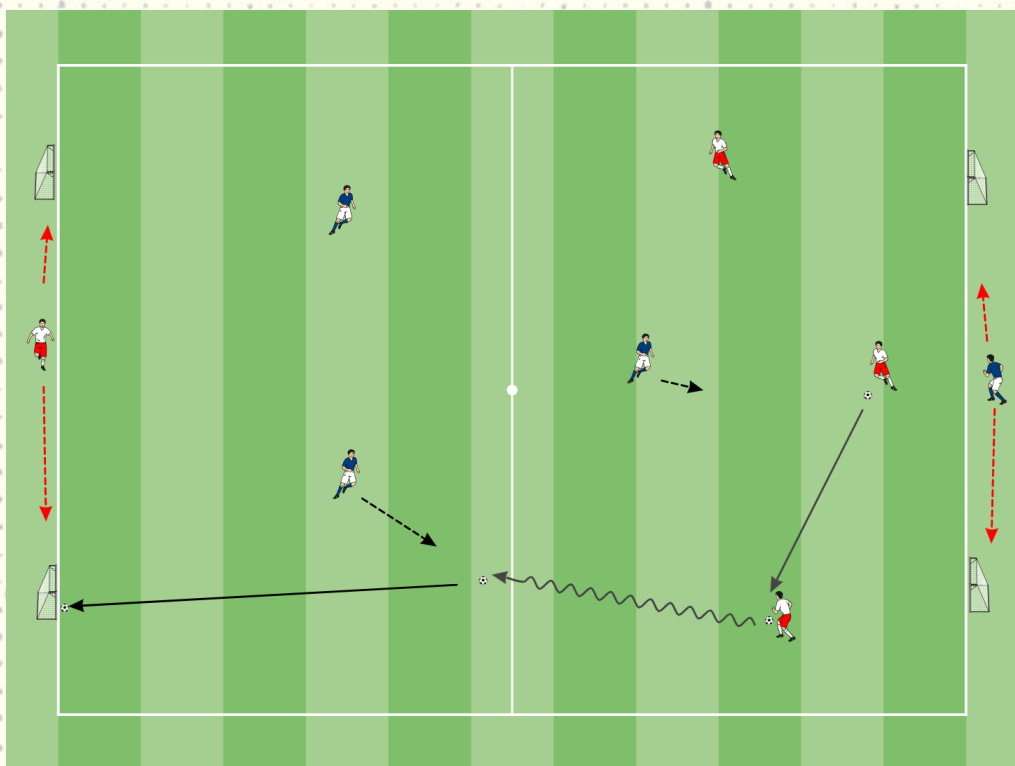
### KEYWORDS

Find, Space, Flat, Firm, SCAN, Prepare Feet, Soft Touches



## Week 1: Passing & Receiving to Build Attack

### PHASE 2 - Modified Game | 15 MINS



### 6 MINUTES PLAY | 2 MINUTE REST

**AREA:** 24 wide by 30 long

Split group into 4 teams to play 2 games. 2 Goals on each endline with midfield line across to separate into attacking and defending halves.

**DESCRIPTION** In each half, split into 2 even teams. Both teams start with 1 player on attacking endline. Everyone else starts in defending half. Coach pass ball to 1 team & ONLY 1 defender goes to press in attacking half. Attacking team attempts to pass out of back & dribble to attacking half to score in 1 of 2 goals.

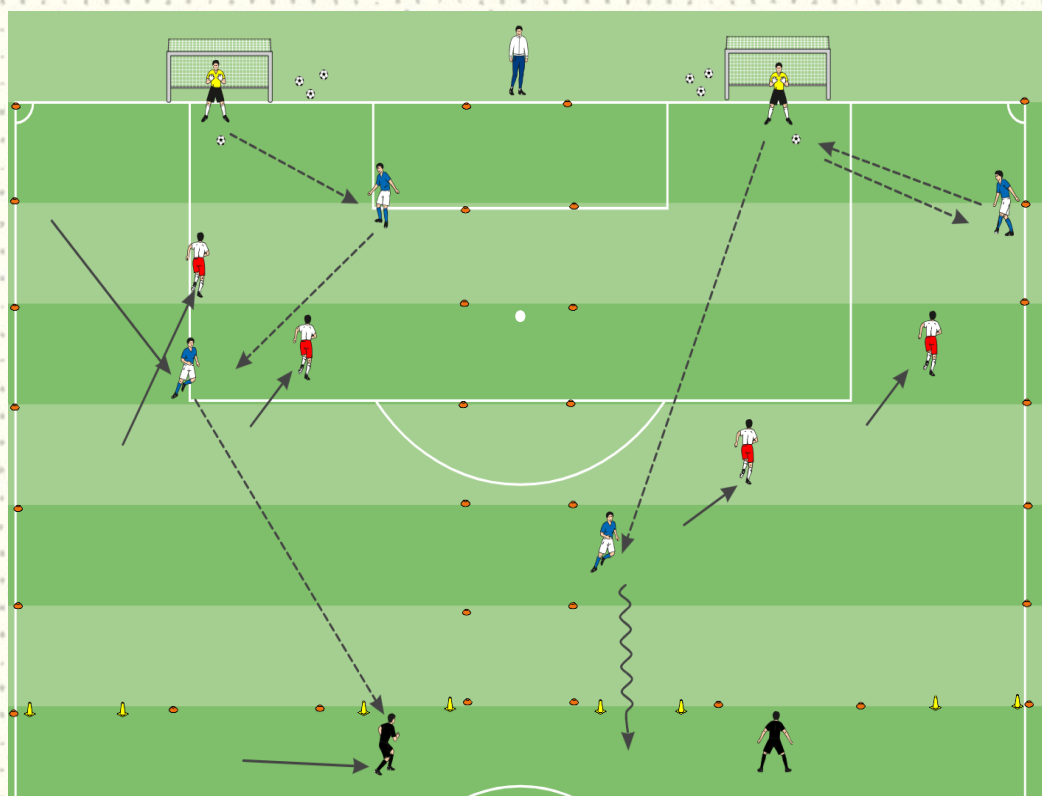
#### CHALLENGE

2 Defenders can press in attacking half!

#### KEYWORDS

Find, Space, Flat, Firm, SCAN, Prepare Feet, Soft Touches

### PHASE 3 – Modified Game | 20 MINS



### 3 MINUTES PLAY | 1 MINUTE REST

**AREA:** 24 Wide by 30 Long. 2 Gates at one End & 1 Goal on other

#### DESCRIPTION

Play 3v2+1 on each field. Blue team builds up and gets points every time the successfully dribble or pass through the gates to their neutral. After 1 round progress to teams playing to neutral and then immediately attacking big goal – Find target and turn to attack!

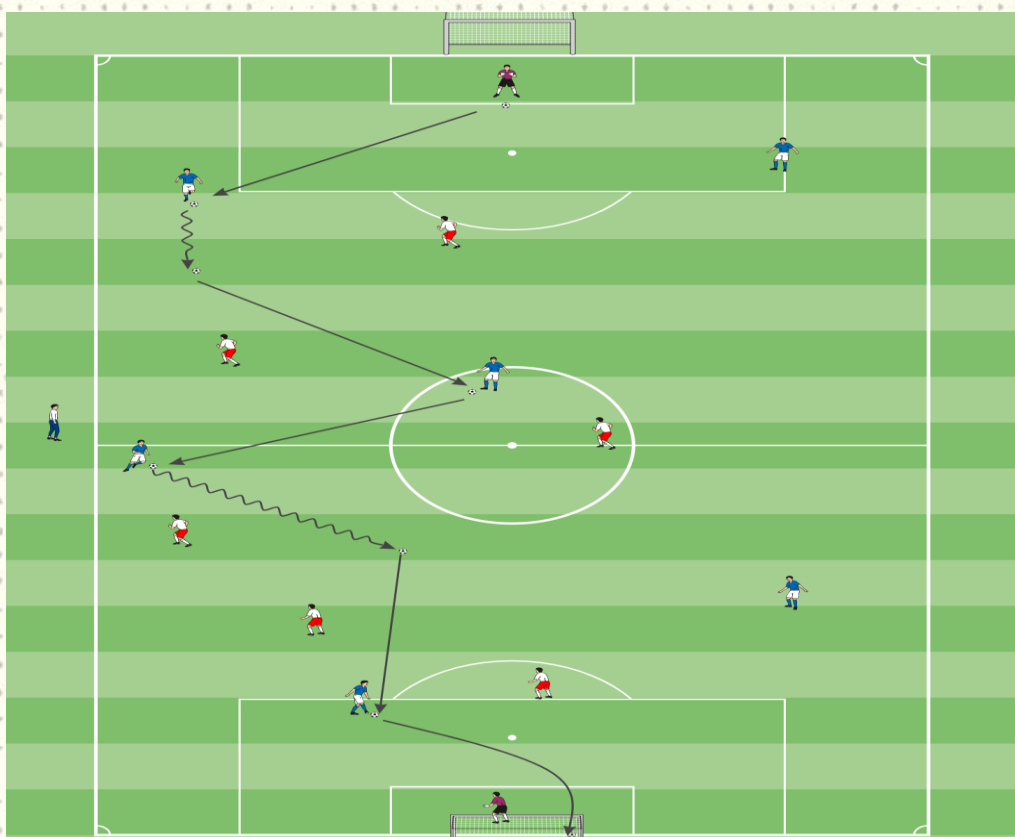
#### CHALLENGE

MUST Use GK in Possession!

#### KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up

### PHASE 4 – GAME | 25 MINS



### 4 MINUTES PLAY | 2 MINUTE REST

**AREA:** Your Full Training Area!

#### DESCRIPTION

Split into 2 Teams and play as close to 7v7 as possible

#### SCORING

1 point for scoring in respective goals.

#### KEYWORDS

Width, Depth, Back, Scan, Space, Flat, Firm, Head Up