

# Passing for Possession

## “Technical Warm-up” (as players arrive)-Pass and Receive

### Set up-

Group players into groups of four with one ball per group (have extras on hand). Separate the groups into two pairs and have them split up 15yds apart (see diagram)

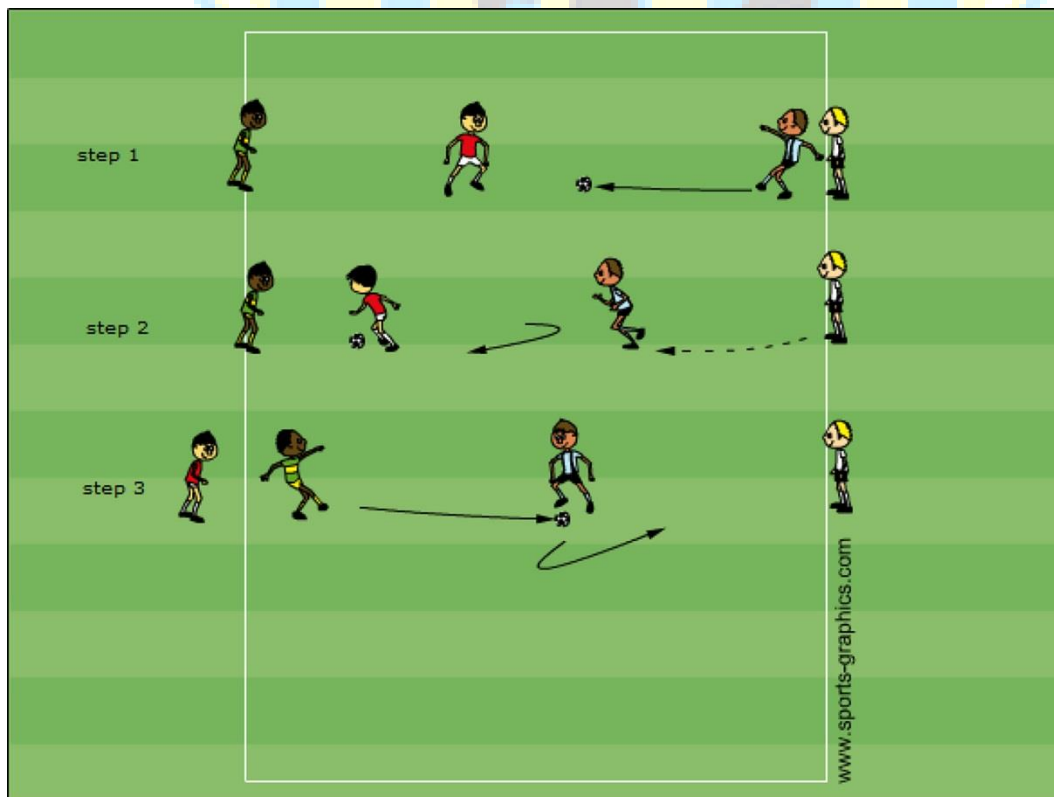
### Play-

Player 2 moves to center. Player 1 passes to player 2, who receives/turns and dribbles back to start and gives ball to player 3. Player 1 moves to center (follows his/her pass) and receives pass from player 3. Player 1 turns and dribbles back to give the ball to partner (player 4) and so on...

### Coaching points-

Passing: Heel down/toes up, ankle locked. “Plant foot” (non-kicking) beside ball. Strike center of ball to keep pass on ground.

Receiving: Keep feet moving as ball arrives and move toward pass. Ankle locked (receiving foot) and body behind the ball. Look at the ball as you receive. Receive and turn in one motion away from pressure.





## “Expanded Small Sided Activity” 4v4 Game with “Incentive”

### Set up-

On a 15ydx25yd field, divide players into two teams of four, using vests. Add cone goals (cones 4yds apart) on each end.

### Play-

Play 4v4 (3v3+GKs) to goal. Add an “Incentive”: Goals are worth one point, but can be worth more by adding on however many passes were made in the build-up. In other words, if a team makes **three** passes and then scores (during that possession), the goal is worth **four** points. If they make **two** passes, the goal is worth **three**, etc.

### Coaching points-

Continue to focus on prior points. Look for opportunities to encourage possession when it makes sense and penetration when it presents itself!

