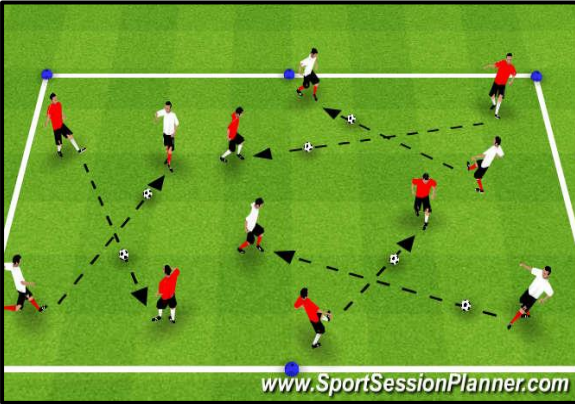
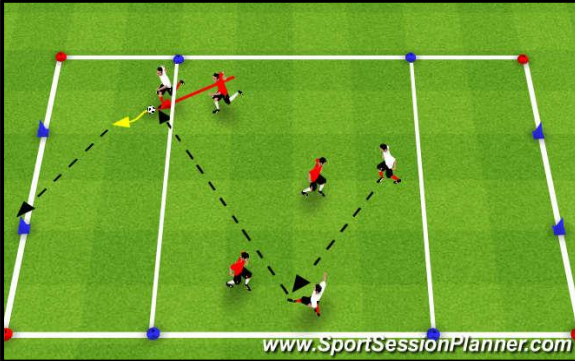
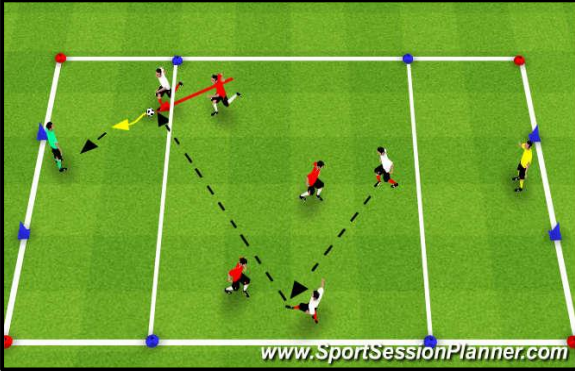


## Module 2: Passing and Receiving

## Topic: Passing for Penetration

**Objective:** To improve the team's ability to pass between and through defenders to provide the final pass

Stage	Organization	Diagram	Key Coaching Points
<p><b>Stage I</b> Technical Warm up</p>	<p><b>Passing and Move in Two's</b></p> <ul style="list-style-type: none"> <li>• Area: 30Lx20W yard grid</li> <li>• Divide the players into groups of 2's</li> <li>• All groups must play with a minimum of 3 touches (<b>Receive, Dribble and Pass</b>)</li> <li>• The players will perform the following tasks:               <ul style="list-style-type: none"> <li>○ Complete ten passes</li> <li>○ Complete 6 passes, 3 of them are splits</li> <li>○ Complete 5 passes with 4 different partners each</li> <li>○ Get in groups of 3's and complete 9 passes</li> <li>○ Get as many split passes as your groups can in 2 minutes</li> </ul> </li> </ul>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> <li>• Technique of Passing and Receiving               <ul style="list-style-type: none"> <li>○ Surface of the foot</li> <li>○ Surface of the ball</li> </ul> </li> <li>• Directional First touch</li> <li>• Vision to split defenders with a pass</li> <li>• Angle and distance of support</li> <li>• Supporting body position</li> <li>• Mobility to get in good positions or to open passing lanes</li> <li>• Demanding the ball</li> <li>• Play the way you face</li> <li>• Possession vs. Penetration</li> </ul>
<p><b>Stage II</b> Small Sided Activity</p>	<p><b>3v3 to Finishing Zones:</b></p> <ul style="list-style-type: none"> <li>• Area: 30Lx25W yard grid with two Finishing Zones of 3 yards each</li> <li>• Two teams play to score in the opponent's goal</li> <li>• To score, the attacking team must pass to a teammate in the finishing zone. The attacker must time his/her run to receive the ball inside the zone as the ball arrives. Players cannot be in the zone before the ball enters it. <b>Scoring:</b> <ul style="list-style-type: none"> <li>○ Receive a timed pass after a split and score: 100 points</li> <li>○ Receive a split pass and score: 5 points</li> <li>○ Dribbling into the end zone and score: 1 point</li> </ul> </li> </ul>	 <p>www.SportSessionPlanner.com</p>	
<p><b>Stage III</b> Expanded Small Sided Activity</p>	<p><b>4v4(Gk+3v3+GK) to Finishing Zone:</b></p> <ul style="list-style-type: none"> <li>• Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each</li> <li>• Two teams to score in the opponent's goal</li> <li>• Any goal resulting from a pass that arrives in the end zone at the same time as the receiver is worth 1000 points</li> <li>• Any other goal is just 1 point</li> </ul>	 <p>www.SportSessionPlanner.com</p>	
<p><b>Stage IV</b> Game</p>	<p><b>5v5 or 6v6:</b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to keep possession and when to penetrate</li> </ul>		