



Passing in 3's Activity

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Description

Simple passing activity which focuses on taking the first touch away from pressure using various surfaces.

Passing in 3's (15 mins)

Players pass & follow approx 10 yards

2 touch - inside/inside (different feet), 3 touches - inside/inside/inside (change feet with each touch)

2 touch - inside/outside (same foot), outside/outside (different feet) etc

Focus in receiving touch away from pressure & NOT straight back in the direction where it came from.

Coaching Points:

- 1st touch DOES NOT go back in the direction it came from
- Body faces upfield, not the same direction as 1st touch
- Control top half of ball, so that ball stays on the ground

