



## Passing and Receiving Exercise

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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### Passing and Receiving Exercise

Start by setting up two triangles and having 1 player on each cone. The starting cone will be where the balls are and any additional players.

As diagrammed, player 1 starts with the ball, passes to player number 2 and then follows their pass.

Player 2 repeats this to player 3 and then player 3 passes to player 1 and follows to complete the sequence.

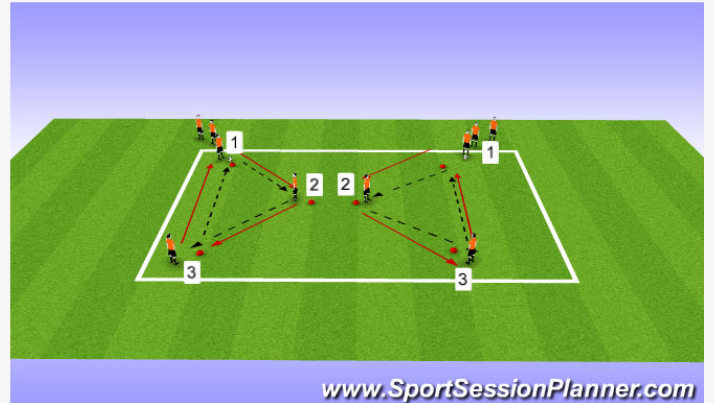
Players should take 2 touches, one to control the ball and 1 to pass.

There are many progressions to this activity such as combining both groups of players together.

See the next session for this progression.

#### Coaching Points:

- Move your feet to get in line with the ball
- Open your hips
- Take ball where you want to go
- Connect a firm pass
- Follow your pass



### Passing and Receiving Progression

#### Progression Activity:

Players will complete a passing sequence going through the numbers 1-6. Same principles apply as in the first session, with a concentration on Passing and receiving

#### Coaching Points:

- Communication is essential
- Get in line with the ball (move your feet)
- Head Up to see where your team mate is
- Firm pass so it gets there
- Use the inside of the foot (bigger surface area)
- Open your hips when receiving the ball

