



## **PASSING & RECEIVING**

### **Technique broken down:**

#### **Receiving - Key Coaching Points:**

- While waiting to receive move feet, bounce, both feet - not one
- Move into the line of the ball
- Move down the line of the ball if necessary (slower pass)
- Adjust non-kicking foot and sink at the knee (double hop), open up the body
- Open foot up ankle turned out, pull toes up (inside foot)
- Eyes on the ball all the way into foot
- Quick flowing movement into the ball, solid contact meet the middle of the ball and cushion the touch

#### **Passing - Key Coaching Points:**

- Step with the planting foot just to side and just behind the ball, toes in line with back of the ball, moving body weight forwards
- Bend the planting leg
- Open foot up ankle turned out, pull toes up for solid contact
- Firm contact through the middle of the ball – sink and push
- Push through towards target to ensure fast pace and accuracy of pass
- Keep body balanced all the way through pass for accuracy and for next movement to support play

**\*\* Receiving, passing and moving are all part of one flowing motion \*\***

#### **Passing patterns – Additional Coaching Points:**

- Play side on to the ball
- Check shoulders constantly
- Weight of pass, when soft, when firm
- Decision to play 1,2,3 touch etc
- Angled passes whenever possible
- Look to see your pass before playing where possible
- Pass and move to support the pass
- Timing and angle of movement