



Purpose: Passing/Receiving exercise; designed to teach techniques of passing, receiving with increasing pressure and “at speed.”

Organization: Best done with 16 players in a 40 x 40 yd. area - can be adapted for other numbers and space can be changed. Two “windows” on each side of the area – every space between cones is a “window”; one player in each window - can be one player in every window from the same team or players from different teams in alternating windows)

Balls Outside

each player in a window has a ball

1. Serve ground balls, say “man on”: players in middle can receive ball with outside of foot, shield, make eye contact with window player who does not have a ball, pass, then repeat by going to a different player who has a ball.
2. Serve ground balls, say “man on”: players in windows move one way or the other; receivers lay ball off one-touch to server; must look up as receiving to see where server is moving.
3. Serve ground balls, say “turn”: players in middle make open-field turn with inside of foot, explode, make eye contact with player without ball, serve ball to that person, go to a different window, repeat.
4. Serve air balls for heading, various types of receiving, laying ball back with inside of foot volleys, etc. (coach decides what to work on.)
5. Add pressure by adding 1 or 2 defenders who may not intercept serves but who may take ball away if not well-received.

Balls Inside

each player in a window has a ball

1. Play long instep drive to a window player **after** making eye contact; follow pass; receive pass back; repeat.
2. Play short pass to window player with outside of foot, receive 1-2 pass back; explode on delivery of pass – window player plays one-touch pass in return
3. Play short pass to feet of window player, spring to closest spot on touch line, turn to face field and receive ball with inside of foot across standing leg.
4. Add pressure of “chasers” who attempt to intercept return pass, force inside players to get open.

Note: Work/rest ratio is 1:1 - suggested interval for players in the middle is 60-90 seconds.

Scrimmage

half of players from each team in windows - in alternating fashion; half in middle - add a +1 player who plays with whatever team has possession of the ball, or add a +1 player for each team. (Limit touches of window players to a maximum of 3)

1. Play with one ball; “goal” is scored for x number of consecutive passes, including 1 or 2 in that sequence to the +1 player(s); no restrictions on middle players.
2. One ball, remove window players on “end line”; score goals by stopping ball on either end line, then on one end line or the other; window players have limited touches.
3. Add conditions as necessary.

