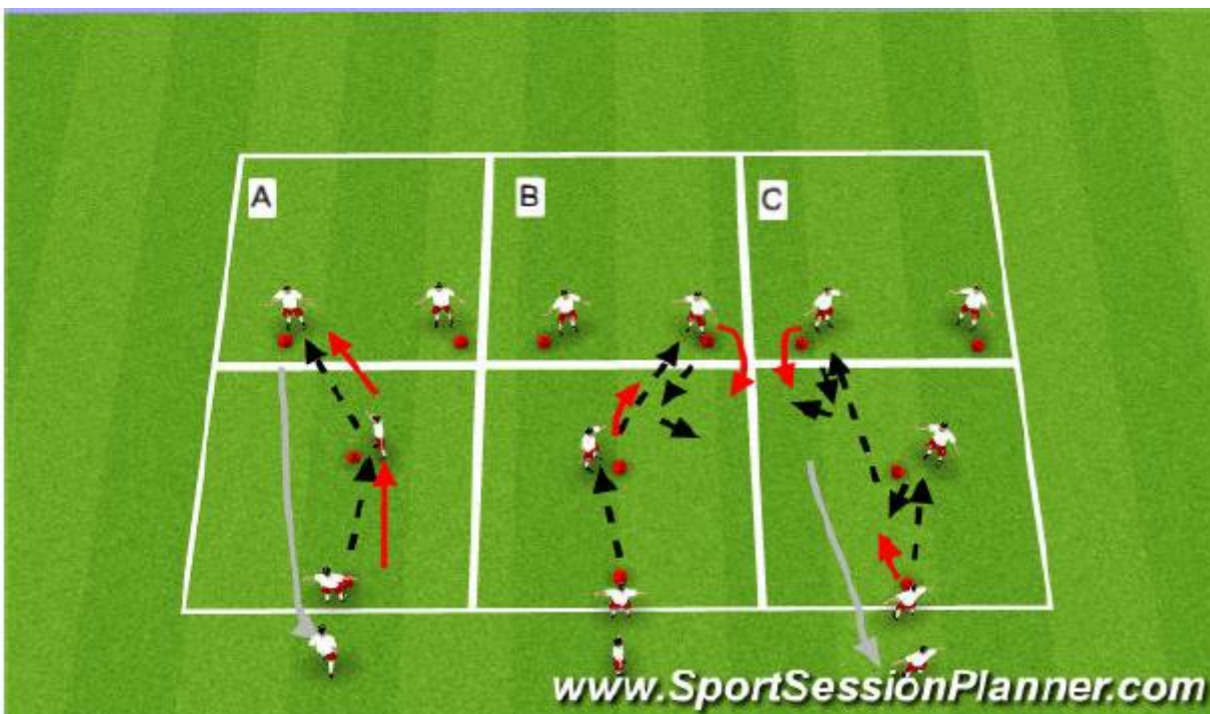


## Unopposed Passing and Receiving

Emphasis:

- Body shape
- Striking of the ball
- Appropriate pace
- Next movements



## Switching the Point of Attack

### Technical Isolation - 15-20 minutes

**Learning Outcomes:** The pattern play in this exercise is designed to pull out specific movements from the conditioned game in the Imbalancing phase of play. The details in the movements and coordination of players on and off of the ball, the quality of passing and receiving, and ability to finish from service in wide areas (correct surfaces, anticipation, and angles to score based on cues of game) are very important.

### **Game Objectives: (Unopposed)**

Central Midfielder acts a pivot to swing the ball between the two channels on the pitch. The outside back and the outside midfielder will work together to combine and get out and dribble at the mannequin. Once the player arrives to the mannequin they will do a move to retain possession, turn and play the other wide player on the same side who has taken up a supporting shape. That player will play back through the central pivot who will start the movement again going to the other side.

**-Progressions** - Cut out central player as the pivot man. Wide midfielder or outside back swings the ball and the central midfielder becomes the supporting player. Different options through combinations in wide areas is also possible.

### **Coaching Points:**

- #1 - Importance and quality of passes in initial movement (i.e. correct foot played, pace or weight, surface used, type of pass etc.);
- #2 - Shape and angle of receiving player in initial movement (can they have a look before receiving, correct foot and surface used to receive, and weight and angle of set)
- #3 - Quick dribble to the mannequin and then a move and pop out to swing the ball again.



## Creation and Use of Space

**Learning Outcomes:** Both activities 2 touches (Progressions will allow amendments to this)

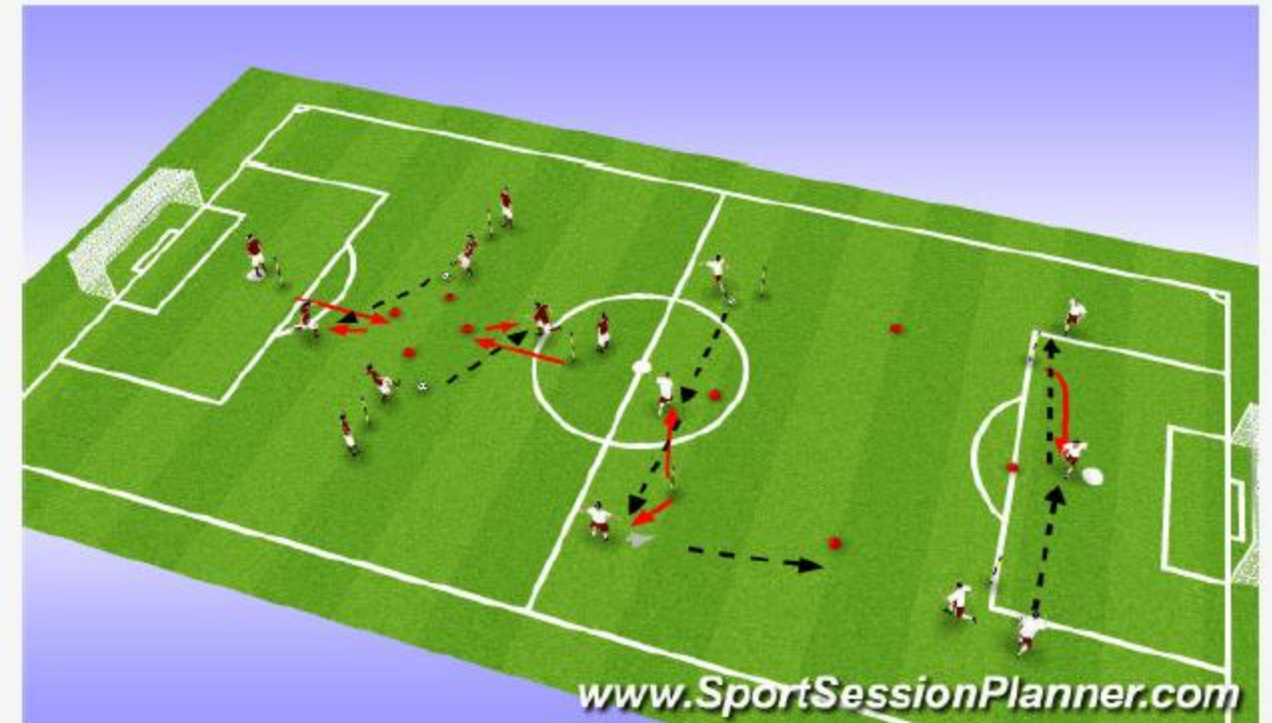
**Activity A:** Two balls are active at once starting at opposite corners of the grid. To begin the ball will move around the grid in a counter clockwise motion. A player from a line directly to the right of the player on the ball will sprint in to the inside cone and then check off at a supporting angle so they can see the ball and their next pass around the inside diamond. After a player plays a pass they will roll back to the end of the line they came from.

**Progression - 1 touch;** how they receive a pass; where they receive a pass

**Activity B:** Two balls are active at once starting at opposite corners of the grid. To begin the ball will move around the grid in a counter clockwise motion. A player from the line directly opposite of the line in possession (and in the direction the ball will travel) must check towards the line but off of the central cone. That player will receive and turn and play to the line they have just come from. The player will then return to the end of the line they have just played. The receiving player will then play the next supporting player in the direction the ball must travel around the grid.

**Progressions -** Different combinations, types of passes, and runs. The combinations are endless.

**Exercise Objectives:** The creation and use of space through a team's movement and passing choices. Techniques both passing and receiving are key in this phase. Coordination of movements between players in the game is important in both activities.



# Rapids adidas Alliance



## Passing Sequences to Goal #1

- Player A to Player B's foot away from pressure, who sets a short diagonal pass back to A.
- Player A plays to C (Foot away from pressure) who sets a short diagonal pass to B who drives a ball into D.
- D sets a short pass to C for a give and go around the Defender (pole).
- Player D plays a long ball 30-35 yds. to E who receives the ball and becomes A.
- Player A would go to the opposite foot of player B and so on.
- Important for each player receiving the pass to protect the space between the defender (Pole) and the ball.
- With two groups, one group can go consistently to the right, and the other to the left, then switch groups:



## Passing Sequence to Goal #2

- Player A passes to player B (Foot away from pressure).
- Player B plays a short diagonal pass to A. who plays a straight ball into Player C.
- Player C plays a short diagonal pass back to B who plays into D.
- Player D sets a ball for player C to shoot.

## Passing Sequences to Goal #3

- Player A passes to B who then sets a ball to strike on Target. Players move up one level. alternate sides.



## Passing Sequence to Goal #4

- Player A plays player B who set a short pass inside for Player A to pass in behind the back line of defense. Player C will play off the shoulder of the defender (Pole). Then move onto the pass to finish.

