

More Games/Drills To Put the Passing and Receiving Skills Together

Basic Pass/Receive Game : Passing Warm Up

Divide the team in two. Place players in a 20 x 20 yd grid without a ball. Place an equal number of players on outside of the grid each with a ball. Inside players move around the grid freely, receive a ball from an outside player and return it as quickly as they can. Switch positions after a while.

Progression

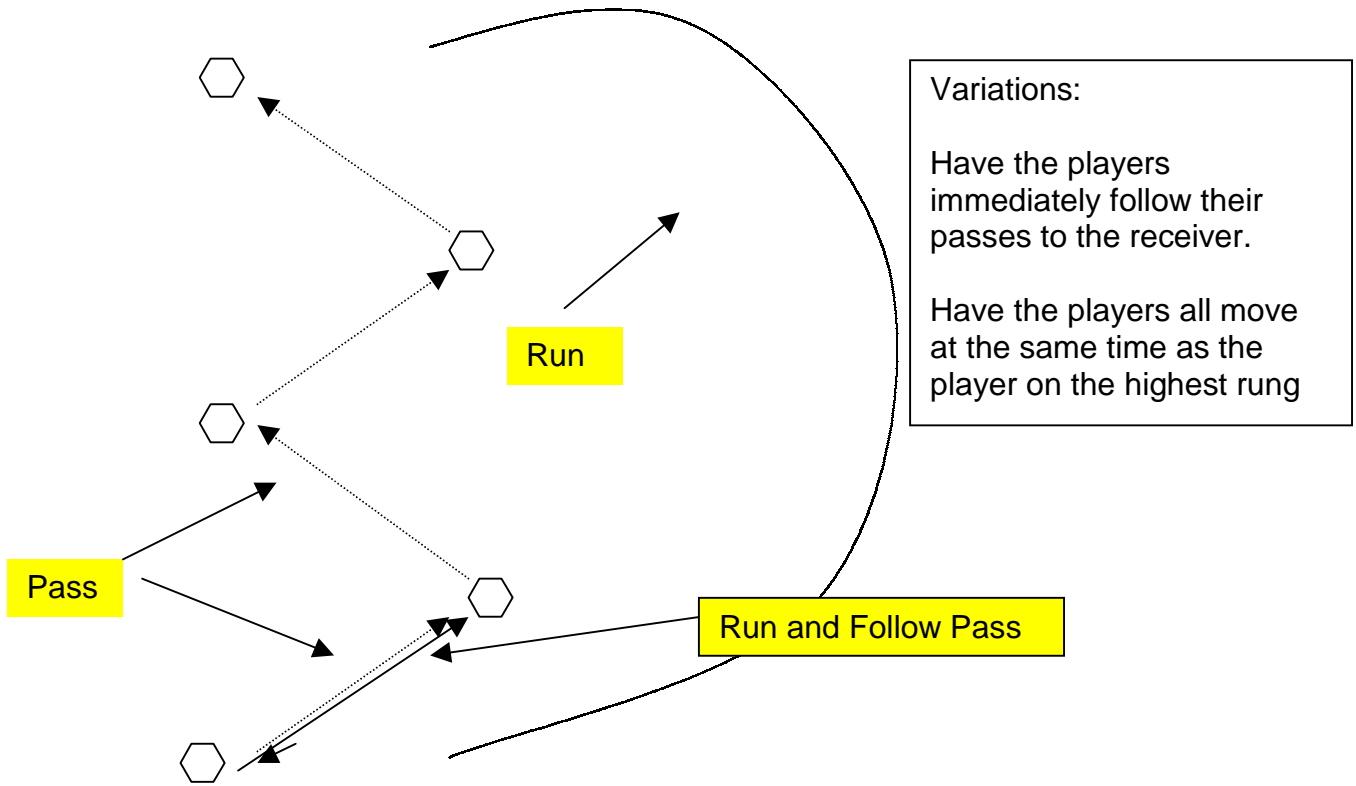
- Return with one touch, then two touches,
- Receive with outside of the foot, inside of the foot, left foot only...
- Receive balls out of the air.
- Receive, turn and find a different target

Coaching Points

- Quality of first touch. Keep it outside your "footprints" so that it can be returned quickly.
- Prepare the receiving surface as soon as possible.
- Be first to the ball, get into the line of flight of the ball.
- Make "eye contact" with the server.
- Changes of speed and direction.
- Do not run "across" the server, check back at an angle. This makes it easier to turn and look back over your shoulder.

Basic Pass/ Receive Game U7: The Ladder Relay

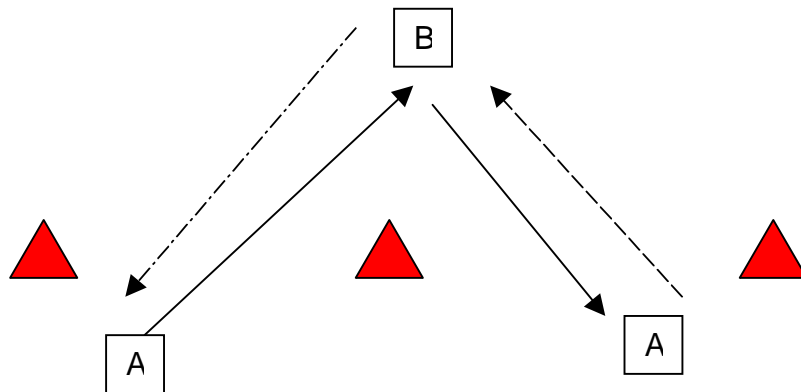
Divide the team into two or three groups depending upon how many players are at practice. Set up a "ladder" of cones as shown. Players pass and receive moving the ball up the ladder. Last player in ladder dribbles ball to bottom and re-starts the passing. When the original bottom rung player gets back to the lowest rung the team "wins".



Basic Pass/Receive Game: U8 Triangle Goals

This is a simple game wherein you set up two (2) goals next to each other with three (3) players as shown. The object is for the players labeled “A” to make a wall pass to Player “B” through the goals.

Have several goals set up and see who can make the most passes in one minute. Eventually the players will understand that to “win” the game they have to be able to accurately one-touch the pass through the goal and be able to use both feet equally well.



Basic Pass/ Receive Game U9: The Circle

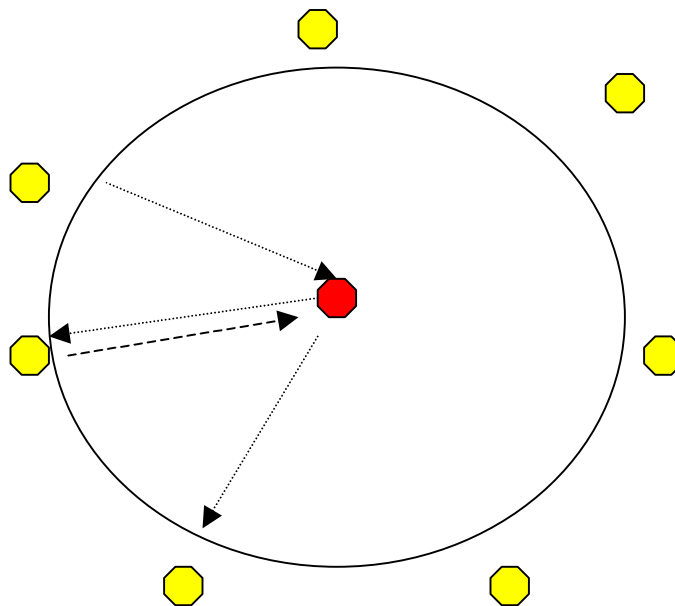
Set up a circle of players and place one player without a ball in the middle. All of the outside players have to have a ball.

Start simply by going around the circle and having each player, in turn, pass to the player inside. The player inside must either multiple touch, two touch or one-touch the ball back to the same player depending upon what the coach has chosen.

If the player inside misses he/she is replaced by the player who passed them the ball.

Progression of the Circle Game

1. Have the player return the ball to the next player in the circle:

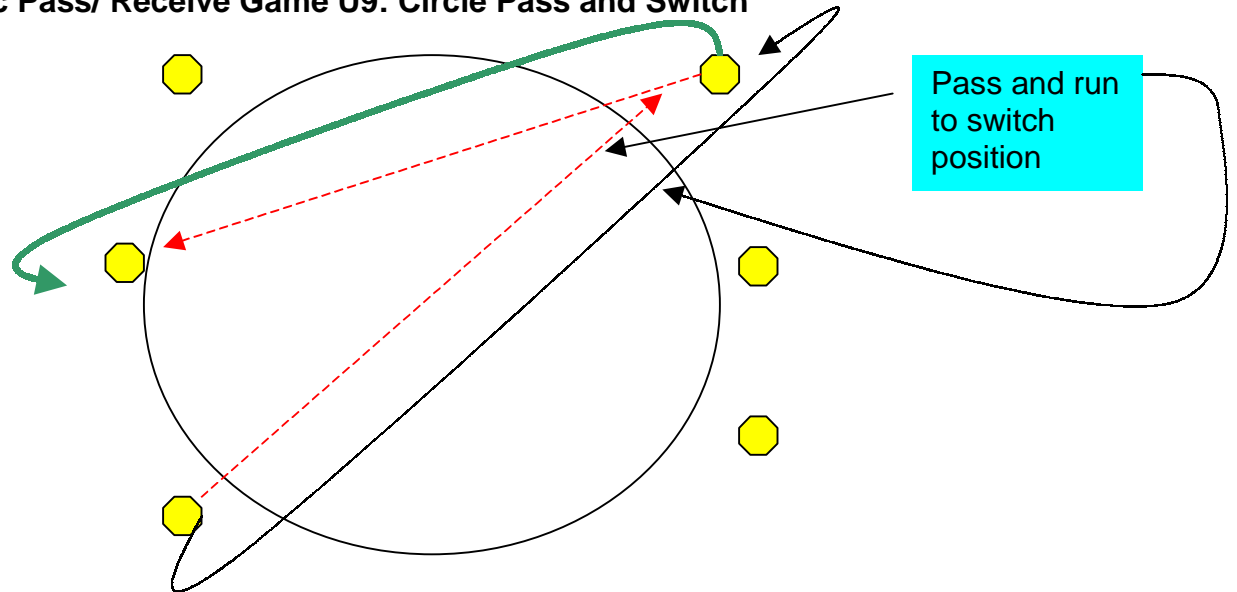


Have the player in the center call out the name of the person he/she is going to return the ball to.

Have the player in the center play first with the right foot and then with the left continually alternating.

Have the player in the center shout 'Through ball' and let the ball pass by them to a waiting player on the outside of the circle.

Basic Pass/ Receive Game U9: Circle Pass and Switch



Organization:

- Five or six players in a circle 10 to 15 yards wide
- One ball. Player one picks out a teammate and passes the ball to him/her.
- She then runs to that teammate place and switched with her.
- Teammate with the ball makes the next pass and run.

Coaching Points:

1. Players must prepare the ball outside of their footprints
2. Players must have proper weight on the ball
3. Players should check back to short passes
4. Players must have their heads up at all times to be ready for the pass
5. Players should know where to go with their pass next **BEFORE** they receive it.

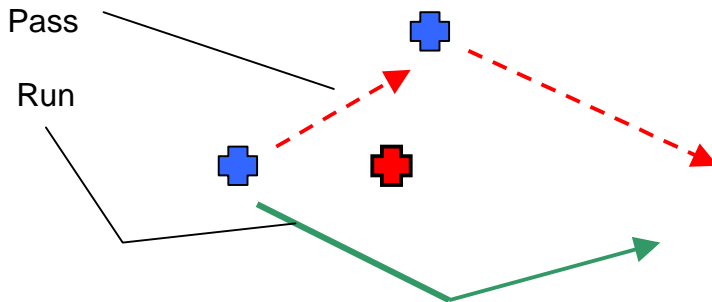
Basic Pass/Receive Game U10 The Name Game:

Players in a circle. One ball to a group. Players call out the name of the player to whom they are passing. Progression of this drill is to have them pass and switch. Have them pass with only the **non-dominant foot**.

Basic Pass/Receive Game U10: Free Form 3 Man Passing

You can use either of these two drills as a basic warmup exercise. What is a little more advanced about them is that they are free form. The player making the pass has to read off the receiving player and move to space. The player receiving the pass must read the run. The third player is a passive defender who, as the skill level increases, becomes more and more active.

One-Two Give and Go

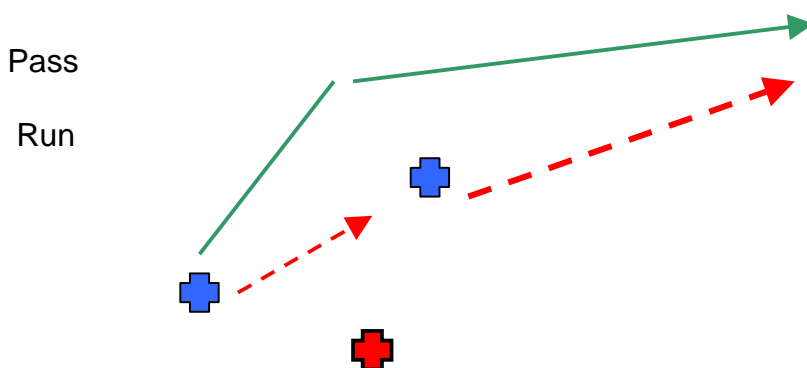


Offensive players play give and go until they complete a specified number of pass and run combinations in a row.

Coaching Points

- Run must be behind the defender
- Pass should be a one touch off the stationary player if possible

Overlap

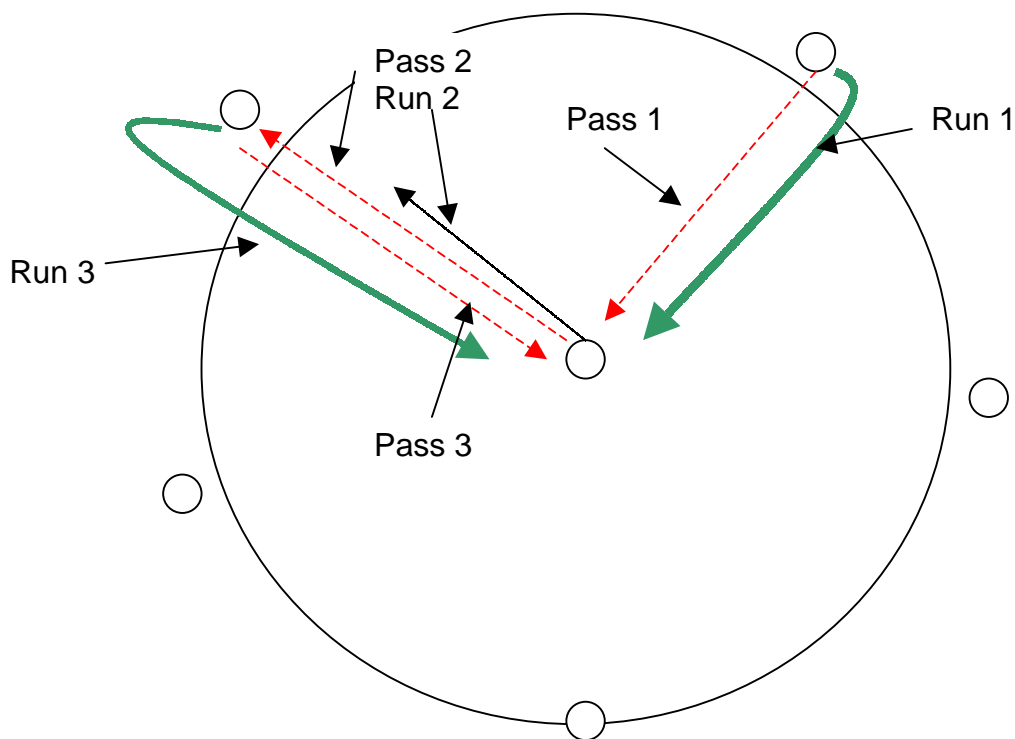


Offensive players play the overlap until they complete a specified number of pass and run combinations in a row.

The difference between the drills is in the first the run is **away from the receiver** and **behind the defender** and in the second one it is **away from the defender** and **toward the receiver**.

Basic Pass/ Receive Game U10: Circle One Touch and Go

This is a drill that I picked up from Gary Rue (NSCAA Coach in KY). It is a more advanced drill than the one above and similar, though not as complex, as the Pass and Move shown later in this section.



Organization

- Five or six players around a circle with a player in the middle.
- Ball starts on the outside.
- Ball is always played to the middle from the outside and then from the middle to the outside
- Player always follows their pass, whether running to the outside or to the center.

Coaching Points

1. One touch passing is preferred but start with two touch if you have to
2. Players on the outside should adjust their positions as required to receive the pass.
3. Players should know in advance where they are going with the next pass

Progression of the Circle One Touch and Go

1. Instead of having the player in the middle one touch the ball have them turn and play the ball to the opposite side. Have all of the players yell **“TURN”!** This gets them used to providing direction to a player on their team playing with their back to the opposition
1. Have the player in the middle dummy the ball, (i.e. pretend to play it but let it go by to the opposite side)

You will see some of these drills repeated as part of the Possession and Increasing the Speed of Play section further on in this manual.