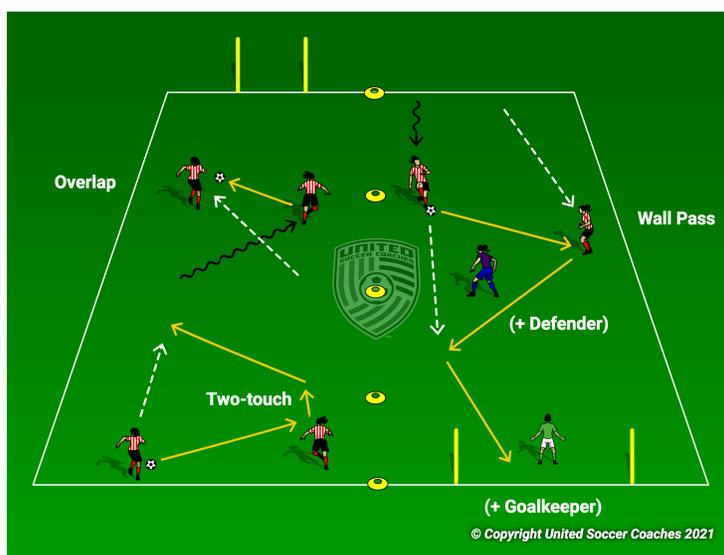


## Basic Passing (Penetration)

### Background

Passing should both maintain possession and create forward penetration. Passing is interwoven with receiving and should be emphasized together. Technique = pace (speed), accuracy, timing of pass; “control” of first touch. Tactical = angle and distance of (moving) support; vision and communication.

Practice Activity – 2 attackers with a ball, pass & move.



### Set-Up:

2 Attackers with a ball.  
2 offset goals.

Players pass to each other up the field and score on a goal. Rotate sides when returning to other goal.

Activity can be run with multiple pairs of players. Rotate partners frequently so players get to play with all teammates.

- 1) **Free play** = observe player positioning, interaction and technical quality.
- 2) Require **right foot** pass from right side and **left foot** pass from left side.
- 3) **Two-touch** = pass to self, then pass to partner (receiving with movement).
- 4) **One-touch** = each player plays with one touch (increasing speed of play).
- 5) **Feet & Space** (Wall-pass) = one player dribbles forward then passes to (feet of) partner who has run to an advanced diagonal position. Partner then immediately returns ball (in front of passer) with one-touch pass.
- 6) **Overlap** = one player dribbles forward then cuts diagonally towards partner. Partner then moves behind ball to opposite side and receives a pass (positional interchange).

### Progressions:

- 2 Attackers v Defender (+ Goalkeeper) – introduce offside for 7v7 players
- 2v2 game (play to an end-zone, multiple small goals, or a single goal)
- 3v3 game (2 players + goalkeeper per team)

**Adding a defender:** how (pace/accuracy/deception), when (timing) and if (dribble vs. pass) a pass is the best choice to beat an opponent?

**Adding a goalkeeper:** how to attack space between layers of opposition?