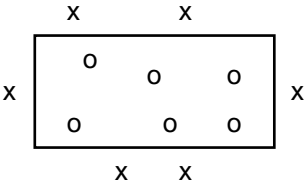
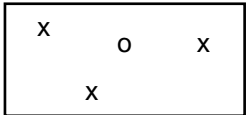
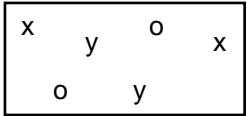
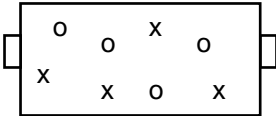


Passing & Receiving (Possession)

By Chad Moore, MN ODP Staff

<p style="text-align: center;"><u>Activity One</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 40 yds x 30 yds • Half players in and half players out of grid • Players on outside of grid each with a ball, pass to a player on the inside who then: <ol style="list-style-type: none"> 1) passes back to original player 2) turns and passes to a different player 3) performs a wall pass and the players change positions 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Communication • Technique of passing • Technique of receiving (first touch) • Individual shape (vision) • Speed of play
<p style="text-align: center;"><u>Activity Two</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 15 yds x 10 yds • 3v1 possession • Competition - team of 3 scores by completing 5 successive passes; team of 1 scores by dribbling ball out of the grid; play to 5 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • Choice of pass • Team shape (angles of support)
<p style="text-align: center;"><u>Activity Three</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 20 yds x 15 yds • 2v2v2 possession (continuous 4v2) • Competition - both teams in possession score by completing 5 successive passes or penetrating the defenders; play to 5 • 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • Penetration vs. possession
<p style="text-align: center;"><u>Activity Four</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 40 yds x 30 yds with 6 yd goals • 4v4 to goal • Hustle rule 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above