

1V1 TO 2V2 PASSING RHYTHM

WHY USE IT

This activity is a series of passing and receiving exercises designed to provide players with plenty of technical repetitions in a fun and challenging format. These can be used as a warm-up or as active rest.

SET UP

The set-up is a 16x16 yards area with 4 quadrants. In each quadrant 2 players start with a ball. The coach can set up more areas for larger numbers of players.

HOW TO PLAY

This is a series of 3 activities that can be played in sequence or used on their own in a session. In the first activity players start approximately 4 yards apart and on the coach's command they pass back and forth. If a ball stops moving or leaves the area the pair must stop playing whilst the other teams play. Play in 1 minute intervals and any team still passing after 30 seconds gains 1 point and after 60 seconds - 2 points. To add variety insist on passes made with the laces or outside of the foot. In the second activity 3 cones are placed 2 yards apart in each quadrant to form a triangle. A player must pass through 2 sides of the triangle and then move to the vacant side to receive the next pass. The players must get into a 2 touch rhythm and the quicker they can play the better. A point is scored when the partner makes an errant pass or hits the cones with the ball. In the final activity the players play in pairs against another pair across 2 quadrants. Similar to tennis the players must play the ball into the opponents half whilst remaining in their half. If the ball stops moving the other team win a point and if the ball leaves the 'court' a point is won.

COACHING NOTES

- + Coaching objectives - To provide players with large quantities of passing and receiving opportunities to improve their technical competence.
- + Coaching tips - It is important that players move in-line with the ball, adjust their body positions to receive the ball and set up a pass. Help players to open their bodies to allow a fluid passing motion and encourage them to use the entire inside-surface of the foot.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Allow unlimited number of touches.
- + More challenging: Restrict the number of touches to 1-2, left or right foot only, 2 touches require - 1 on the left and one on the right and require both players to touch the ball in game 3.

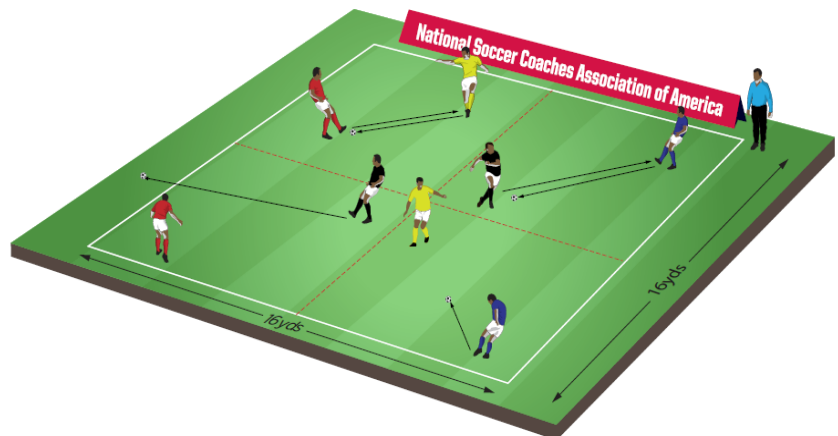
STAGES COVERED BY ACTIVITY

Stages 2 & 3 - 6-11 year old players

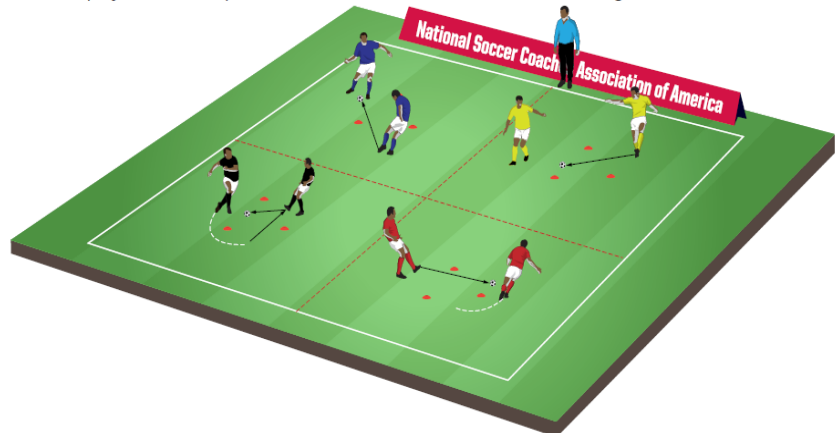
THEMES & COMPETENCIES

Top 3 themes: Passing over short distances, receiving with the feet and creating space.

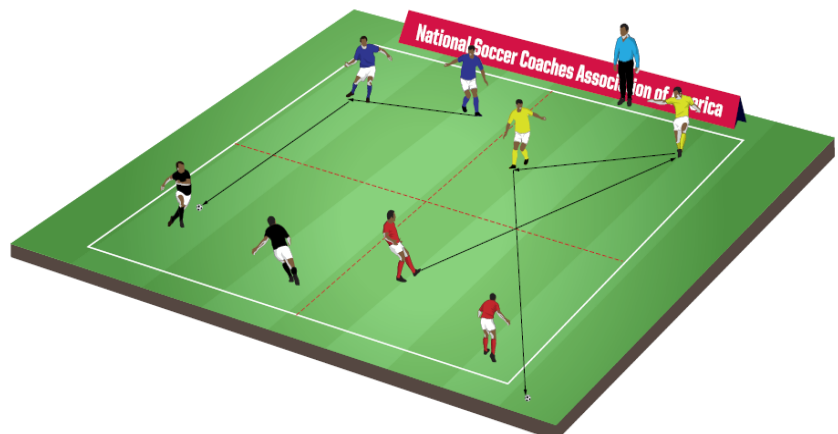
Top 3 competencies: Passing, receiving and support with and without the ball.



- + In the first activity the coach has assigned pairs with a ball to each quadrant of the square.
- + On the command of "GO" the pairs start to pass back and forth and must keep the ball moving.
- + The black player makes a bad pass and the red partner is unable to prevent the ball going out. Simultaneously the blue player hits a soft pass and both teams have to wait as the other 2 games continue.



- + In the second diagram each pair is passing and moving around a triangle with 2 yards between the cones.
- + The black player makes a pass and moves quickly around to the vacant side of the triangle.
- + The partner cannot pass back through the same 2 sides as the previous pass.



- + In the final passing game pairs play against each other across 2 quadrants in a game similar to tennis.
- + The blue team make 1 touch passes and play into the blacks half. The blacks must not let the ball stop rolling.
- + The red and yellow teams exchange passes but the yellow pass is too firm and reds win a point.