

Passing & Receiving: Skill/Technique #1

Technique: Soccer Tennis 1 35 minutes

<p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a number of 20x10m areas as shown. • Use a halfway line with a 3m “no go area” on each side. • Use two flags or cones to make a central 6m gate. • Play games in a “round robin format” for motivation. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> • Get behind the ball to receive it. • Relax your foot as you make contact with it • Keep the ball rolling. • Watch the ball. • Strike through the middle of the ball. • Make you ankle stiff as you strike the ball. • Keep the ball low.
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Description:

- Two players play against two players. **To score** the ball must be played through the gate, beyond the “no go zone” (shaded area) and through the opponents court and out of play, either directly or off an opponent. The ball must pass through the gate **along the ground** or the point/serve is lost. A team can only **score off their own serve** but a team which is not serving can win the right to serve and then begin to pick up points. **Winner is the first team to 15 points** and ahead by 2 points. Each player is **allowed 3 touches** to control the ball and pass or attempt to score a point. **The ball cannot be kicked back through the goal first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball through the gate after the second pass results in a loss of the point/serve.
- Add the condition that the ball must keep rolling or team loses point/serve.

Emphasis: On accurate, short, “killer” passes and good control of the ball in order to get ones head up to see opportunities to

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