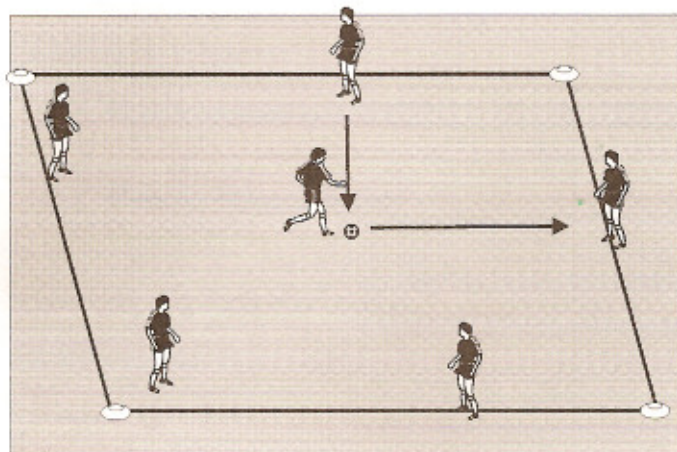


Session 2 ~ Passing & Control

2.3 Pivot Passing



Organization:

Players are divided into two groups, with one man positioned in the middle of each smaller group. The players form a circle approximately 15 yards diameter. The players on the outside pass to the middleman, who must redirect the pass with the first touch and pass to an open player with the second. Each player works for 30 seconds.

Progressions:

1. Add a second ball, which is passed as soon as the middle player has laid off the previous pass. The passer must call to the middle player and wait for them to turn and face them before passing.
2. The middle player can fake a pass in one direction, and then pass to a free player on the opposite side of the group.
3. The outside and middle player can complete three passes before the middleman redirects and passes to the next player. If possible, use only one touch when completing the three passes.

Coaching Points:

Develop a soft first touch with the inside or outside of the foot
Look up at the player you are going to pass to, to ensure they are ready
Move slightly towards the ball and redirect it without stopping