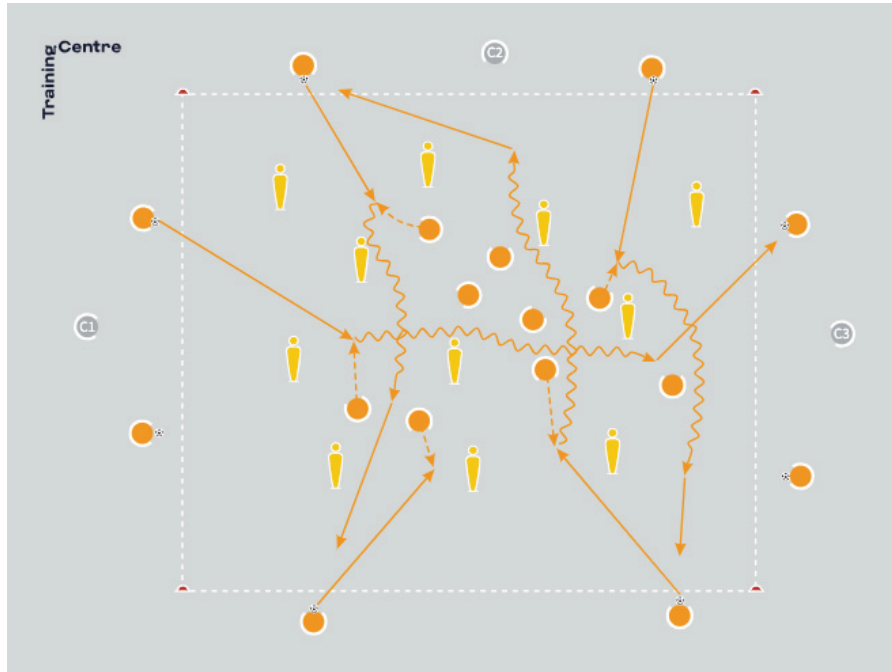


## FIFA Talent Coach Programme

### — Passing activation: Playing and receiving in-between opponents



#### Organisation

- Mark out a 25x25m exercise area.
- Place 10 mannequins inside the exercise area at varying distances from each other.
- Divide the group into 2. Position the players in 1 group at equal distances from each other around the outside of the exercise area and place the players in the other group inside the exercise area.
- Give each of the players on the outside of the exercise area a ball.

#### Explanation

- The exercise begins with each of the players positioned on the outside of the exercise area playing a pass towards a player inside the exercise area.
- The players inside the exercise area must show for the ball and receive the pass between any of the mannequins.
- Once they receive the ball, they must turn out and identify a free player positioned on the outside of the exercise area to pass to.
- After completing this sequence, the players on the inside of the exercise area look to receive another pass from a player on the outside of the exercise area.
- Rotate the 2 groups so that all players have the opportunity to perform both roles.

#### Key coaching points

- When looking to progress play forward, receiving the ball in front of defenders with a closed body shape limits players' chances of breaking opposition lines and exploiting the spaces between them.
- Receiving the ball on the back foot and on defenders' shoulders can result in play being progressed more quickly and effectively, while increasing the chances of breaking defensive lines.
- Players should perform an over-the-shoulder scan before receiving the ball to gain an awareness of their surroundings, the position of their team-mates and opponents and the available passing options in readiness to perform the next action. The passer can also provide the receiver with information by giving verbal instructions and based on the weight of their pass.
- Adopting an open body shape when receiving the ball enables players to see more of the exercise area, be more aware of their surroundings and be ready to quickly perform the next action after receiving the ball

## **Roles of coaches**

- First coach: leads the exercise and explains key aspects relating to receiving and playing forward between opposition players.
- Second coach: offers the players encouragement from their position on the outside of one sides of the exercise area.
- Third coach: offers the players encouragement from their position on the outside of the opposite side of the exercise area to the second coach.