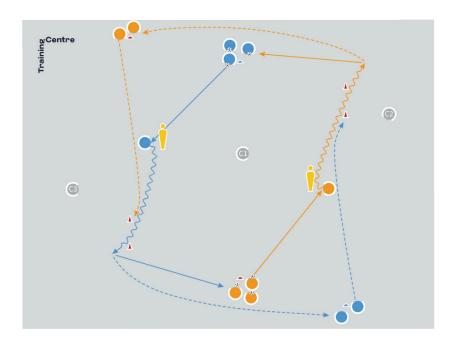
FIFA Talent Coach Programme Passing circuit: Receiving under pressure and moving into space



Organisation

- Set up 2 mannequins, 2 cone gates, 2 passing stations and 2 pressing player stations as shown in the image above.
- Split the group into 2 teams of 6 (oranges and blues).
- Position 3 orange players at 1 passing station and 3 blue players at the other and give each player a ball.
- Place 2 orange players at the pressing player station closest to the passing station occupied by the 3 blue players.
- Position 2 blue players at the pressing player station closest to the passing station occupied by the 3 orange players.
- Place a player from each team at the mannequin positioned closest to their passing station.

Explanation

- The circuit starts with the player at the passing station playing a pass outside of and beyond the mannequin occupied by their team-mate.
- The player at the mannequin pulls away from it to receive the ball in space, takes a touch forward and drives towards the cone gate.
- As soon as the initial pass is played, the opposing pressing player sprints from their station towards the receiving player to put them under pressure.
- Players rotate between stations in an anticlockwise direction.
- The circuit is performed simultaneously in clockwise and anticlockwise directions.

Key coaching points

- The passer should play to the receiver's front foot (the furthest from pressure) to support a forward, protective first touch.
- · A firm, accurate pass is important to prevent the defender from recovering.
- The receiver should adopt a side-on body position to take their first touch forward and away from pressure.

Roles of the coach

- First coach: leads the session and takes up a position in the centre of the circuit to enable them to coach the players on their body shape and technique.
- Second coach: monitors the time from their position on one side of the circuit.
- Third coach: observes the players' body shape and technique from their position on the opposite side of the circuit to the second coach.

