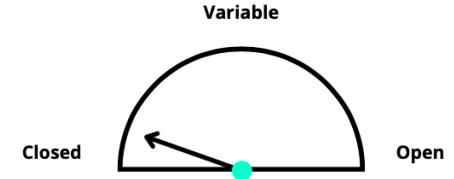


Passing Patterns Warm-Up



Topic: Passing & Receiving	Offsides: N/A	Pitch size: N/A
Practice type: Unopposed	Timing: 10-15mins	Age group: U13+
No. of Players: 7-14	Goalkeepers: N/A	



Objective:

This practice is designed to be used as a warm-up focused upon passing and receiving. The speed of movement and passing speed should be increased through the practice.

Organisation:

Layout 6 markers, 15-yards apart, in the shape of sand timer as shown in the figure. Position 1 player at each marker, except for the bottom left marker where two players should be positioned and the first pass made from. Players pass in the sequence shown in the figure and run to the marker where they played the pass. As the practice continues the speed of both the passing and running should be increased. Additional task constraints may also be applied to increase the challenge point. For example, require the full passing circuit to be completed in a set amount of time or have two groups race against each other. This component of your session may also provide an opportune moment to include dynamic movements as they wait for the pass to help players prepare physically for the training session.

What you might see

- Casual movement from one marker to the next

Actions you might take

- Require players to arrive at their marker within a set time (e.g., 4-seconds)

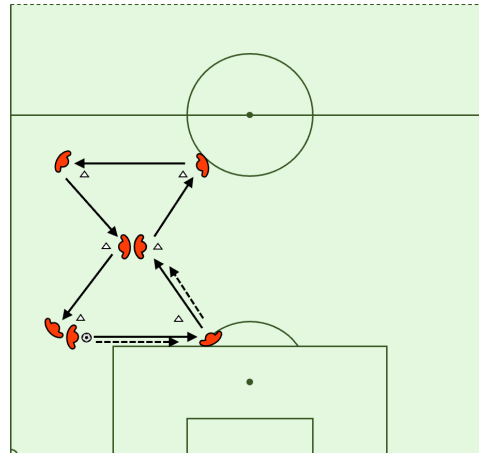
Adaptations:

Is the session too easy?

- Increase the distance between markers
- Place a time constraint on completing a full cycle

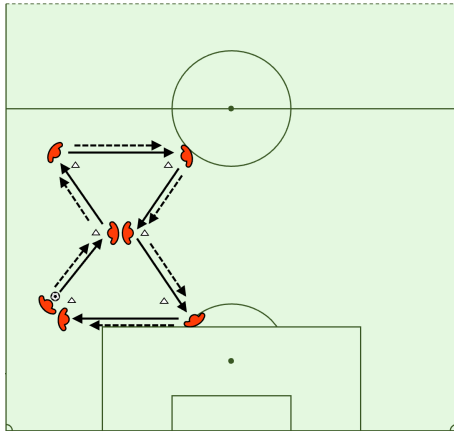
Is the session too hard?

- Reduce the distance between markers
- Reduce the number of defenders and play 6v2



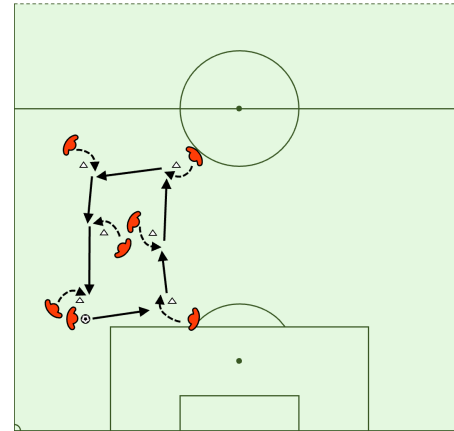
Area set up to accommodate 15-yard passing and receiving passing patterns.

Technical	Psychological
Receiving Releasing	Confidence
Speed	Leading self
Physical	Social



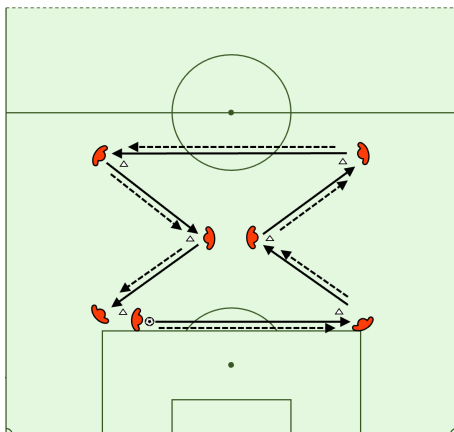
This figure shows an example of the same practice being completed in the opposite direction.

The opposite direction provides a different challenge for the players and requires them to organise their bodies in different orientation to the ball and where they're passing too.



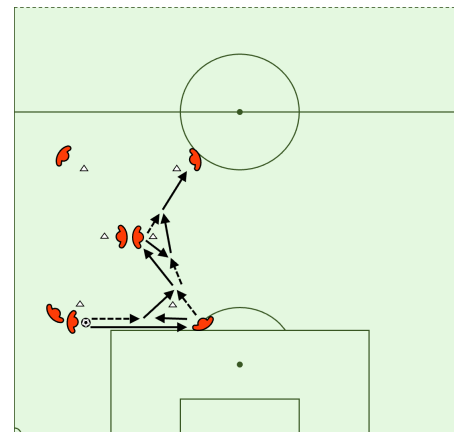
In this example alternate starting positions and arrival movements towards the ball have been included.

The receiving player starts behind their marker in relation to the ball, and moves in front of the marker to receive and pass the ball onwards.



This figure shows an example of increasing the distance between markers.

This modification will likely increase the challenge point by requiring players to pass and run over greater distances.



In this example shorter passing combinations have been added to the original longer pass.

This will increase the technical and physical load for players.