TECHNICAL PASSING

Sharp touches -> lay-offs -> movement -> communication

SESSION OVERVIEW

SESSION AIM

Develop sharp passing, clean lay-offs, quality first touches, movement after the pass and constant communication.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Technical Passing	**Lay-Off & Spin**	**Diagonal Combination**	**Rhythm & Accuracy**

EXERCISE 1 | LAY-OFF, SPIN & RETURN

ORGANISATION

Create a square or diamond with four cones and equal numbers of players at each station. Use two balls in the sequence at all times.

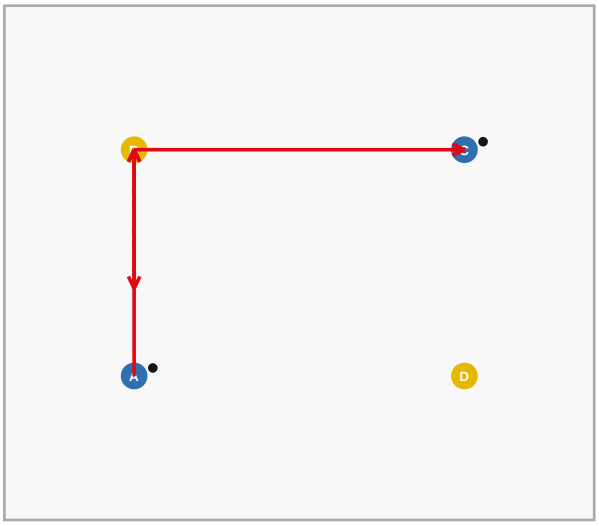
HOW IT WORKS

Player A passes to checking player B. B lays the ball back sharply to A, spins around the cone and receives the return pass. B then plays one touch to the next player at the next cone. Every player moves forward one cone after completing the action. Continue in a counter-clockwise direction.

COACHING POINTS

- Find a smooth rhythm without losing technical quality.
- Make the lay-off sharp enough to encourage the supporting player forward.
- Pass accurately with clean first touches.
- Communicate clearly throughout the sequence.

DIAGRAM



Pass in, receive the lay-off, return to the runner and continue around the square.

PROGRESSIONS

1. Work in the opposite direction so both feet are used.
2. Increase the tempo while keeping the lay-offs and return passes accurate.

TECHNICAL PASSING

Sharp touches -> lay-offs -> movement -> communication

EXERCISE 2 | DIAGONAL ONE-TOUCH COMBINATION

ORGANISATION

Use the same four-cone setup with equal numbers at each station and two balls moving simultaneously.

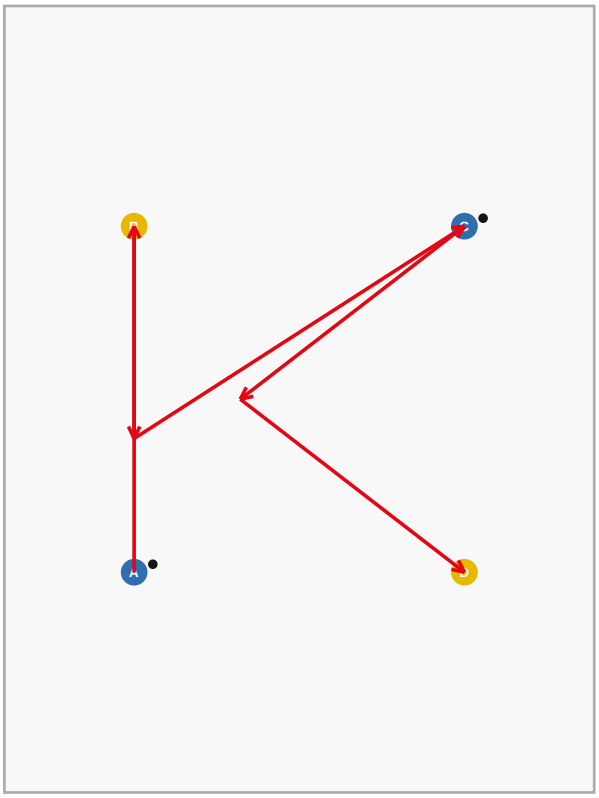
HOW IT WORKS

Player A passes to checking player B. B lays the ball back and spins around the cone. A then passes firmly across the grid to the diagonal group. The next player lays the ball off to B, who is moving forward, and B plays one touch diagonally to the next station. All passes are one touch and players advance one cone after each action.

COACHING POINTS

- Find a consistent rhythm through the sequence.
- The diagonal pass must be firm and accurate.
- Keep the quality of every touch high.
- Use constant communication to coordinate movement.

DIAGRAM



Lay off, spin, play diagonally and keep both balls moving in rhythm.

PROGRESSIONS

1. Reverse the direction to use both feet.
2. Increase the speed only when the one-touch passing remains controlled.