

Title: Barcelona Passing Rotations

Phase: 1, Begin The Attack

Age: Foundation Phase

Intensity: Low

Technical

- Short Passing Quality
- First Touch
- Receiving Skills

Tactical

- Angle of Approach
- Passing Tempo
- Support Play

Physical

- Cardiovascular Endurance
- Agility
- Coordination

Psychological

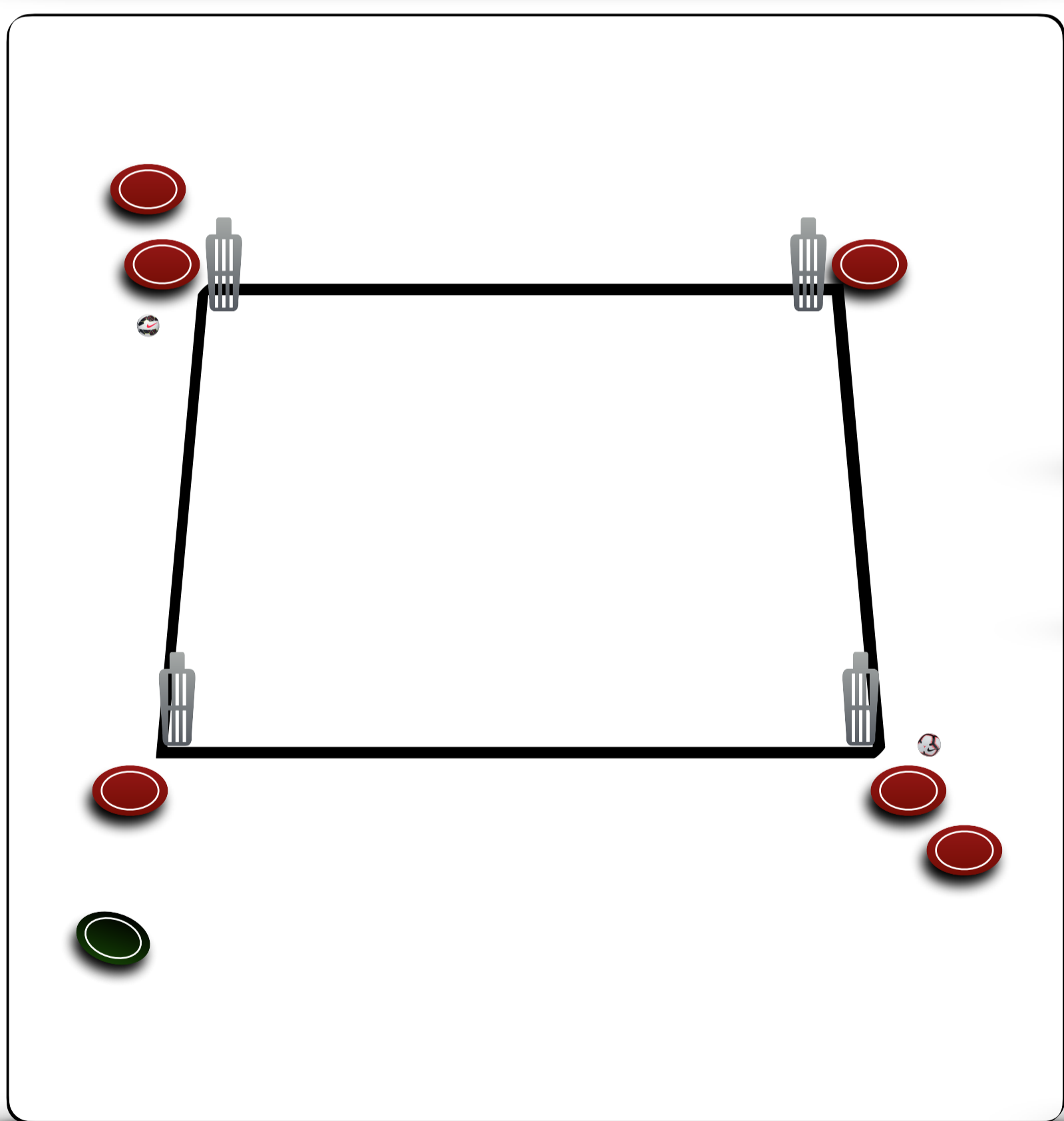
- Decision Making
- Communication
- Concentrated

Area Size: 20x20 Area

Players: 6 +

Duration: 16 Minutes

Session



Set Up / Organisation

- 1) 20x20 Area
- 2) 4 Mannequins
- 3) Footballs

Key Coaching Points

- 1) Passing Quality
- 2) Combinations
- 3) Movement to Receive

Progressions

- 1) Bounce and turn
- 2) Combine short before spinning off
- 3) Bounce to switch play

Player Challenges

- 1) Are you able to be creative with your movements?
- 2) Can you find creative ways of receiving and turning?
- 3) Find ways of turning and receiving with game realistic movements?

Reflective Practice

What Went Well...

- _____
- _____
- _____

What Needs Changing...

- _____
- _____
- _____

Future Considerations...

- _____
- _____
- _____

