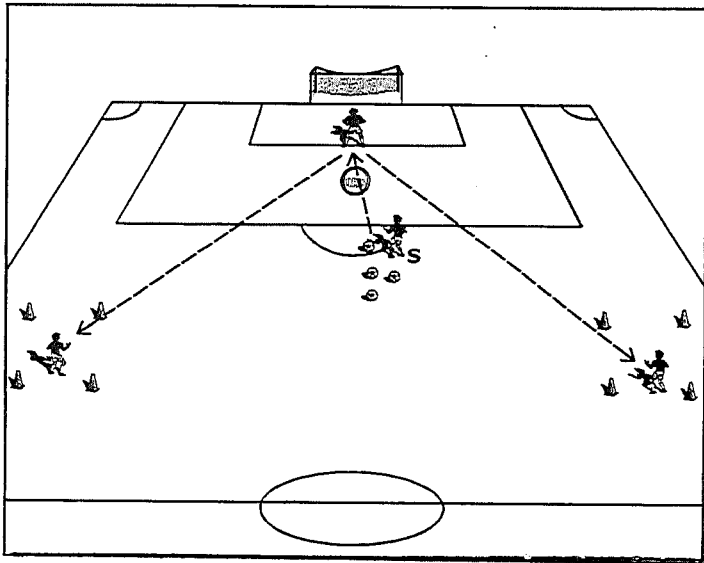


## Pass-Backs



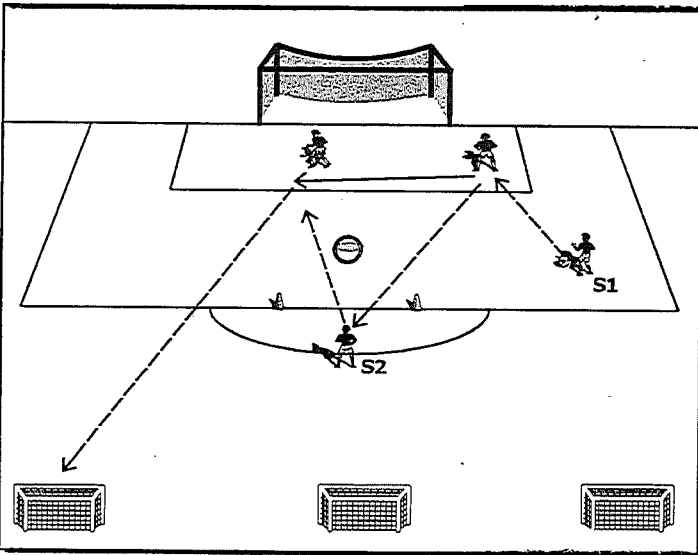
### DEALING WITH PASS BACKS

**Instructions:** Server (S) plays ball into GK. GK plays ball into target grids.

1) Have GK play in 1 touch 2) Have GK play in 2 touches 3) Have GK deal with bouncing balls 4) Make target grids 5 x 5

#### **Coaching Points:**

1) Communication 2) Support 3) Pass Backs



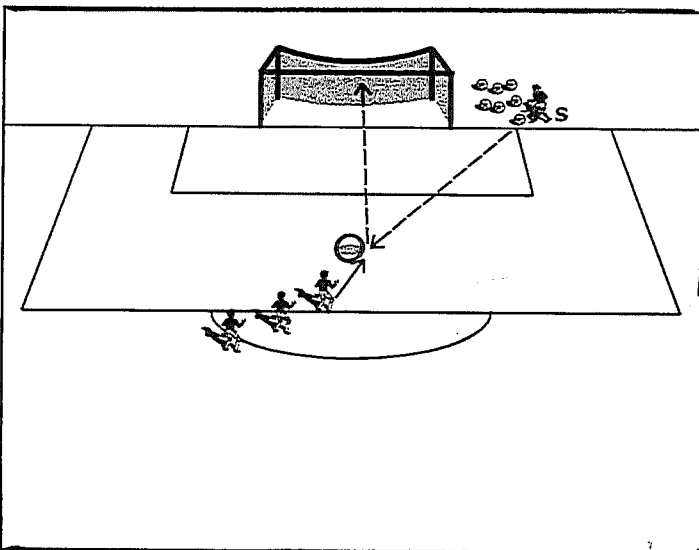
### DEALING WITH PASS BACKS

**Instructions:** S1 plays ball to GK. GK receives the ball and plays to S2 in between the small goal. S2 plays ball back to GK who has moved across the goal. GK plays ball into target goal.

Variations: 1) Work both sides of the field 2) GK plays in 2 touches 3) GK plays in 1 touch 4) GK plays to either of the 3 targets

#### **Coaching Points:**

1) Communication 2) Support 3) Pass Backs



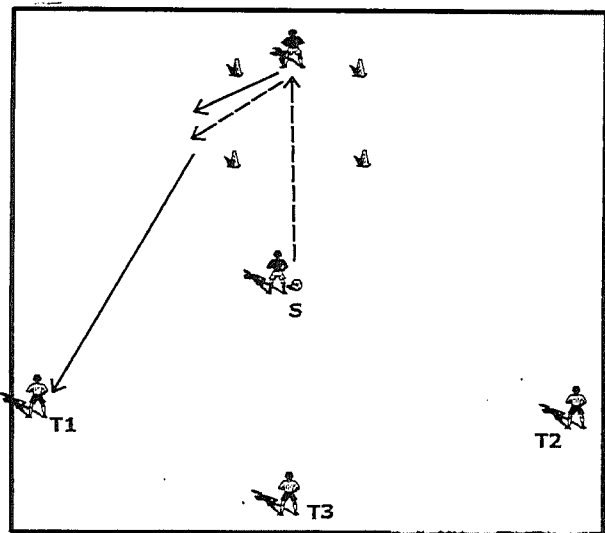
### DEALING WITH PASS BACKS

**Instructions:** Server (S) plays ball to GK who strikes at goal. Variations: 1) Work both right and left foot 2) GK plays in 1 touch 3) GK plays in 2 touches 4) S plays bouncing balls

#### **Coaching Points:**

1) Communication 2) Support 3) Pass Backs

**Pass-Backs 2.**



**DEALING WITH PASS BACKS**

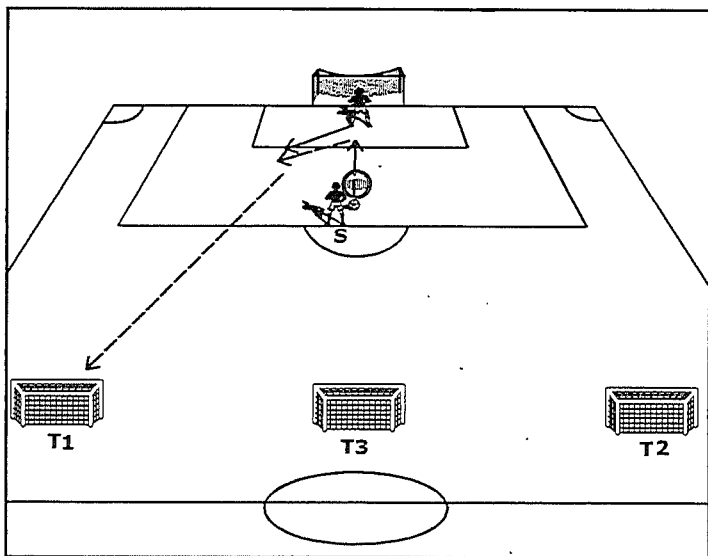
Set up as per Diagram. Grid is 4 x 4. Server (S) is 10 yards away from GK. Targets (T1, T2, T3) are placed at distance depending on the skill and age of GK.

**Instructions:** S plays ball to GK. GK takes their 1st touch in between the cones on an angle and plays to the targets. Work both Left and Right foot.

**Variations:** GK plays ball along the ground. GK plays ball in the air

**Coaching Points:**

- 1) Pass Back 2) Kicking Dead Ball



**DEALING WITH PASS BACKS**

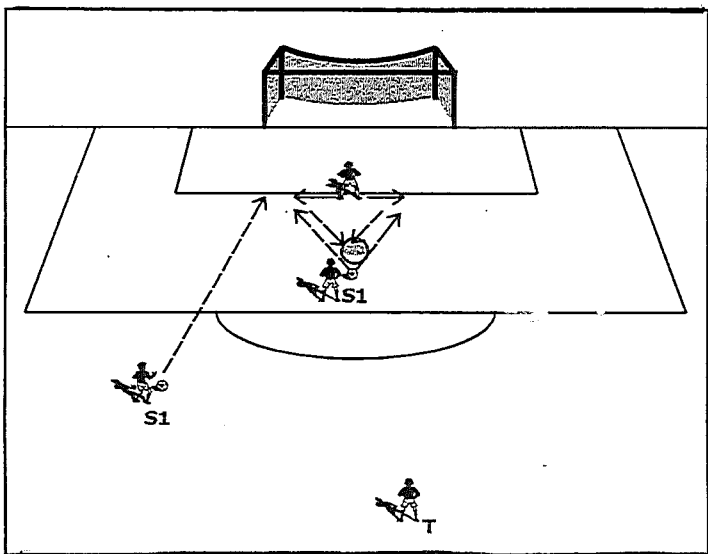
Set up as per Diagram. Server (S) is 10 yards away from GK. Targets (T1, T2, T3) are placed at distance depending on the skill and age of GK.

**Instructions:** S plays ball to GK. GK takes their 1st touch in the direction of their target and plays to the targets. Work both Left and Right foot.

**Variations:** 1) GK plays ball along the ground. 2) GK plays ball in the air. 3) GK strikes ball into target on 1 touch. 4) Add an attacker to pressure the GK

**Coaching Points:**

- 1) Pass Back 2) Kicking Dead Ball 3) Communication 4) Support



**DEALING WITH PASS BACKS**

Set up as per Diagram.

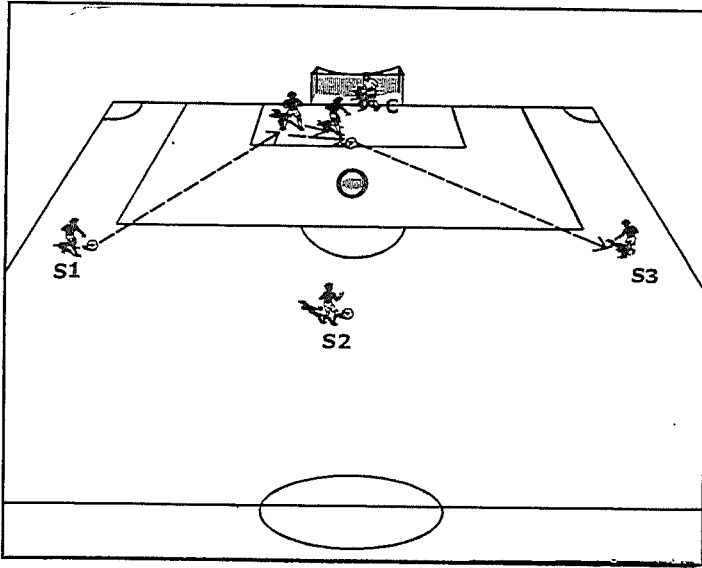
**Instructions:** GK and S1 perform one touch passing back and forth. The goalkeeper works laterally each passing sequence. At any time, S1 passes the ball wider than usual forcing the goalkeeper to make a low diving save. Once the save is made, S2 plays a back pass for GK to deal with and plays ball to T in 2 touches. Work left and Right Foot. S1 and T are not stationary

**Coaching Points:**

- 1) Pass Back 2) Kicking Dead Ball 3) Communication 4) Support

## Pass Backs

3.



### COACH GK TO DEAL WITH PASS BACKS: INTRO

3 servers, 2 servers with balls. Servers are set as shown in diagram.

Servers play balls into GK at different speeds and angles

**Instructions:** S1 plays ball into GK, GK receives the ball and on 2nd touch plays server who doesn't have a ball.

Progress to GK only using one touch to play the ball to open server.

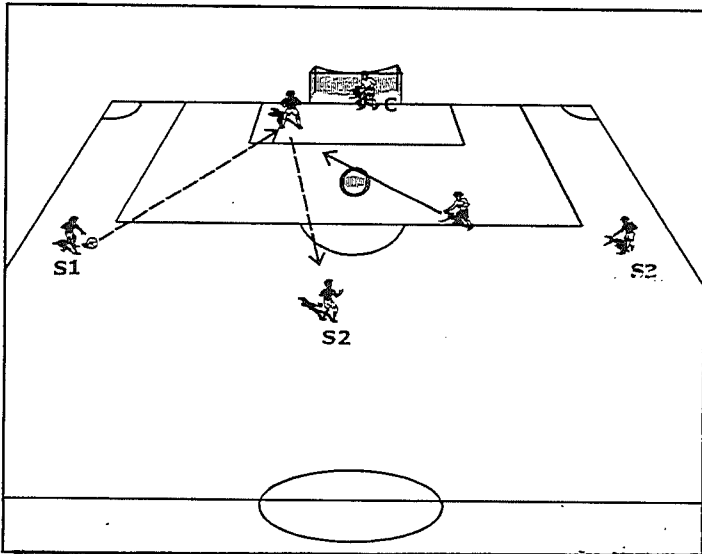
**Coaching Points:** Communication- Before and after pass

1st Touch- Where? Which Foot? Which part of foot?

Angle of Approach

Passing

Starting position



### COACH GK TO DEAL WITH PASS BACKS:

#### PROGRESSION

3 servers, 1 attacker. Servers are set as shown in diagram.

Servers play balls into GK at different speeds and angles

**Instructions:** S1 plays ball into GK. Attacker applies pressure to GK.

GK plays the ball to open servers on 1st touch or 2 touches

**Coaching Points:** Communication- Before and after pass

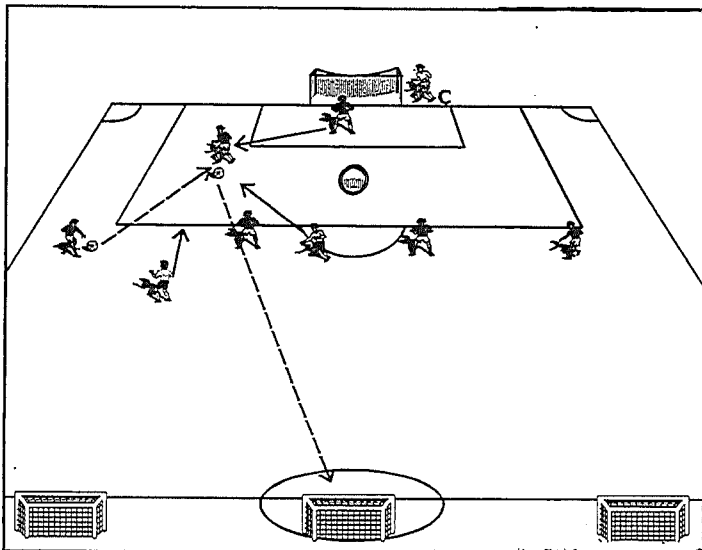
1st Touch- Where? Which Foot? Which part of foot? Away from Pressure

Angle of Approach- See where the pressure is coming from

Passing-Keep possession or clear pressure?

Attacking the ball

Starting position



### COACH GK TO DEAL WITH PASS BACKS: PHASE

#### OF PLAY

GK + 4 Defenders vs. 2 Attackers, with 3 targets just on the other side of the half line.

Servers play balls into GK at different speeds and angles

**Instructions:** Defenders must keep possession and play the ball back to the GK for the GK to clear and hit wide targets

**Coaching Points:** Communication- Before and after pass

1st Touch- Where? Which Foot? Which part of foot? Away from Pressure

Angle of Approach- See where the pressure is coming from

Passing-Keep possession or clear pressure?

Attacking the ball

Starting position