

Communicating with your team mates

This session is designed to improve communication amongst your players through a series of simple passing and receiving exercises.



What you tell your players the session is about

Communicating with your team mates in order to:

1. Let them know if they can turn.
2. Let them know if you want a return pass.
3. Let them know if they are being pressured.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
--------------------	--------------------	-------------------------	-----------------	---------------------

Activity	Kit	Outcome
Warm-up	Balls and cones	Simple ball work and dynamic stretching
The session	Balls and cones	The players communicate for their team mates to set the ball back or turn
Development	Balls and cones	The passer communicates correctly with his team mate to let him know if he is free to turn or whether he must pass back
Game situation	Balls, cones and goals	Normal game
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Communication skills, movements to receive, receiving skills, passing skills

Team skills: Communication, cooperation / team work

Related Smart Sessions

- 13 [Passing under pressure](#)
- 17 [Passing and receiving](#)



[Click here to download the index](#)



What to think about

When making a pass your players can often see the area surrounding the receiving player better than this player can himself.

In addition, when passing to a player you often have an idea on what you would like the player to do (turn, set back etc) therefore its vitally important that your players start to give information to the receiving player on every pass they make.





Set-up

- 25 x 25 yard area.



What you get your players to do

The central players continually move around inside the area and receive passes from the outside players. While doing so they have 3 calls to work to.

Set 1 – the players must call their team mates name.

Set 2 – the players must communicate “man on” or “set” which will see them receiving a return pass.

Set 3 – the players must communicate for the player to turn out.



What to call out

- “Give the player information”
- “Listen and trust your friend”



Development

Add two defenders in the centre of the area who can try to tackle the receiving players.

Now when passing into the centre, the information you give your team mates is crucial to the team retaining the ball.

If a player loses the ball the player communicating replaces the defender.

Rotate players regularly.

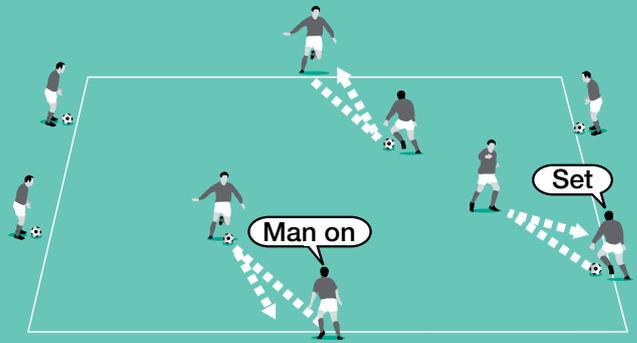


Game

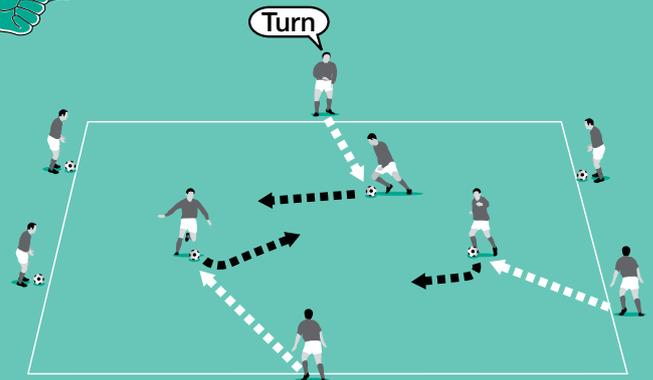
Play a normal game. Every time a pass is made without communication, award a free kick to the opposing team.

Communicating with your team mates

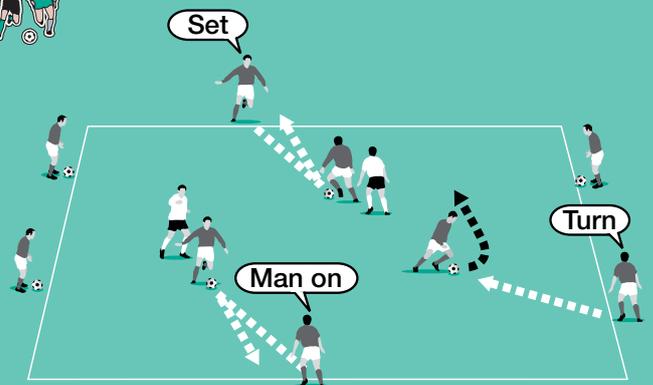
pass player movement
dribble



Set ball back to passer on a call of “Set” or “Man on”.



The players receive a pass and are instructed to turn out.



Can you turn? Or do you have to set ball back?