

Reverse pass

The reverse pass is a great attacking weapon because it uses disguise to surprise and unlock well-drilled defences.



What you tell your players the session is about

1. Disguised passing.
2. Passing accurately.
3. Receiving.

Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Balls	Dynamic stretching, gentle running and ball work
The session	Balls, disc cones	Practising reverse pass technique
Development	Balls, disc or pyramid cones	Increasing difficulty by demanding accuracy of pass
Game situation	Balls, bibs, disc cones	Practising reverse passing skill
Warm-down	Balls	Gentle running and ball work, static stretching



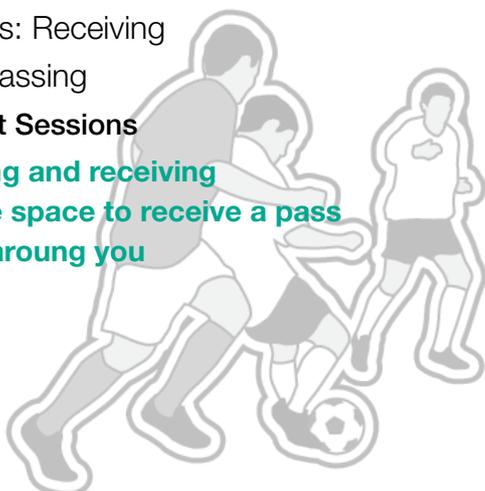
Where it fits

Individual skills: Receiving

Team skills: Passing

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What to think about

Disguise intention by looking away from the target before passing.

- Pivot on non-kicking foot to swivel body around to face the target.
- Use good sidefoot technique.
- Awareness of where target team mates are positioned in game situations – take a “picture” of the field of play.





Set-up

- 3 players with one ball in a 10 x 10 yards area.



What you get your players to do

Each player starts at a corner cone. Player "A" begins by dribbling to the unmanned cone, then playing a diagonally backward, or "reverse", pass to player "B" just before reaching the unmanned cone.

The practice continues with first, "B", then "C" repeating the drill, before beginning again with "A".

Switch the direction of the drill so players practice using their other foot.



What to call out

- "First touch out your feet"
- "Concentrate on accuracy first"
- "Pass firmly, but not too hard so your team mate can't control it easily"



Development

1 ball between 4 players in an area 20 x 15 yards. Place one cone in the centre of the playing area, with pairs of cones arranged diagonally, 2 yards apart, at each corner. The drill starts with Player "A" dribbling to the right of the central cone and reverse passing through the pair of cones to "B".

"A" follows their pass to their next corner start position as "B" dribbles to the right of the central cone to repeat the drill by reversing to "C" and so on.

Repeat the drill, this time beginning with "A" running to the left of the central cone and reverse passing to "D", who passes to "C" and so on.



Game

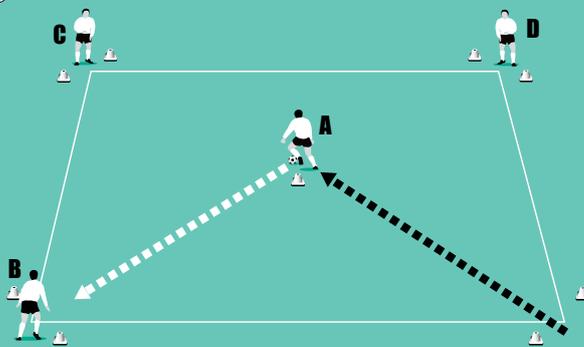
Play 3+2 vs 3+2 using an area approx 20 x 15 yards.

Each team has 3 players inside the area, with the other two positioned on adjacent touchlines, so that both teams' outside players each have their own touchline.

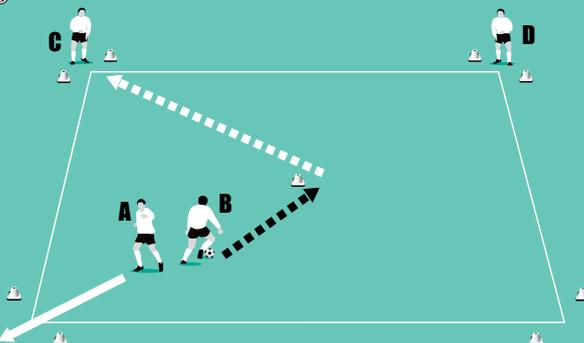
The teams score points by reverse passing to one of their touchline team mates.

Reverse pass

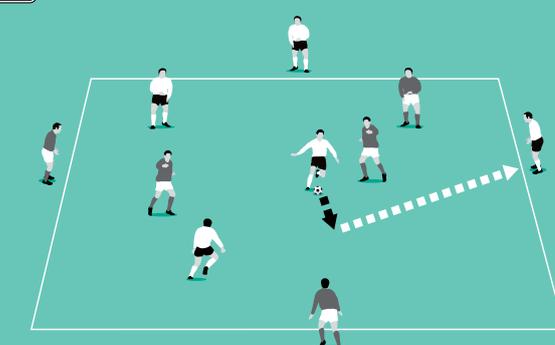
player movement ⇨ pass □□□⇨
dribble ■■■⇨



A dribbles to the right of the cone and reverse passes to B.



B repeats the drill, faking a pass to D but reverse passing to C.



In the game teams score by reverse passing to one of their touchline team mates.