

Norfolk Football
Coaches Association

Football in the Community

“Passing and Receiving with the emphasis on a good First Touch and Finishing with a good ground Shot”

Tonight’s coaching sessions will consist of five 20 minute sessions covering topic’s linked to the above that are suitable for players and coaches of all ages and abilities.. These sessions will be delivered by the below Norwich City FC / NCFA Football In The Community staff:

Ian Thornton Director FITC

UEFA ‘A’ Licenced Coach
NCFC Academy U16 Coach
NCFA Coach Educator

Steve Eastaugh FITC Development Officer

UEFA ‘B’ Licenced Coach
NCFC Academy U9/U10 Coach
NCFC Girls C of E U16 Coach

Jamie Godbold FITC Player Development Officer

UEFA ‘B’ Licenced Coach
NCFC ‘Elite U8’s Coach

Darran Lovell FITC Disability Officer

UEFA ‘B’ Licenced Coach
UEFA ‘B’ GK Licenced Coach
NCFC Academy GK Coach
England Amputee GK Coach

1. Passing and Receiving
2. Forward Passing
3. Passing to Switch Play
4. Involving a GK in your practice
5. Team Inter-Play

Steve Eastaugh
Ian Thornton
Jamie Godbold
Darran Lovell
Ian Thornton



Norwich City FC / Norfolk County FA Football in the Community

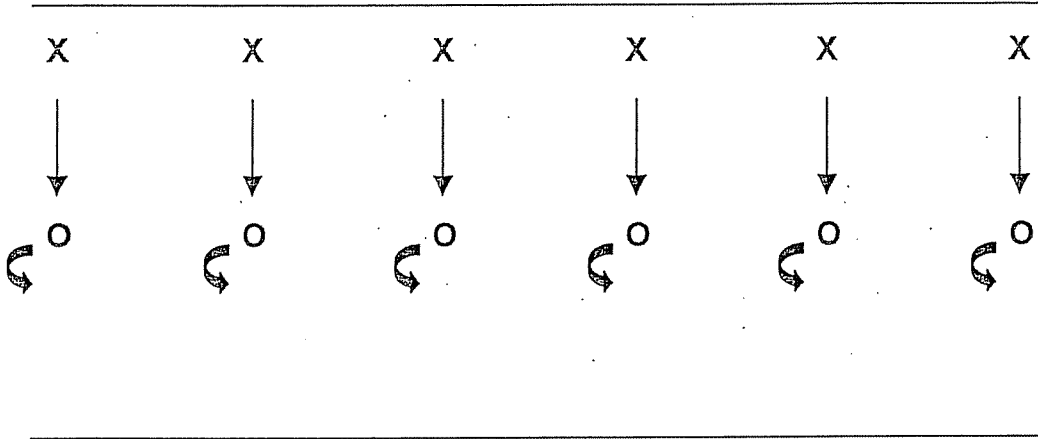
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Tel: 01603 761122 Fax: 01603 761309 E-mail: fitc@ncfc-canaries.co.uk Web: www.fitc.org.uk

Company Registration number: 4100611 England Registered Charity number: 1088239

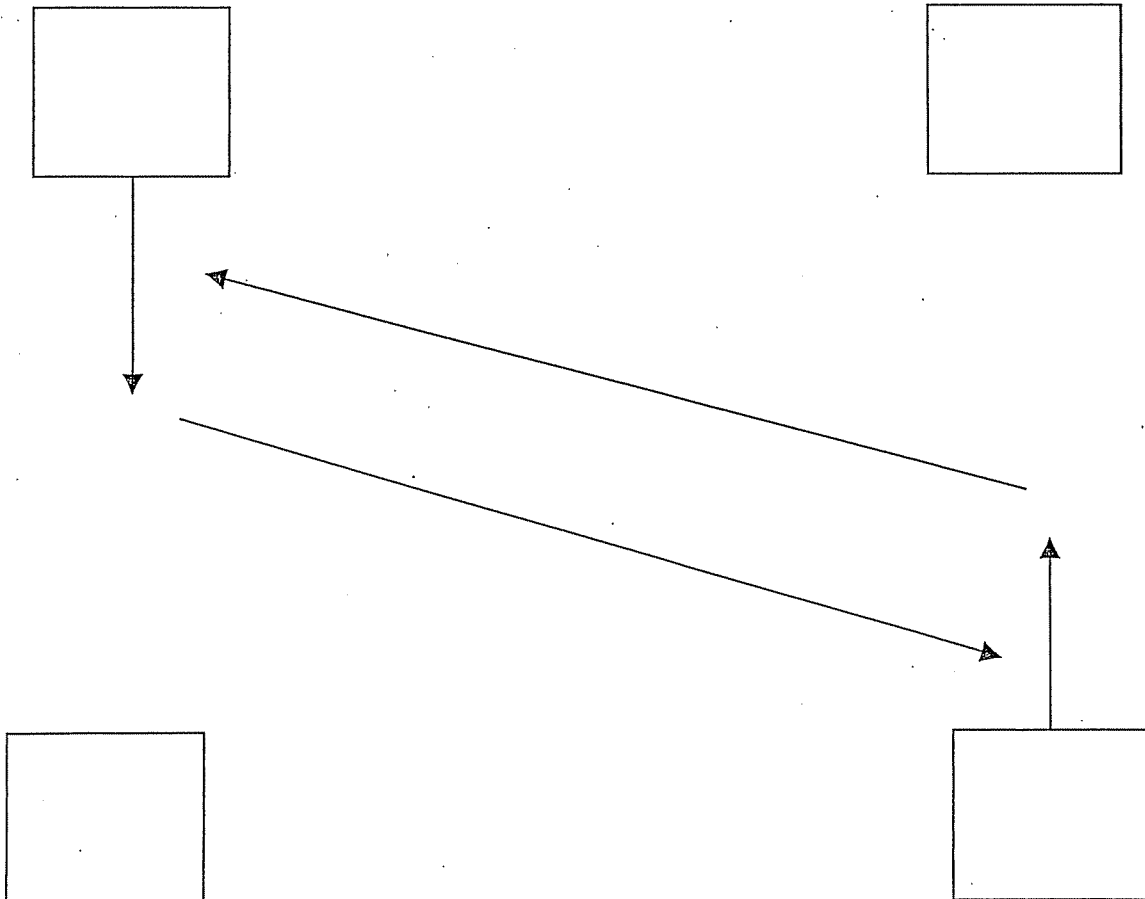


Basic Passing & Receiving

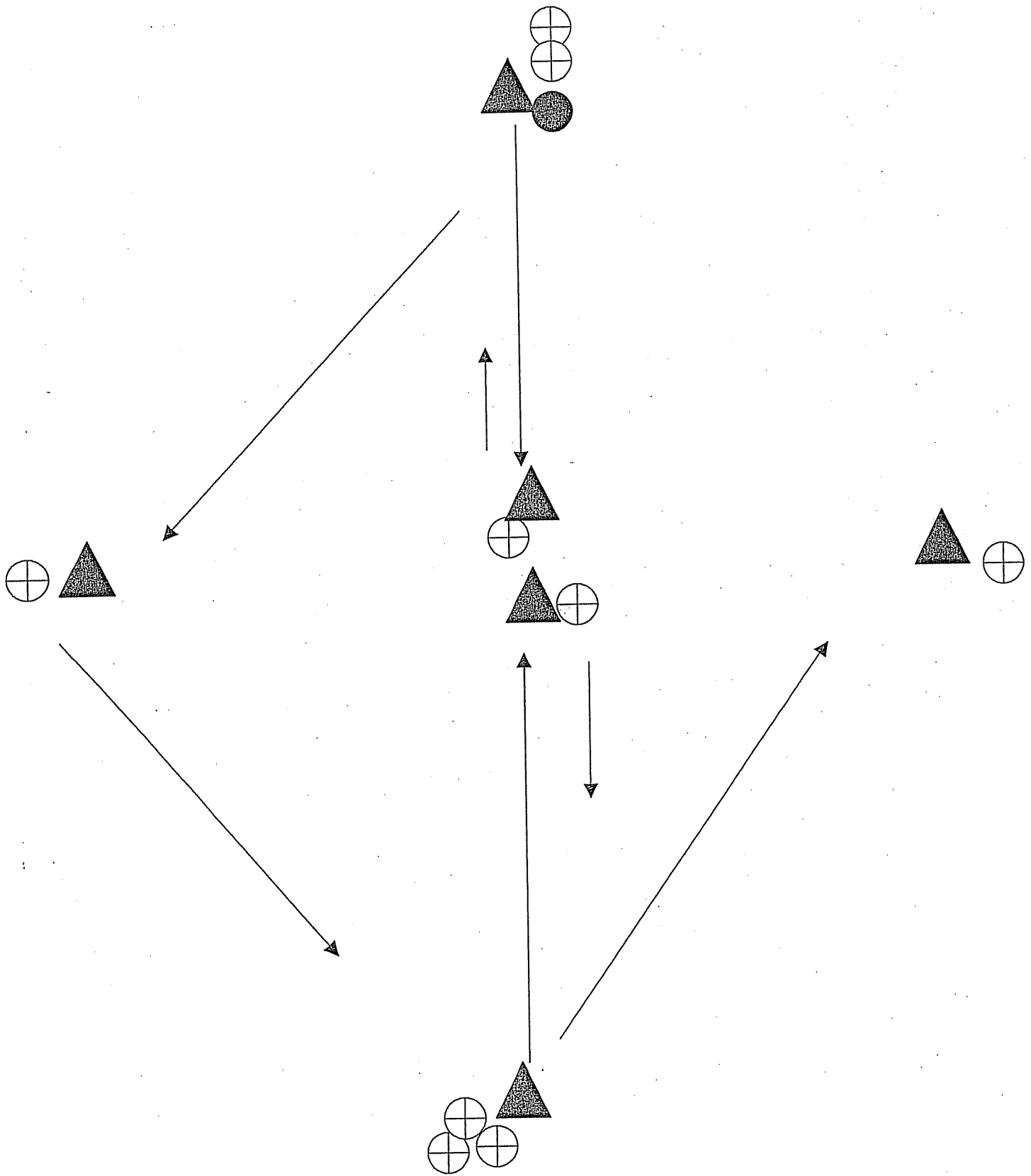


Progressions and Notes

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Forward Passing - Rotation



⊕ Player

▲ Cones

→ Movement of ball or player

Switching play whilst working on wing play

1)

(SP)

X

X

X

X

X

X

X

X

(SP)

2)

(SP)
X

X

X

X
X

X

X

X
(SP)

3)

(SP)
X

X

X

X
X

X

X

X
(SP)

4)

(SP)
X

X

X

X
X

X

X

X
(SP)

5)

(SP)
X

X

X

X
X

X

X

X
(SP)

6)

(SP)
X

X

X

X
X

X

X

7)

X
(SP)
(SP)
X

X

X

X
X

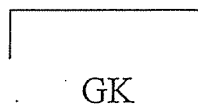
X

X

X
(SP)

Involving a GK

X
X
X



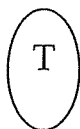
X
X
X

RB

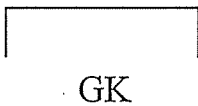
LB



S



X
X
X



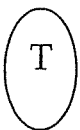
X
X
X

RB

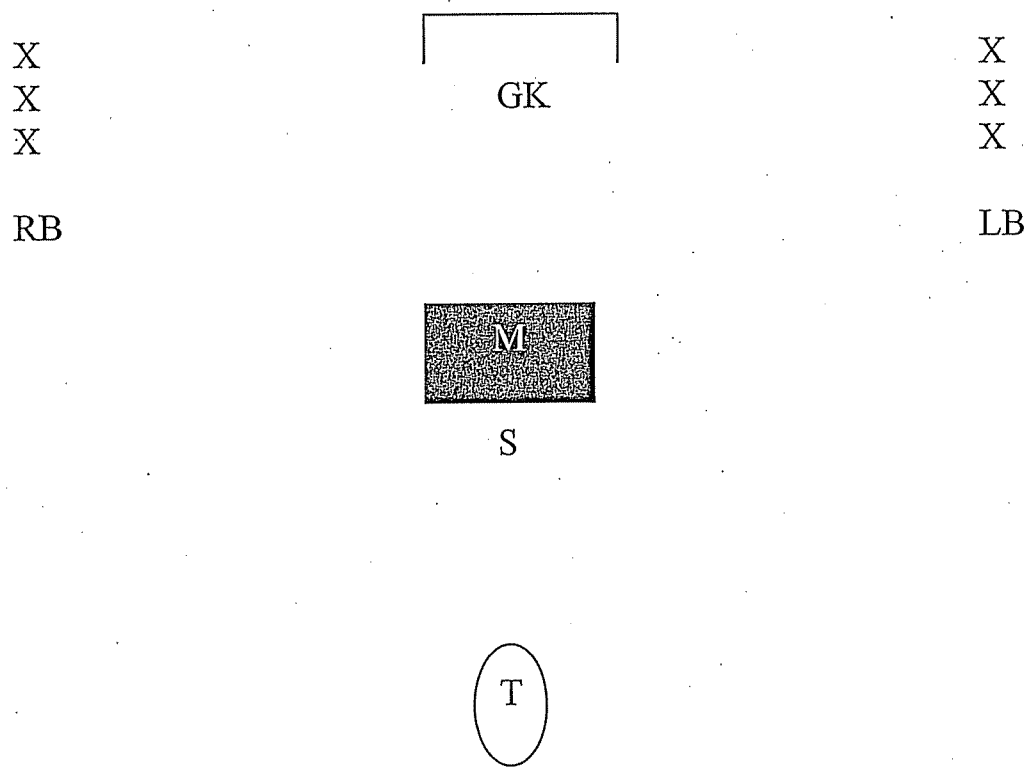
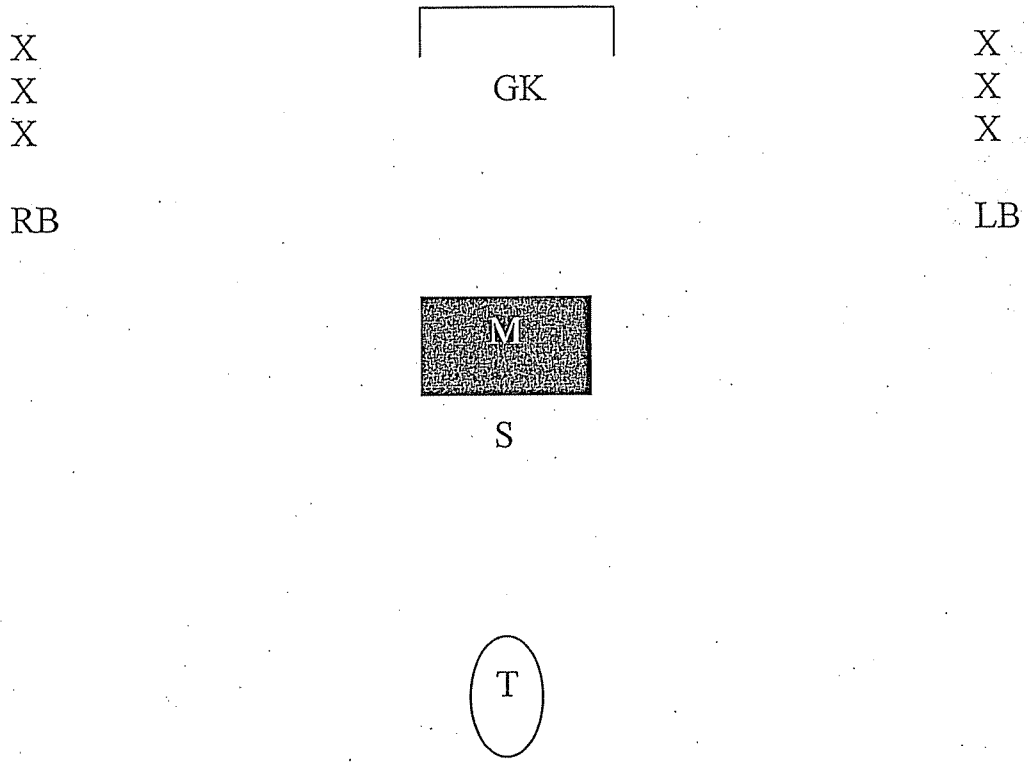
LB



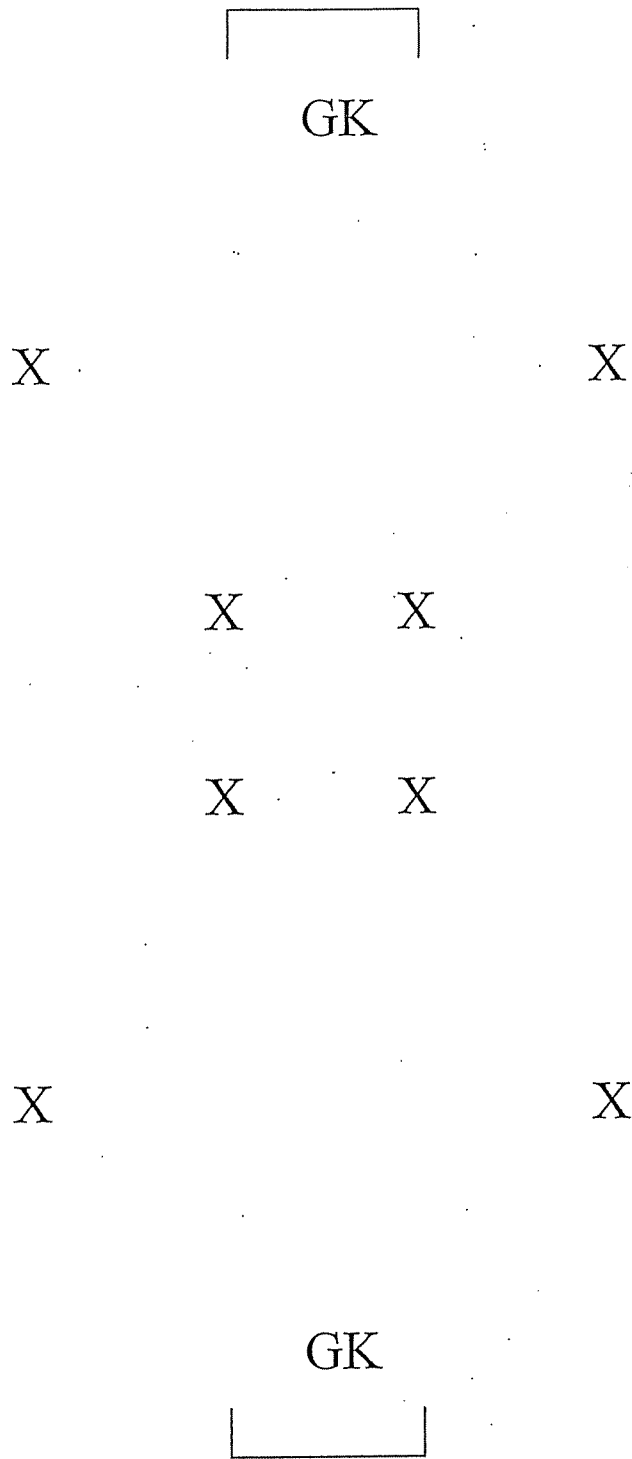
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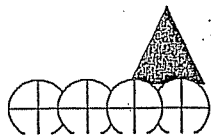
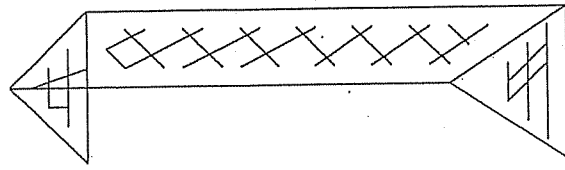
Involving a GK



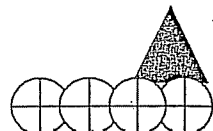
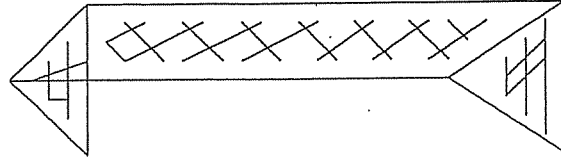
Involving 2 GKs



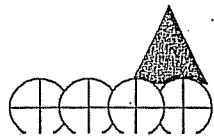
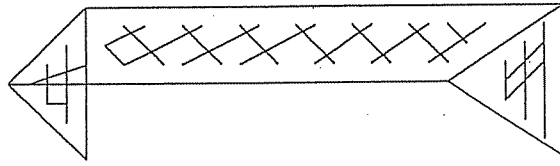
Team Inter - Play



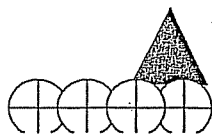
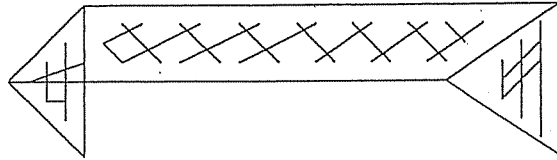
Team Inter - Play



Team Inter - Play



Team Inter - Play



Team Inter - Play

