



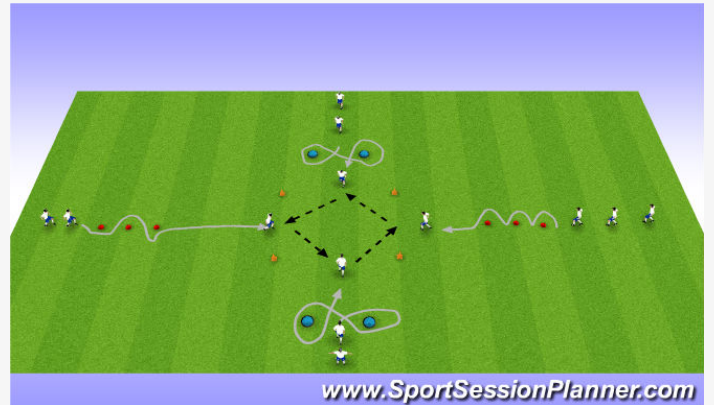
Rio Boys Select Session

Category: Technical: Passing & Receiving
Skill: U14

Pro-Club: Colorado Rapids Soccer Club
Brian Crookham, Colorado, United States of America

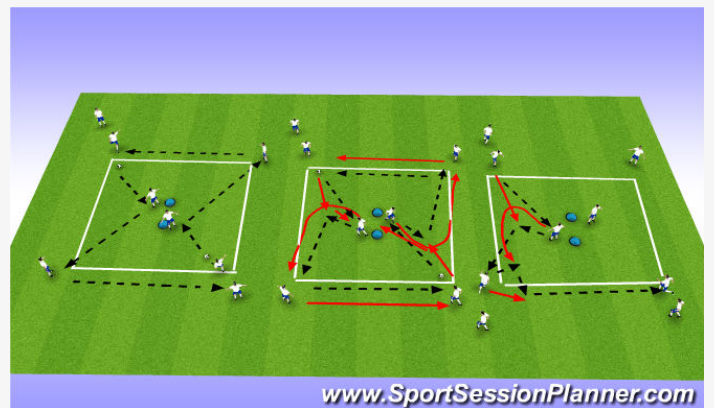
Small Square 1 Touch ex.

- 1) Movement prep through square
-side to side, high knees, short skips, high skips, elbow to knee twists, turn and backward run
- 2) 1 touch pass right/ 1 touch pass left follow across the grid
- 3) 1 touch pass and back up to same line
- 4) 1 touch pass and follow to new line
- 5) 1 touch pass to side and overlap



Large Square Passing

- 1) 2 touch all around. follow pass
- 2) play inside, set, play corner and replace
- 3) same but add wall pass with the overlayer



5:5 +1 to 6 goals - Continuous

- 5:5 +1 to 6 goals
3 minute games
-Continuous play as when a goal is scored the defending player dribbles out to restart the game
looking to play between lines, positive balls, speed of decisions and accurate technical application

