

Layering Activities

Date : 29/Sep/2014

Duration : N/A

Time : N/A

Age/Level :

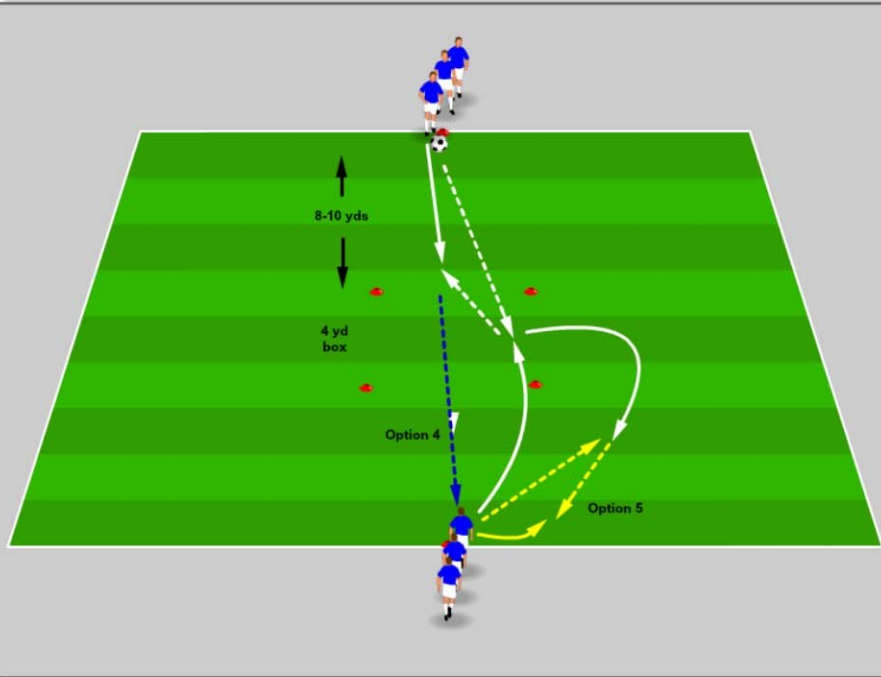
Session

Activities that require players to stay

Objective:

engaged and think

Colorado Rapids Box - Passing



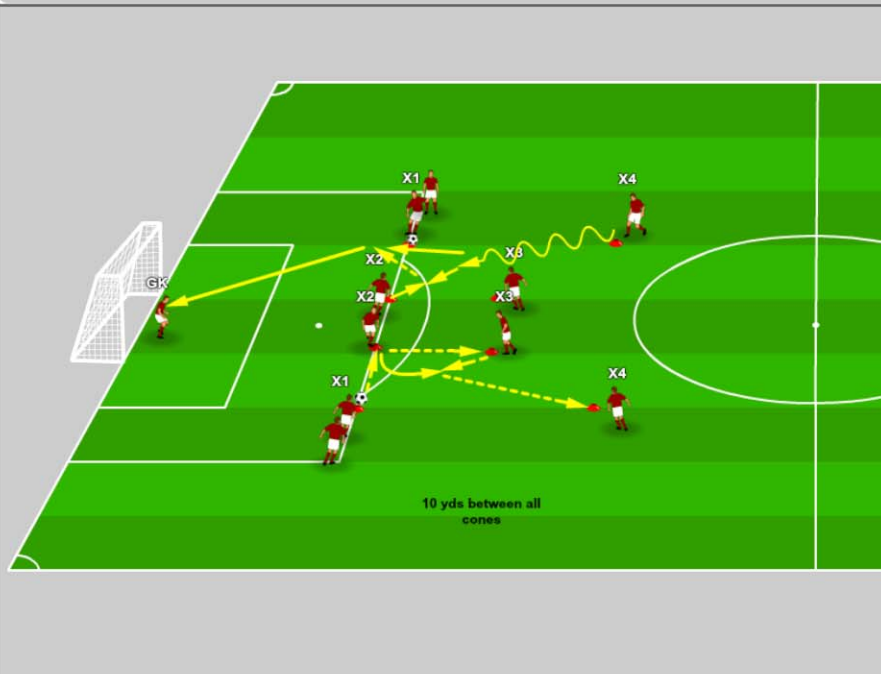
Description :

1. Pass across to teammate, player receives ball with inside of foot across body, touches back out with outside of the foot and passes across with inside of same foot
2. Pass across to teammate, 2-touch, receive with inside and pass with inside of same foot
3. Opposite player checks into central box to receive ball side-on with an open body shape
4. Opposite checks into central box to receive, lays off/sets for teammate, opens wide and go with pass going straight to opposite line
- 5) same as 4 with wall pass off wide player

Coaching Points :

- Focus on location and quality of first touch to set up next action
- Weight and accuracy of passes - pop passes in with pass except for soft lay off/set
- Open body shape and constantly peeking over shoulder to see the game
- Emphasis on speed of play
- Layering: Force players to play and do something/think - not just play and stop

Montoya Receiving - Passing - Finishing Activity



Description :

- 10 yards between each player – 2 groups
- * X1 passes to X2, X2 passes to X3 and follows for layoff, X3 lays off to X2 who passes to X4, X4 attacks at speed on the dribble and walls off X1 who is in previous X2 position to get shot
- *opposite side goes when X4 begins to goal

Coaching Points :

- *focus on players checking away and showing with proper timing and body shape
- *receiving with appropriate foot across body
- *pace and accuracy of passes
- *dribble at goal at speed and use outside of foot to make pass to wall
- *1-touch shot focused on placement inside box

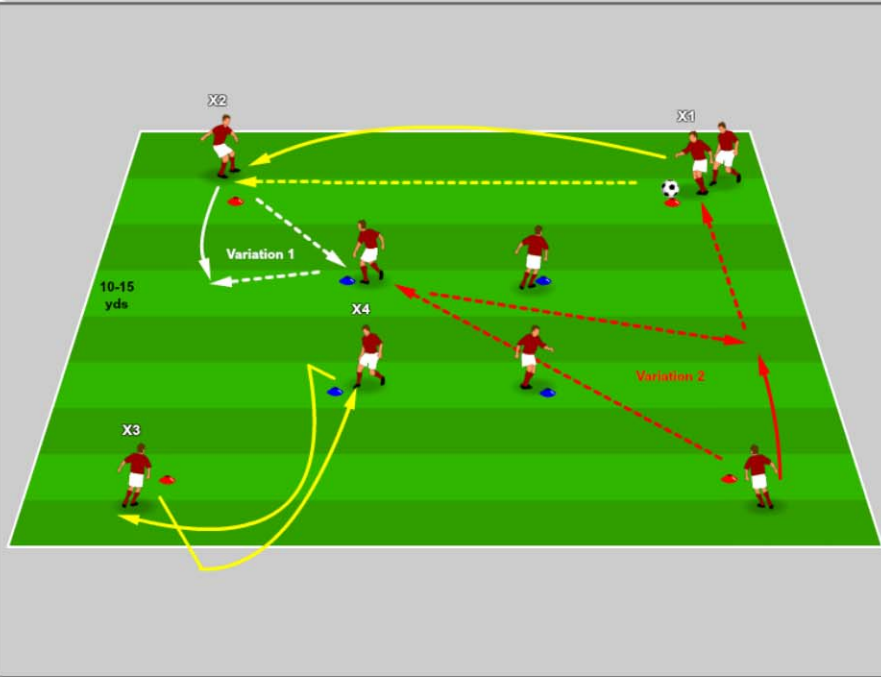
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Session Objective: Activities that require players to stay engaged and think

Midfield Play - Passing, Receiving and Changing Places



Description :

Pass around grid - X1 passes to X2 and follows pass. As ball is traveling from X1 to X2, X3 and X4 change places - be clever: bend away and around, hips turn away and go, etc.

Variation 1: wall off the player you changed with as you receive the ball

Variation 2: pass towards player you changed with - they dummy the ball to opposite player who then plays back to outside player - one who made pass or 3rd player at next corner

Variation: players who are waiting change places with someone

Coaching Points :

Receiving and passing quickly - within 2 seconds.

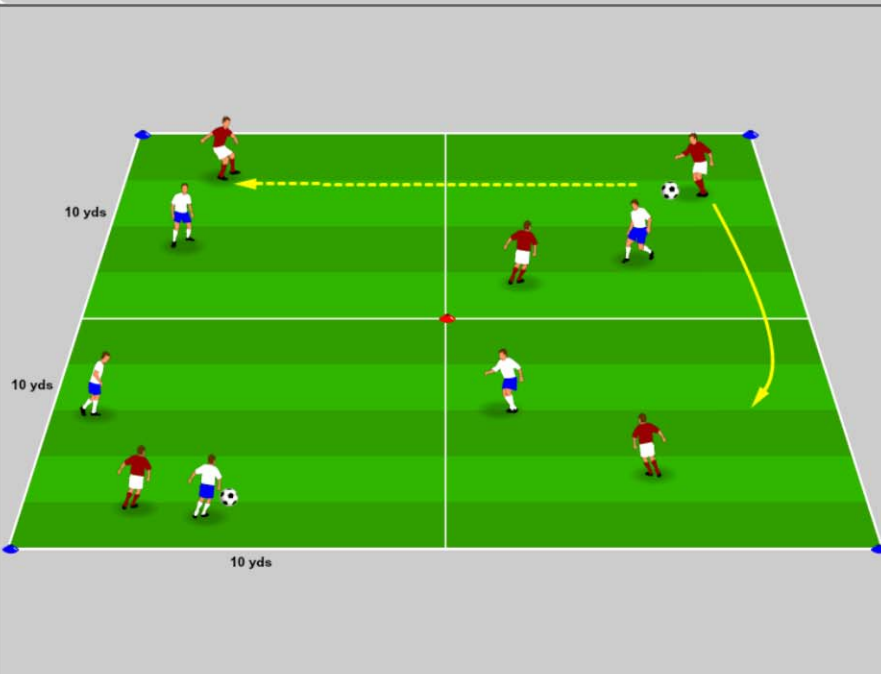
Making sure passes have pace.

Be creative with movement to get free/change places.

Getting into an open body shape and regularly checking your shoulder/peeking as ball travels.

As you go you need to know - must know what/where you are going with ball before it arrives.

Midfield Play - Passing, Receiving and Movement



Description :

Start with 5 players and one ball in a 20x20 grid marked off into four 10x10 squares.

Pass and change squares. All four squares must always be occupied.

Variation: add a 2nd team of 5 playing at the same time.

Variation: add one defender

Variation: add a 2nd defender

Variation: add a 3rd defender

Coaching Points :

Receiving and passing quickly - within 2 seconds.

Making sure passes have pace/purpose.

Keep passes a secret - look here and pass there, hiding or disguising your passes.

Getting into an open body shape and regularly checking your shoulder/peeking as ball travels.

As you go you need to know - must know what/where you are going with ball before it arrives.

Play away from pressure OR take it, invite D in, pass and go by or go by on your own

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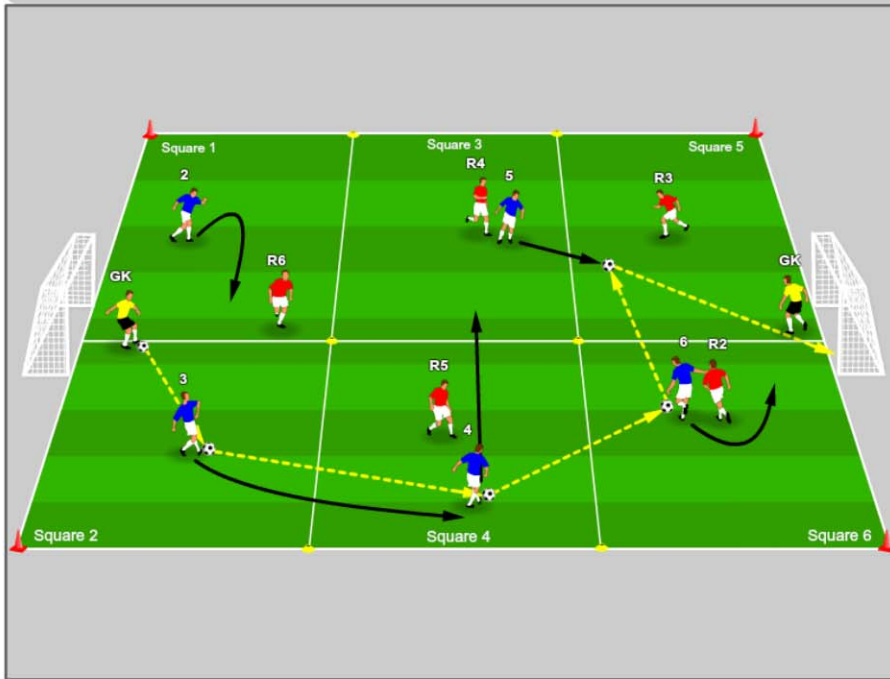
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Pass and Move 6 v 6 - Small Sided Game



Description :

SSG pitch is split into 6 clearly marked squares/ rectangles.

The attacking blue team have the same twist as in the drill, forcing our players to move, pass and move.

Each of the blue team must always be in a separate square and whenever they pass the ball they must move into another square.

If a blue player enters the square of a team mate then the team mate must also move into a new one.

Coaching Points :

1. Game Awareness - Where is the Ball, Where are the players, who is in your square?
2. Positioning - Am I in my own square and in a position to receive a pass ahead of the ball?
3. Receiving - Can I receive the ball with an open body to move or pass forward?
4. Passing - Can I pass, possibly ahead of a team mate with the correct weight and direction?
5. Movement - Can I pass and then move into another attacking position to receive the ball?