

Open Body Shape - Receiving Faced Up Activities

Date : 23/Oct/2014

Duration : N/A

Session

Collection of activities to receive faced up

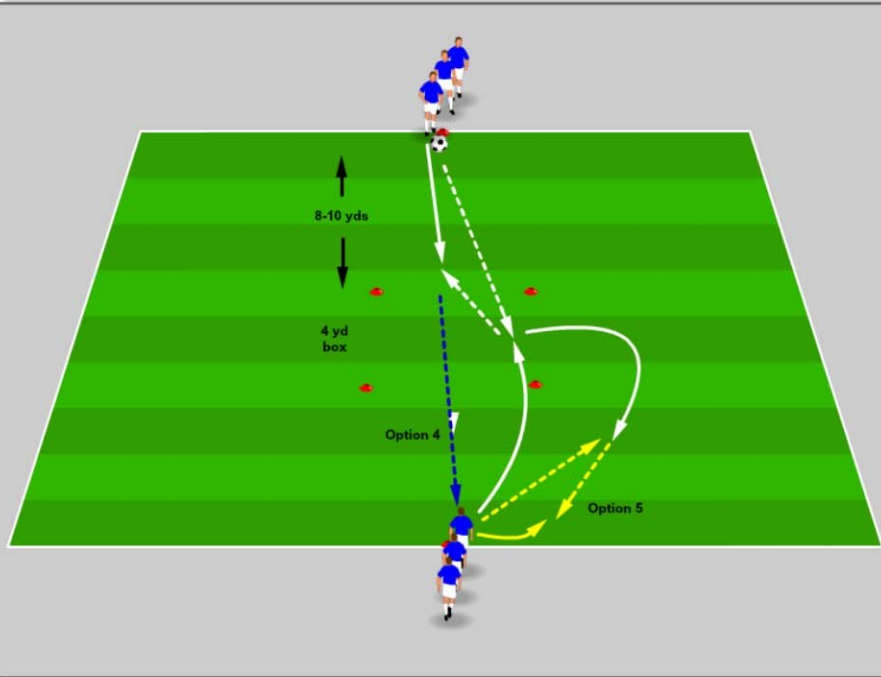
Time : N/A

Age/Level :

Objective:

up

Colorado Rapids Box - Passing



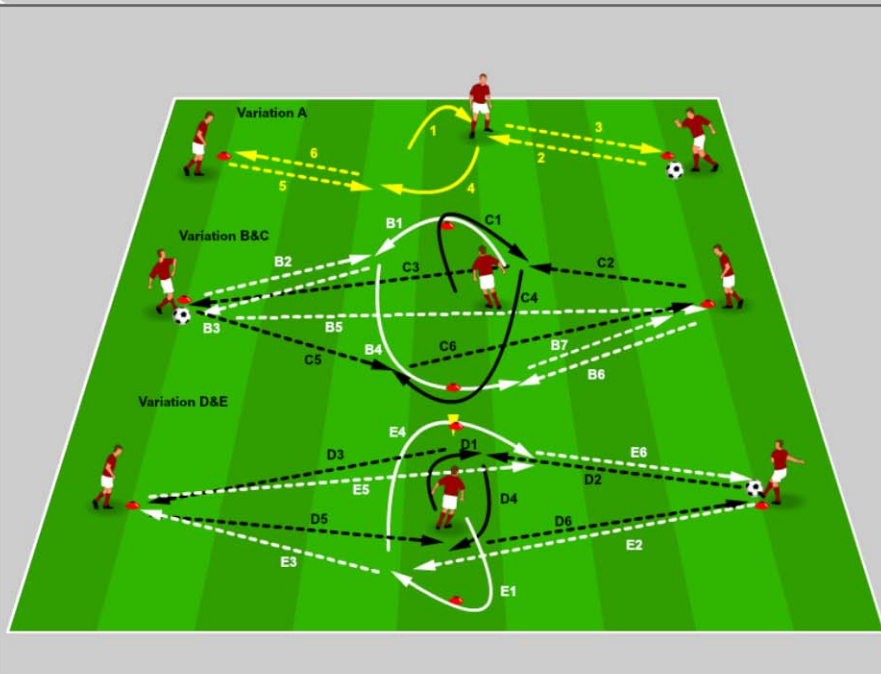
Description :

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

Dynamic and Functional Technique-Phases and Progression-Activity 1



Description :

- Variation A: central player shows for ball with open body shape, receives and returns pass 2-touch with outside foot to protect ball - then moves to get ball from opposite side.
- Variation B&C: central player moves wide of cone and either receives and B-returns pass 2-touch with outside foot or C-receives across body and plays opposite with inside of other foot
- Variation D: central player shows inside-turns to face as they receive-plays opposite
- Variation E: central player shows wide then makes diagonal run behind cone for pass

Coaching Points :

- For each variation emphasize the following: always moving with open body shape and chest facing forward
- regularly peeking over shoulder to see both ball and where you will play next
- hitting passing hard and clean
- touch-step-pass rhythm of play

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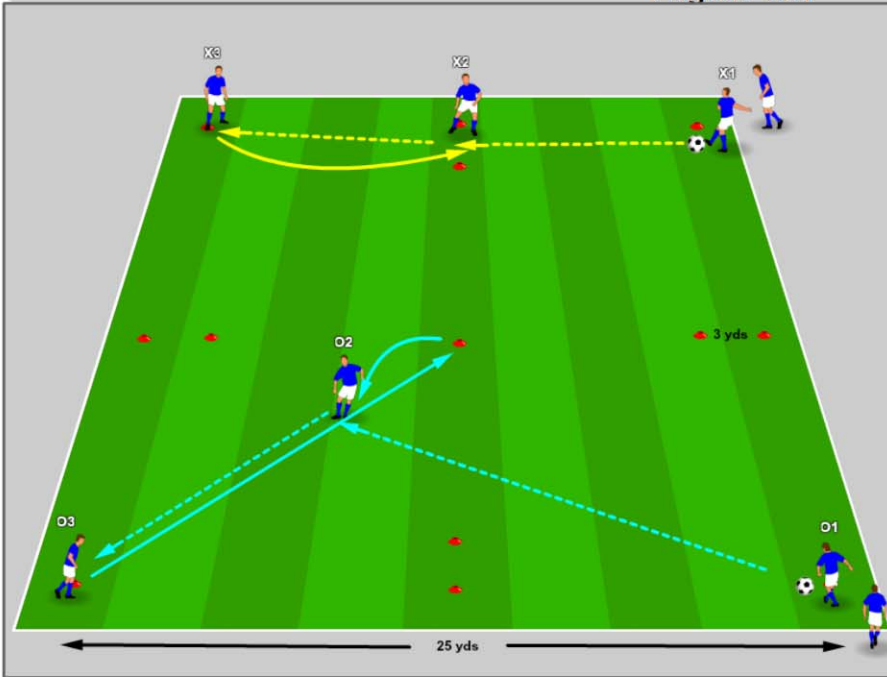
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Technique & Individual Tactics in Maintaining Possession-Activity 2_Romeo Jozak-FC Dinamo Zagreb 201



Description :

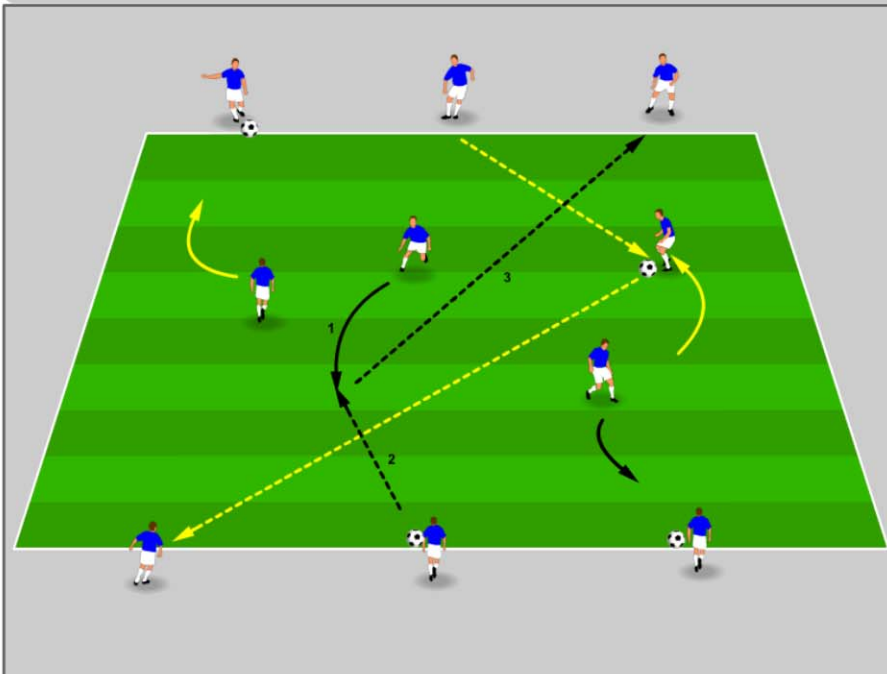
Passing and receiving sequence 1: as ball is arriving at X1, X2 checks side-on between cone gate to receive ball from X1 with open body shape, then passes to X3 and sequence continues around grid 1- receive IR/pass OL, 2- receive IL/pass OR

Passing and receiving sequence 2: as ball is traveling to O1, O2 sprints to center cone and then comes off the cone at an angle with open body shape to receive ball across body, then O2 passes to O3 while X3 times the same run 1- receive IR/pass IL, 2- receive IL/pass IR

Coaching Points :

- Pace and accuracy of pass across body
- Open body shape and receive across body
- Speed of play- receive with inside of one foot and quickly pass with outside opposite
- Timing of run to receive ball in gate

Directional Passing and Receiving



Description :

Central player checks to outside player who has the ball, receives ball across body and passes to opposite side

Coaching Points :

- Check for the ball at an angle or with bent run
- Check with an open body shape so that you can see the ball and where you are passing
- Peek over your shoulder while checking to see where you are passing
- Receive across body
- First touch takes you somewhere - Pass on ground to appropriate foot with correct pace

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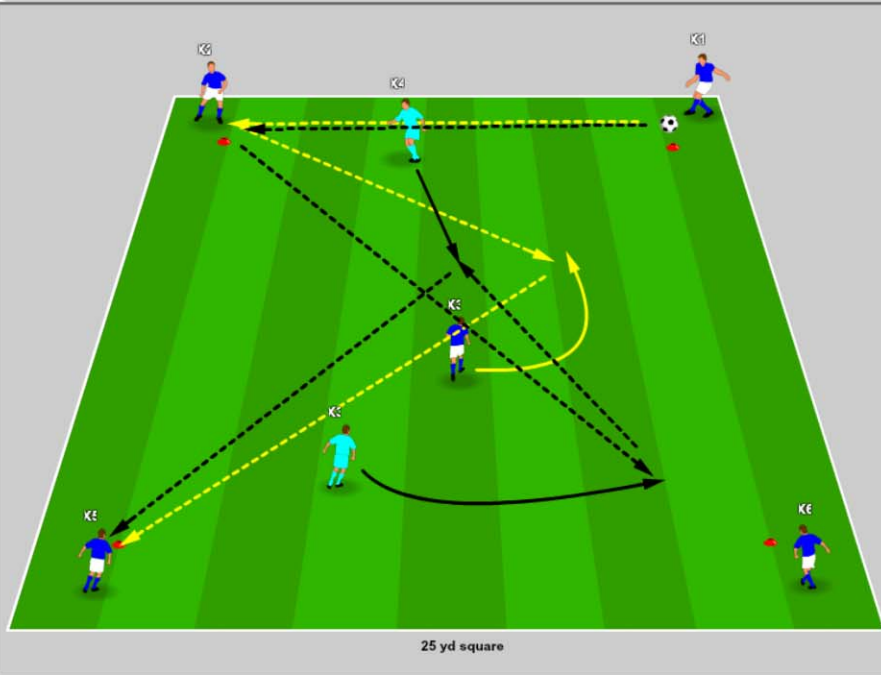
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Possession for Progression-Activity 1_Randy Waldrum-Notre Dame_2013 NSCAA Convention



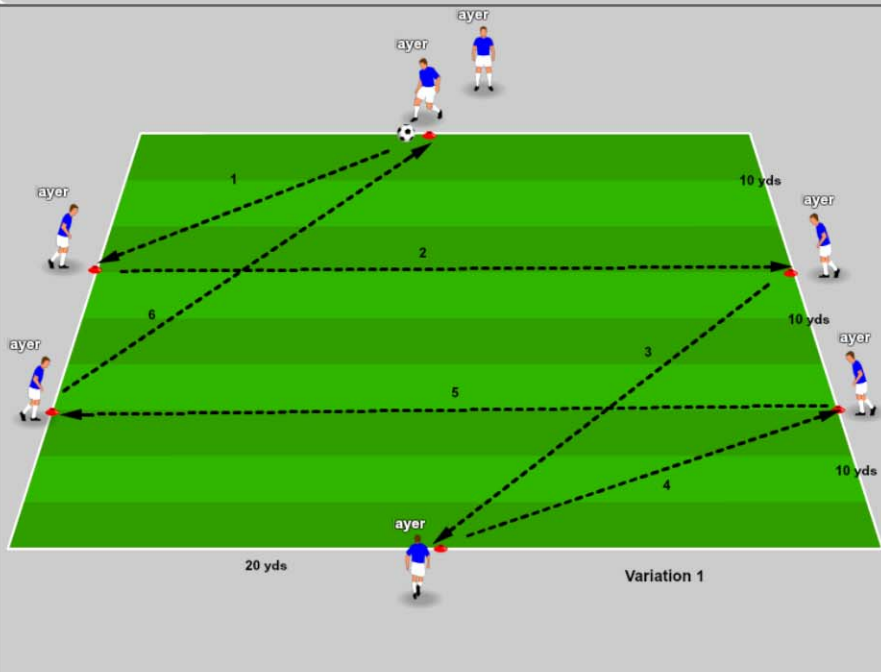
Description :

Begin with one central player - X3 in blue: X1 passes to X2 while X3 times run to open up and find ball, X2 passes to X3 who receives across body and then passes to X5 or X6, after pass X3 exchanges with X1 or X2 and X5/X6 pass to counterpart to start in opposite direction
Progression: 2 central players - X3 and X4: one central player opens up underneath a high central player, X1 passes to X2 who passes to higher of X3/X4 who lays off to central partner for forward pass to X5/X6, low player switches out and high player becomes underneath

Coaching Points :

Show at angle (not vertical) with open body shape and receive across body-peek over shoulder - drag away and then find the space - timing of runs
Pace and accuracy of pass into front foot
High central player should be at stagger - not same vertical lane as ball
Low central player needs to support underneath at an angle, not in the same vertical line

Celtic Passing and Receiving Activity - Variation 1



Description :

*Players pass in numerical sequence shown and follow their pass.
*Solid lines - player movement, Dashed lines - pass. Zig-zag line - dribble
Variation 1: pass and follow pass
Variation 2: add overlap of Player 1 who receives pass from Player 3
Variation 3: break a line with first touch and then lay ball off to player underneath
Variation 4: pass/set and support underneath, Variation 5: add pass to player in pocket

Coaching Points :

Pace of pass - weighted crisply for speed of play and smooth on ground- played to proper foot
Receive across body or with proper foot based on pressure
First touch leads you to next pass - pass becomes 1st step to follow pass
Check away and show for ball with proper timing - on the move while you receive the ball

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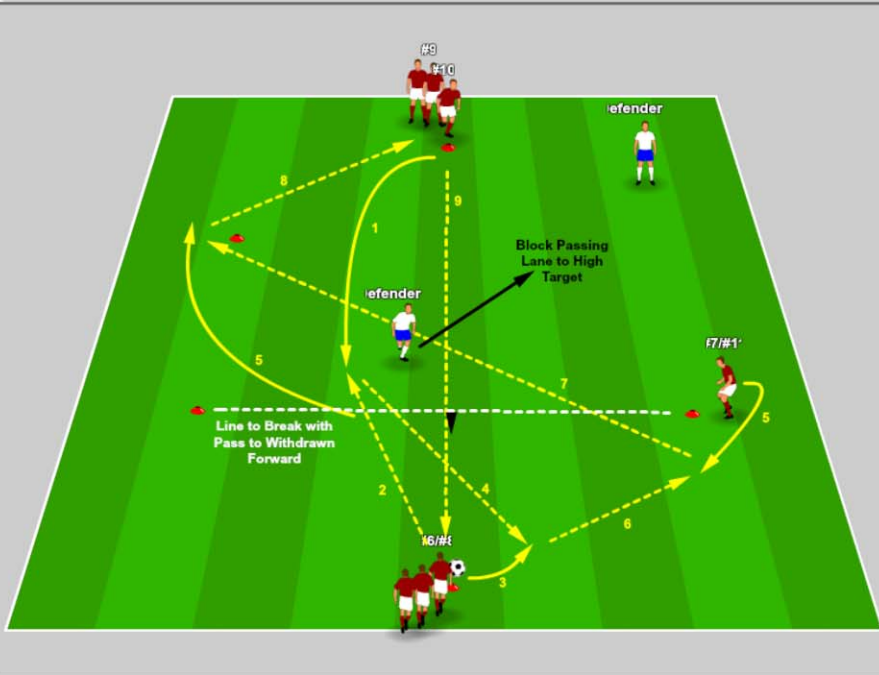
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Dynamic and Functional Technique - Attacking Pattern



Description :

#10 shows into pocket to receive pass from #6/#8 that breaks midfield defending line - lays ball back to #6/#8 and spins out wide - #6/#8 plays to #7/#11 who as faded away and checked back for ball with open body shape - #7/#11 plays #10 who delivers ball to #9

Variation 1: all 2-touch Variation 2: all 1-touch (must lead player with pass)

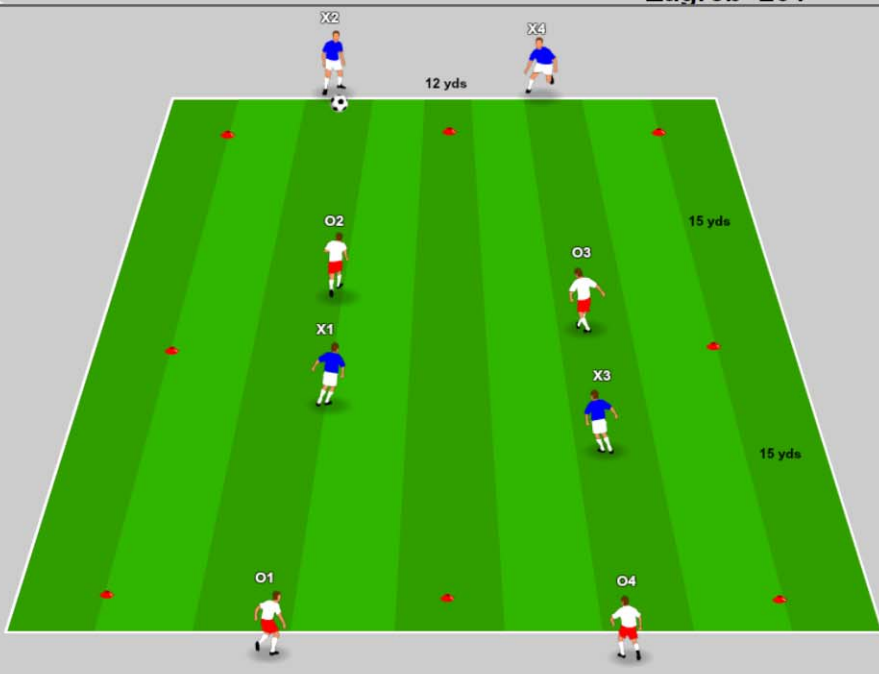
Variation 3: 1 passive Defender tracks #10 and then must block passing lane to #9

Variation 4: 1 live Defender - if they touch ball attack has pushups Variation 5: 2 Defenders

Coaching Points :

For each variation emphasize the following:
always moving with open body shape and chest facing forward - receive ball across body
regularly peeking over shoulder to see both ball and where you will play next
hitting passes hard and clean
touch-step-pass rhythm of play

Technique & Individual Tactics in Maintaining Possession-Activity 4_Romeo Jozak-FC Dinamo Zagreb 201



Description :

Start with X1, X2, O1 and O2

When X2 has ball, X1 is teammate. O2 fronts attacker and is passive to start. X1 finds space in the shadow/gap behind the defender to receive ball with open body shape and passes to O1, then X1 steps in front of O2 and sequence continues in reverse. Increase tightness of defender. Make defender live, but they must front attacker. Variation: Add another player for each team inside and outside of grid. Must be played by both players in center before target.

Coaching Points :

Open body shape for attackers

Get out of the shadow of the defenders

Receive with inside of front foot and pass with inside of opposite for speed

2nd attacker fades off first for different angle and to create space - introduce attacking combinations to advance ball: playing underneath, combinations when low player has ball

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Possession for Progression-Activity 3_Randy Waldrum-Notre Dame_2013 NSCAA Convention



Description :

4v4+3 Neutrals

Defending team of 4 must win ball 3 times to get out

Perimeter players can pass to each other

Unlimited touch to start

How many passes can the attacking team get in 90

seconds (at Notre Dame he wants attacking group to be able to get 120 passes in 3 minutes)

Coaching Points :

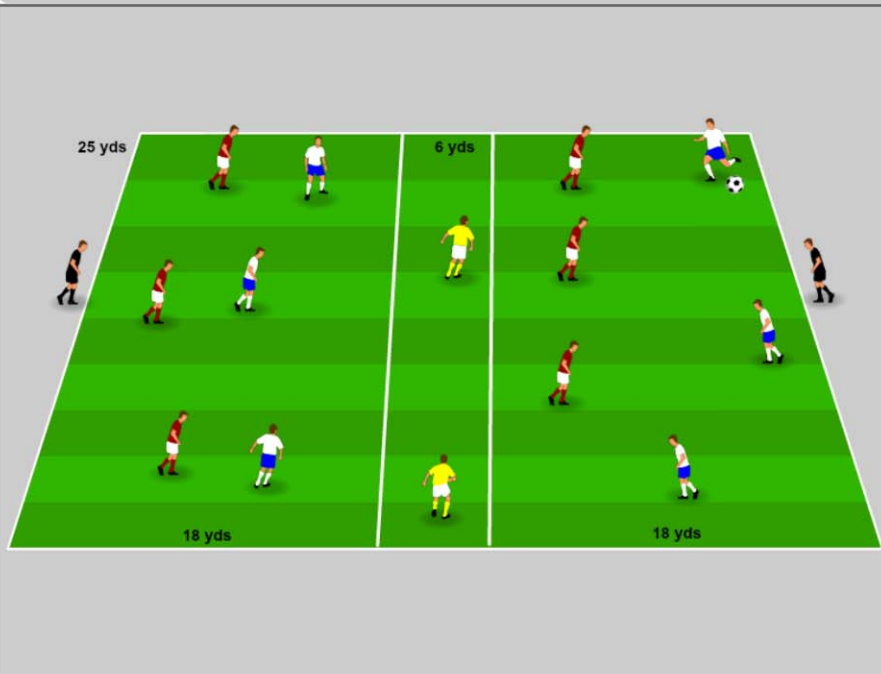
CM needs to recognize when to fade away from ball

(against the grain) instead of always moving to ball

Receiving the ball with an open body shape and peeking over shoulder

Good support angles

8v6 Zonal Game to Targets



Description :

3 attackers and 3 defenders restricted to each end zone

1/2 neutral players restricted to central zone

target on each end of the field

score by getting the ball to your attacking target

Variation: remove targets and play to break line and go to full size goal with GK on each end

Coaching Points :

Focus on breaking lines: movement/passes to break 1st line of defenders and then 2nd

Focus on movement off ball:

*Fade to create space for yourself or others - read reaction of the defender

*Playing in blind spot of defenders *supporting underneath the ball

*Combination play *Play and move *Move to find space to receive ball or create space

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5v5 to End Zones - Numbers Up and Down



Description :

5v5 in 30 x 45 yard field

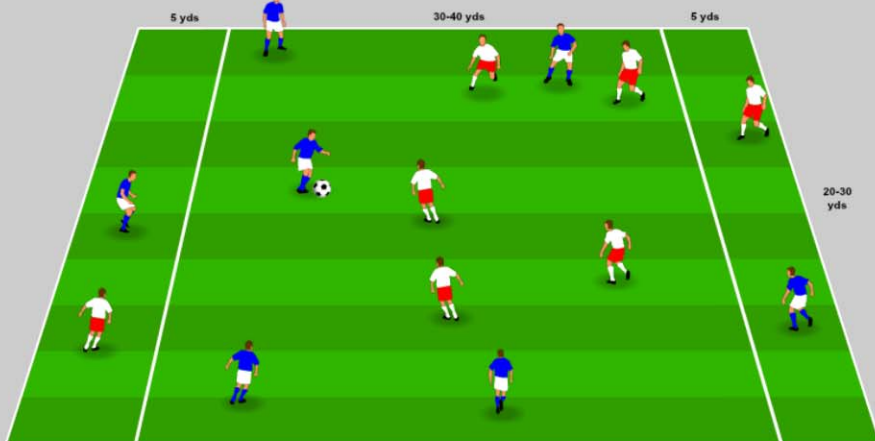
*Score by dribbling or passing a teammate into end zone from onside position

*When a goal is scored the defending team loses one player or if your team has players off the field you can return one of your players into the game

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit *other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/overload the defense *weight and accuracy of passes *overall speed of play

Target in End Zone Game with Transition - Facing Up or Playing the Way You Face



Description :

Two equal size teams in field of play

One player from each team initially restricted to each end zone

When a team in center wins ball - they score by playing into the target in one end zone and then into the other end zone without losing possession

When ball is played into a target they immediately transition into game with ball and are replaced by the passer

Coaching Points :

*Open body shape and peeking to see the player with the ball and the target you want to play

*Receive across body and face up whenever defender isn't tight *be patient and keep ball

*If defender is tight either a) spin to get by them on 1st touch or b) play the way you face in 1 or at most 2 touches *when faced up play into target early whenever possible

*Quality passing technique: zip/ping passes in with pace, smooth on ground and to proper foot