



## 08 / U10G - Long Passing and Receiving

Category: Technical: Bilateral ball striking

Difficulty: Moderate | Start Time: 13-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

Long Passing and Receiving

Phase: Open Up the Opponent to Penetrate

Switching the Point of Attack

### 4 Box Possession Game (WHOLE) (20 mins)

#### ORGANIZATION/DESCRIPTION:

\*3v3 with 4 neutral players positioned inside 4 corner boxes

\*Team scores by passing into one box and then into another in the same possession

\*Neutrals may not be defended inside the box until they receive the ball

Variation: 4v4+2 with no one starting in corner boxes - attackers and defenders may freely enter and leave corner boxes - score by passing into one box and then into another during same possession

#### COACHING POINTS:

\*Fundamental playing rules: receive ball with an open body shape so that you can see as many boxes as possible (open body shape, peeking, across your body)

\*Find passes to boxes whenever possible - focus on long range passing and receiving

\*Once you get the defense to commit numbers to one area - quickly change the point of attack and look to rapidly attack another box



### Short-Long Technical Passing (PART) (15 mins)

#### ORGANIZATION/DESCRIPTION:

\*wide player plays back pass to teammate who is supporting underneath ball at an angle

\*supporting player has an open body shape to both sides of the field and receives across body

\*plays long pass to switch point of attack with second touch of same foot

\*supporting player and passer switch places/roles

\*distances set up based on abilities of players

#### COACHING POINTS:

*Fundamentals of striking a ball for power and distance-*

\*approach angle - less angle to drive

\*non-kicking foot slightly behind and to the side of the back of the ball - closer to drive

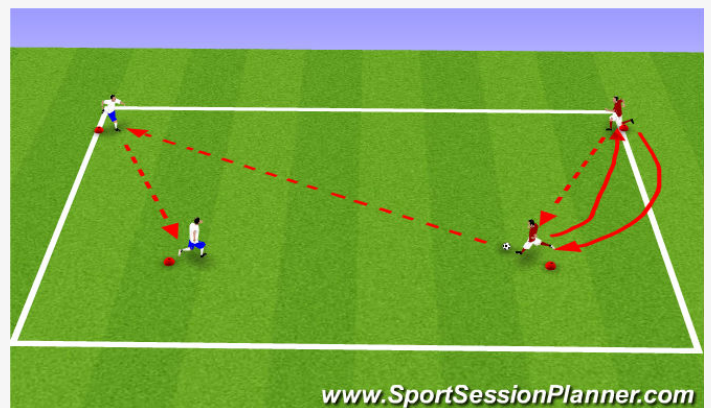
\*knees bent

\*contact surface on foot - laces for driven

\*ball contact location - bottom half of ball to lift

\*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing)

\*follow-through (direction and length dependent on type of pass - towards target)



### 3v3+4N to 2 Small Goals (20 mins)

#### ORGANIZATION/DESCRIPTION:

\*3v3+4 neutrals to 2 small goals

\*N players have 2 touches (ball must keep moving)

\*Goals scored after both wide neutrals touch ball worth 3 points, after 1 wide neutral touches ball worth 2 points and if neither wide neutral touches the ball 1 point

#### COACHING POINTS:

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\*Fundamental playing rules: receive ball with an open body shape so that you can see player with the ball and both goals (open body shape - surfer, peeking, across your body)

\*Look for shots on goal whenever available - focus on long range passing and receiving

\*Once you get the defense to commit numbers to one area - quickly change the point of attack and look to rapidly attack the the other goal

\*use of wide and high neutral players to rapidly move the ball to a new area



### 4v4+2 to Full Size Goals (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*4v4+2 to Full Size Goals with No Goalkeepers

\*35 L x 30 W Field

\*Ball must hit the net on the fly to score a goal

#### COACHING POINTS:

\*Attacking mentality - thinking shot as your first option whenever you get the ball

\*First touch and footwork/body preparation to strike the ball

\*Receiving ball faced up or on half-turn to be able to shoot

\*If you can't shoot, can you dribble to beat a defender to score - if not, can you pass to a player away from defenders who can score?

\*Focus on technique of striking the ball in the air and for distance

