



08 / U10G - Short Passing and Receiving

Category: Tactical: Possession

Difficulty: Beginner | Start Time: 25-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Short Passing and Receiving

Phase: Possession to Advance

Principle: Playing in Gaps and Between Lines

4v2 to Targets in Opposite Grids (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2 simultaneous groups of 4v2 playing to opposite target in adjacent 15 yd wide x 10 yd long grids

*14 Players, 2 balls

*Attackers within each grid keep possession while looking for opportunities to pass ball to opposite target player through the other 4v2 group who are simultaneously playing with the same objective (they are not actively trying to intercept passes to target from opposite side)

*defenders score by dribbling across sides of grid when they win the ball

*after ball is scored or goes out of play - attackers grab new ball to restart play

Variations:

*change attacking and defending numbers in each 1/2 based on player abilities/success

COACHING POINTS:

*Providing close support for ball (i.e. 4v2 situation), while looking for pass to target to score

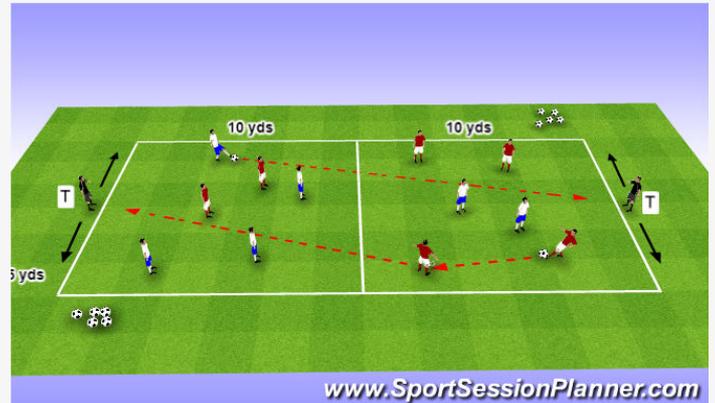
*Supporting ball with an open body shape that allows player to see the ball and the target - surfer

*Movement of target player to find gaps between/around defenders to receive pass

*Attackers looking for and moving ball to create gaps to pass to target

***Focus on inside of the foot passing technique and first touch

***Rapid transition between attack and defense, defense and attack



Pass-Receive with Fade (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*Passing and receiving activity with fade off of defender to get open

*20x20 yard grid including 4x4 yard center square with mannequin/pole at the center

*players in lines facing each other play together - 1 ball per line

*player opposite of ball runs and touches defender and then fades outside of square with an open body shape to receive ball across the body and pass to the line they came from - then player returns to the end of the same line

*activity repeats from opposite side with passer now getting open to receive the ball in the center

*both lines play simultaneously and must be aware of other group to find gaps to receive and pass the ball around them and the central defender

*be sure players play with both favorite and non-favorite foot & open up to different sides of defender

COACHING POINTS:

***Passing technique:

•Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement

•Weight/pace of pass – deliver crisp passes

•Passes played smoothly on the ground

•Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate

***Receiving technique:

•Moving towards ball or holding ground depending on pace and angle of pass

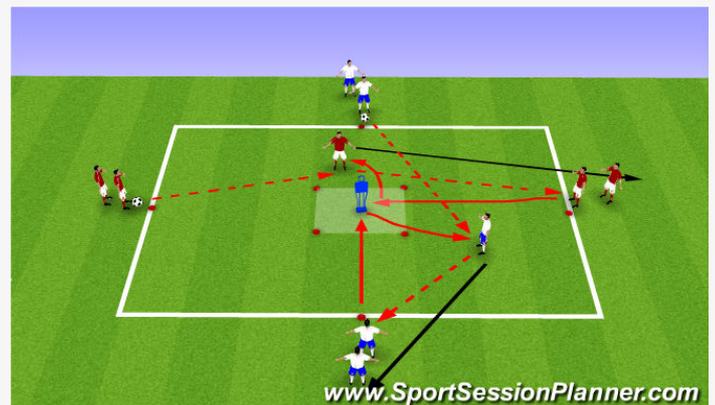
•Receiving across body

•Moving at an angle with an open body shape – getting half turned

•Peeking/checking shoulder before/during/after pass to find pressure and identify options

•Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball

•Quick flowing movement into the ball, first touch is the first step of pass



4 Zone Game to Targets (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *20 yard wide x 32 yard long field (8 yd zones)
 - *6v6 to target players just outside of field of play - players restricted to zones
 - *all passes must be played on the ground and the ball must always be kept moving - turnover otherwise
 - *when a goal is scored or ball leaves field of play - target plays into 3 closest players to restart
- Variations: limited touches, players on team in possession may move into defending zone in front of the ball to influence defenders/create space to penetrate, players on team in possession may move into defending zone behind ball to support play, a defender may enter zone in front of them to apply pressure to and attempt to win the ball

COACHING POINTS:

***Playing through Gaps:

- *Emphasis on playing a pass to the next zone of teammates/target whenever possible - if forward pass isn't on, play possession pass or use dribble to create passing lanes through gaps
- *Receivers in same zone look to expand angles of support inside of undefended spaces. Move into areas where they can play passes through gaps to advance the ball.
- *Receivers in other zones focus on an open body shape that allows them to see the ball and the gaps for the next forward pass
- *Targets focus on finding gaps to receive the ball from teammates
- *Defending teams work in compactness, block/intercept passes, and counter the other way.

***Passing technique:

- Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement
- Weight/pace of pass – deliver crisp passes
- Passes played smoothly on the ground
- Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate

***Receiving technique:

- Moving towards ball or holding ground depending on pace and angle of pass
- Receiving across body
- Moving at an angle with an open body shape – getting half turned
- Peeking/checking shoulder before/during/after pass to find pressure and identify options
- Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball
- Quick flowing movement into the ball, first touch is the first step of pass



6 Goal Game to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *3v3 Six Goal Game in 32 yd wide x 20 yd long field - 2 yard wide cone goals with players in each
- *Coach initiates game by playing in to one team who attack their opponent 3v3
- *Teams score by passing to the feet of target players in any of the three goals
- *When a goal is scored or the ball crosses the endline, the defending team is sent off and targets take the field to attack the team that just scored. Team that scored can press immediately
- *Throw-in if ball goes out of bounds.

Variations: Attacking team can use the players in their own goals to maintain possession (2-touch restriction). Both teams replaced by targets in goals when ball goes out of bounds on the side.

COACHING POINTS:

***Playing through Gaps:

- *Emphasis on playing a pass to the target/goal whenever possible - if forward pass isn't on, play possession pass or use dribble to create passing lanes through gaps - play wide to open up defense
 - *Players off the ball focus on support positions with an open body shape that allows them to see the ball and the gaps for the shot
 - *When to shoot (whenever an open passing lane to a target/goal is available - if you dribble to open goal before shooting the defense will likely get between you and the goal), pass (fastest way to get the ball moved to another area of the field) and dribble (to find gaps in the defense to shoot or move defenders to a different part of the field)
 - *Defending teams work in compactness, block/intercept passes, and counter the other way.
- #### ***Focus on inside of the foot passing technique and first touch
- #### ***Rapid transition between attack and defense, defense and attack

