



09 / U9B - Long Passing and Receiving

Category: Technical: Crossing & Finishing
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Attack

Principle: Switching the Point of Attack

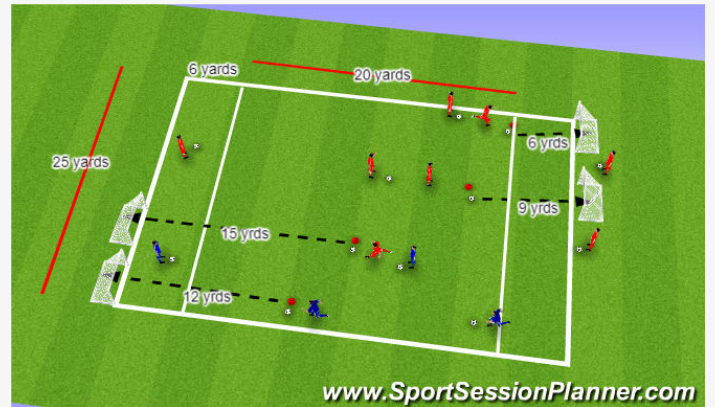
Progressive long passes (15 mins)

DESCRIPTION/ORGANIZATION:

Each player has a ball. Cones are placed at different distances from each goal, 6, 9, 12, and 15 yards respectively (distances can be adjusted based on the ability of the group). 1 point for scoring from 6 yards, 2 pts from 9 yards, 3 from 12 yards, and 4 points from 15 yards. Players must progress from cone to cone and then go back down to start. Player with most points in 5 minutes wins. The ball must enter the goal on one touch, they do not get a second touch to get the ball to the goal.

COACHING POINTS:

- *Drive ball or clip ball or inside foot pass ball
- *Snap through ball
- *Plant foot next to ball
- *Arms out for balance
- *Set ball up with hands to give best chance at good strike
- *toes point down to lock ankle
- *Through middle of ball
- *Follow through with whole body if driving ball
- *Stop follow through if clipping ball, hips open, pointed to target



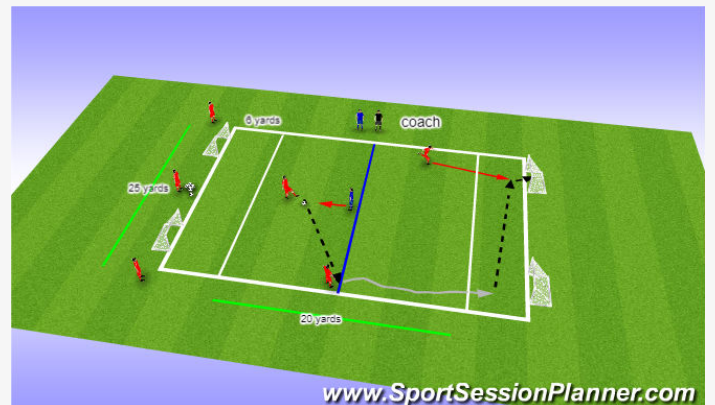
3v1 long cross funino (15 mins)

DESCRIPTION/ORGANIZATION: 3 players go against 1 defender. Defender limited to defend in the attacking half. To score, once ball is in the attacking half, players have 5 seconds to get ball into 6 yard zone in front of one goal, pass across to the other goal to score (on one touch if possible). Can lessen time limit if too much success. Do 15-20 reps, then switch out defenders. The three start at top of 6-yard zone. The defenders start at midfield line. If defender wins it, the waiting defender can join. After play is over, new attacking group, defenders rotate jobs.

Variation: if attacking team struggles, allow them to complete two passes in final zone to score.

COACHING POINTS:

- *Same as previous exercise
- *Anticipate playing final pass, be confident
- *Third player running, timing/angles/speed
- *Pass should ideally allow winger to score on first (or second) touch
- *Weight of the pace is appropriate, not too soft, not too hard.
- *Passing: Curl your toes up on kicking foot to lock ankle, punch through middle of the ball, arms out for balance, non kicking foot next to and slightly behind the ball, initial pass is to feet, all other passes should be into the path that the receiving player is running in to, sink down your plant knee.
- *Receiving: adjust feet as ball travels, sink down to receive ball, arms out for balance, punch through middle of the ball, toes curled up, first touch out from under feet, head up before and after first touch, see ball on to foot, chest faced forward on first touch.
- *Pass to space where player is running to, not to player's feet.



3v0 Funino--long cross (15 mins)

DESCRIPTION/ORGANIZATION: 3 players go against zero defenders. They must enter the 6 yard end zone before they can score on either goal. Preferred that they play in 2-touches. Central player touches ball forward, this is cue for other players to move forward. Central player picks a side and passes to that player. That player takes a positive touch into 6 yard box in front of goal. Then crosses to opposite goal. Far player looks to finish in one touch. Team gets a point if they complete the task with tempo and quality (coach decides if a team scores a point or not). First team to 7 wins (or whatever number you want to set)

COACHING POINTS:

- *Weight of the pace is appropriate, not too soft, not too hard.
- *Same technical points as before
- *Receiving: adjust feet as ball travels, sink down to receive ball, arms out for balance, punch through middle of the ball, toes curled up, first touch out from under feet, head up before and after first touch, see ball on to foot, chest faced forward on first touch.
- *Crossing player arc run to get hips facing towards the far side of field before crossing.
- *Finishing player starts wide enough to allow for easy finish. If he must take extra touches, ok, just finish as quickly as possible.
- *Finishing player body shape ready to finish
- *As players improve, ask them to increase the pace of it



3v3 Funino--bonus for crossing (15 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score. Sub after 3 minutes. Bonus point for long range pass leading to goal. 2 bonus points if ball is crossed from one side of field to other leading to goal.

COACHING POINTS:

- * Look for long pass from one side of field to other.
- * Same technical points as before

