



09 / U9B - Long Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
Sebhat Browne, Albuquerque, United States of America

Description

Phase: Open Up the Opponent to Attack

Principle: Create Gaps/Space in the Opponent

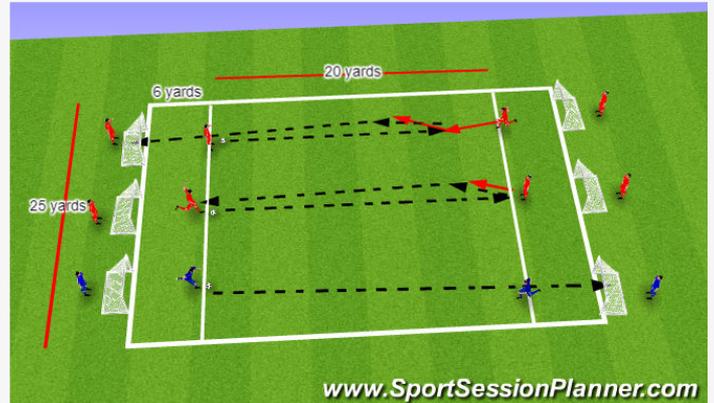
Jason Hix game (15 mins)

DESCRIPTION/ORGANIZATION:

3 one v one games on funino field. Ball starts at top of 6. Opponent must be top of 6 or higher (neither player allowed in his own 6 yard box. Strike a dead ball at opponent's goal. He may block it (no hands). If he blocks it, he may use second touch to strike at opposing goal. And so on. Play ends when goal is scored or ball goes out of play. Then the two players waiting take a turn at game. Keep alternating after each game.

COACHING POINTS:

- *Drive ball or clip ball
- *Snap through ball
- *Plant foot next to ball
- *Arms out for balance
- *First touch cushioned in direction of strongest foot
- *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



3v2 long pass funino (15 mins)

DESCRIPTION/ORGANIZATION:

3 players go against 2 defenders. Defenders are limited to defend in either the attacking half or defending half, one in each. To score, ball must be passed from defensive half into scoring zone, and then into goal. If defenders win ball, the extra man is released to play 3v3 till play is over. Ball starts at central player—all 3 players at top of own 6 yard area. Do 15-20 reps, then switch out defenders. The three start at top of 6-yard zone. The defenders start at top of his 6 yard zone and at midfield line respectively. After play is over, new attacking group, defenders rotate jobs.

Variation: if attacking team struggles, go 3v1, only include defender in defending half.

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 pass (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. First pass is made from central player to wide player inside the endzone. Wide player starts in front of the goal on their side. Wide player takes positive touch towards goal in front of him. He then passes into 6 yard area to opposite winger who has made diagonal run (he leaves on central player's pass). Once they score they reset to go 3v0 in the opposite direction. Must wait till all groups have gone to the east goals before first group returns to the score on the west goals and so on. 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.

*As players improve, ask them to increase the pace of it



3v3 Funino (15 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score. Sub after 3 minutes.

COACHING POINTS:

* Look for long pass from own half into 6 yard area

* Same technical points as before

