



09 / U9 - Short Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Moderate

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

Description

Phase: Create Scoring Chances

Principle: Create Space away from Defenders

Coerver skills (10 mins)

DESCRIPTION/ORGANIZATION

Even though this is not a passing a receiving warm up, the boys need the ball familiarity and the agility that comes with Coerver warm ups, so we are using them consistently right now to be sure that the boys get competency with the ball and also that they get some individualized physical literacy work. Player with ball dribbles, performs move and dribbles further to leave ball for player across from him. That player then dribbles in the opposite direction, performing same task, leaving ball for third player, and so on.

Variation: for 180 moves, put gate at 45 degrees out to side of either starting point. 3 players in each line. Return to the line you start from.

COACHING POINTS:

Puskas: stop ball with bottom of dribbling foot. Make sure ball stops completely to stop defender. Step past ball with same foot. Push ball forward with inside of other foot. Slow, stop, explode.

Kluivert: Same as Puskas but dribbling foot stops ball and before dribbling foot steps down, other foot comes through ball to explode forward.

Litbarski: Same start as Puskas. Once dribbling foot stops ball, step past ball turning half way to the inside, take the ball in opposite direction with outside of other foot.

Scissors (Van Basten): Step across ball pretending to take ball with outside of foot, but step over in stead. Put all weight on that foot as you step down, sell that direction with upper body as well. Take ball at a 45 degree angle the opposite way with the outside of the other foot. Explode away with ball and next touch to extend away from defender.

Mathews: standing leg planted on the ground. Other foot off the ground. Ball should be on inside of off the ground foot. Standing leg hops away from the ball sideways, as that happens, foot on the ball drags the ball in the direction of the hop. As the hopping foot lands, the foot on the ball stays in the air but switches across the ball so that the foot is now between the hopping leg and the ball with the outside of the foot on the ball. Flick the ball out opposite the direction of the hop at 45 degrees and explode in that direction. Move takes coordination and subtle ankle movements to do it well.

Double Scissors: same as scissors, just two step-overs instead of one.

Peanutbutter Twist: Dribbling back towards own end of field, step across ball as if to play back pass to gker or teammate, turn 180 in opposite direction, take ball up field with outside of same foot that stepped across the ball, explode away or pass on next touch.

Cruyff:

The "V":

Zidane:

Fat Ronaldo:

CR7 Chop:



3v1 Funino w/second defender chasing (15 mins)

DESCRIPTION/ORGANIZATION: 3 players go against 1 defender. They must enter the 6 yard end zone before they can score on either goal. If defender wins ball he can score on other two goals from **anywhere** on the field. Ball starts at central player. Do 15-20 reps, then rotate out defenders. The three start at top of 6-yard zone. The defender starts at top of his 6 yard zone. An extra defender is placed behind attacking players to chase from behind the play. He is released after 3 seconds. If attacking team still succeeds, 2 seconds and so on till chasing player is released on the first touch of the ball.

Variation: chasing defender can be place on either side and directly behind the play.

COACHING POINTS:

*Occupy defender with the dribble before deciding to pass

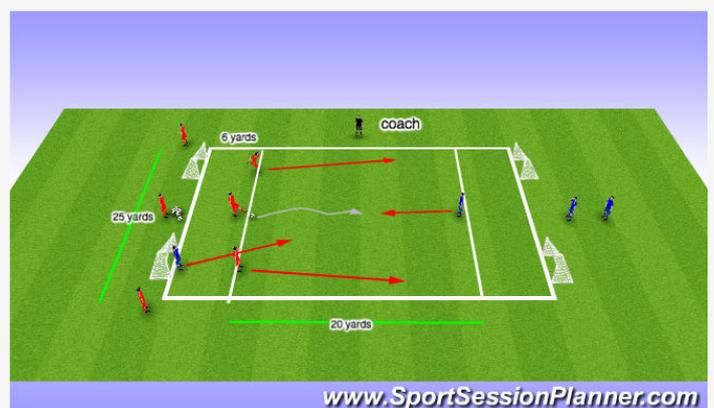
*Play pass into the path of wingers so he doesn't have to break stride

*Head up as central player approaches defender

*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.

*Positive touch into end zone towards goal, finish quickly

Pass, set, finish (20 mins)

DESCRIPTION/ORGANIZATION: All one-touch passing. 5-8 yards between cones. Player 1 plays to player 2. Player 2 sets the ball back for player 1. Player one plays a first time pass to player 3. Player 3 sets for player 2. Player 2 passes hard and low into the goal on his first touch. 1 becomes 2, 2 becomes 3, 3 gets the ball out of the goal and returns to line behind the new 1.

COACHING POINTS: curl your toes up, plant foot next to and behind the ball, punch through middle of the ball, set the ball in an area where the player can run on to the ball, arms out for balance, movement underneath the "setting player." Follow through to target. Hips and shoulders facing where you want to play, move fluidly from one task to next.



3v3 Funino - whole (20 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you an score. Sub every 2-5 minutes. "C" is the coach.

COACHING POINTS:

Same points on short passing a receiving.

