



09 / U9B - 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: Possession to advance
Principle: Combine with teammates

3v3 Funino w/Handicap (20 mins)

DESCRIPTION/ORGANIZATION: Must be in 6-yard end zone in order to score. When a team scores, the scoring player steps off the field and we play 3v2 till the next goal. If the team with the advantage scores, they lose a player and the opponent gets a player back, so it will be 3v2 the other way. The way to win the game is to be able to score when you are a man down.

Variation: 5v5 Formino, same rules apply

Variation: If team with 2 players, scores, they go down to 1 player. If the 1 player scores, you win the game. New game starts.

COACHING POINTS:

*3v2 should become 2v1, then 1v0.

*Patience in decision making. Once decision is made, go 100% to make that happen.

*If you can drag second defender away from his goal, can you find a way to score easily on open goal?

*Weight of pass, sink down in to first touch.

*Curl toes up, sink your knee forward, arms out for balance, follow through to target.

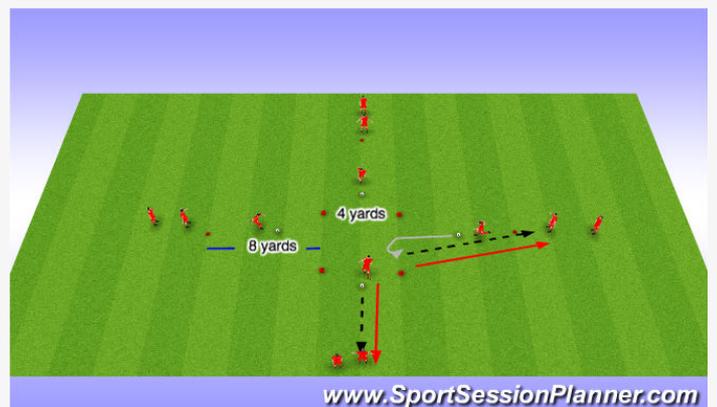
*2v1, drive at defender, slow down, head up, read defender--pass or dribble--make decision with authority



Rapids Box (15 mins)

DESCRIPTION/ORGANIZATION: 4 lines of 3 players in each line. First player in each line dribble to the edge of center box (4 yards x 4 yards). Turn with ball and with next touch pass to the next player in your line.

COACHING POINTS: Focus on the quickness of the turn, getting the ball out from under the feet. Dribbling points--positive first touch (inside of foot), pinky toe to the center of the ball. Head up. Arms out for balance. Keep ball close, touch it every time dribbling foot comes forward. Turning points--keep feet underneath to maintain balance, get ball out from under feet back towards where you came from. Arms out for balance, sink plant knee down, turn quickly. Passing points--curl you toes up, sink plant knee, plant foot next to and slightly behind ball, play into the body of the receiving player. Arms out for balance. Passing movement is also first step in movement to get back in line. Dribbling, turning, passing, moving are all parts of one big flowing movement. Rapids Box has many many variations. See Rapids youth training video (copies available from Ray Nause) for all variations.



Funino to Target and big goals (20 mins)

DESCRIPTION/ORGANIZATION: Funino rules in the middle part of field. Each team has a target player in end zone. Must pass through 4-yard gate in order to connect with target player. May NOT dribble through gate. Once pass is connected to endzone, all players from the 3v3 can enter the final zone. Score on full size goal. If defenders win ball in end zone, they can go to the other full sized goal without restriction. Once ball goes out of bounds, restart with the 3v3 game in middle.

Variation--add a defender in final zone if goals are coming too easily.

COACHING POINTS:

*Movement and anticipation of the target player.

*Movement into endzone as ball enters to target player.

*Weight of passes

*Angles of support

*gker starting the counter attack

*Target receiving the ball facing the goal and playing quickly

*Dont give away ball unesscarily - Use shielding, passing,



dribbling to help keep possession
*Head up while approaching defender.