



09 / U9B - Short Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Moderate

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

Description

Phase: Possession to Advance
Principle: Creation and Use of Space

Coerver skills (10 mins)

DESCRIPTION/ORGANIZATION

Even though this is not a passing or 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. Coervers in free space on coach's command. If players can do multiple moves, see if they can do a chain of moves in a specific order one after another.

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 instead. 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.

Matthews: 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.

Cruyff:

The "V":

Zidane:

Fat Ronaldo:

CR7 Chop:



3v1 Funino (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.

Variations: 3v1 (plus 1 in 6-yard zone): One defender in the middle zone (must stay in middle zone). One defender in 6-yard zone (must remain in 6-yard zone).

3v1 (plus 1 chasing): allow an extra defender 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

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



Danny Stone front 6 patterns (15 mins)

DESCRIPTION/ORGANIZATION:

- *cones set up 7-to-8 yards apart in pattern shown here
- *player on ball starts when the central players asks for the ball to his "feet"
- *players play two touch following their pass to the next spot.
- *next ball enters when new central player asks for it to his feet. No more than two balls should be going at the same time.
- *final player receives and dribbles back to starting line
- *after players have figured it out and gotten significant repetitions. Start the ball at the cone closest to the "coach" and have players perform same pattern in opposite direction.
- Variations:** there are limitless variations to this exercise; only limited by coach's imagination.
- *one touch variation: play central player, he sets it back to first player, he one touches ball to far point player who sets it for near side player, he one touches across to other side player who sets it for point player, point player plays to back player near coach who sets for side player to play one-two back to the line. Rotation is a bit tricky: start player goes to center cone, center player goes to point, point to near side, near to far, far to back, back to start.
- *Improv variation: allow players to invent a pattern each time. Only restriction is that every player must be involved at least once before ball returns to start.



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COACHING POINTS:

- *Same coaching points as in 3v1 game
- *Cones are only a starting point, players must understand that once ball starts to move, they should be reacting to it and the players around them.
- *Receive so that chest is facing direction of the next pass
- *Players should use exclusively inside of foot for both touches
- *Receive with one foot play with the other to increase efficiency

3v3 Funino (15 mins)

DESCRIPTION/ORGANIZATION:

Ball must enter endzone before you can score. Sub every 3 to 5 minutes or sub every goal scored

COACHING POINTS:

- *same coaching points as in 3v0 and Stone Patterns
- *Angles of support
- *Head up
- *Where are defenders, where are goals?
- *Starting positions based on goals, end zones, and defenders
- *movement on and off ball to create/use space
- *do we always have options to score on both goals?
- *can we play killer pass in behind defenders so that teammate can score on first touch?



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