



## 08 Premier / U11G - Long Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 27-Aug-2018 17:00h

Am-Club: Rio Rapids Soccer Club  
Ray Nause, Albuquerque, NM, United States of America

### Description

Phase: Open Up the Opponent to Penetrate

Principle: Penetrate the Opponents Back Line

### 4v4 to Targets (WHOLE) (20 mins)

#### ORGANIZATION/DESCRIPTION:

\*4v4 to 2 targets on each team

\*goal is scored when target can catch a pass out of the air from player in field of play

\*when the ball goes over the endline or scores - player who caught or was targeted with pass dribbles into to counter with opposing team to make the game 5v4 in the field of play

\*when the numbers up team loses the ball - one of the players that wasn't just the target takes over the role as the 2nd target

#### COACHING POINTS:

##### COACHING POINTS:

\*Fundamental playing rules: receive ball with an open body shape so that you can see player with the ball and both goals (open body shape - surfer, peeking, across your body)

\*Look for pass to the target whenever available - focus on long range passing

\*Once you get the defense to commit numbers to one area - quickly change the point of attack and look to rapidly attack the the other goal

\*use of wide players to rapidly move the ball to a new area



### 3 Possession Boxes (PART) (20 mins)

#### ORGANIZATION/DESCRIPTION:

\*4 teams of 3 players - 3 teams each restricted to one 15x15 yard box and 1 team split one player in each box

\*team of 3 scores a point every time they can successfully pass a ball to a player in one of the other boxes - worth 3 points if the pass can be made in the air into the other box

\*Defenders in grids without the ball must remain on far cone of box until ball is touched in the grid - they can actively defend and win the ball off the attackers first touch

\*Rotate defending team when they have won or forced the attackers to player 3 balls out of play

#### COACHING POINTS:

\*Movement of ball in grids with appropriate body shape to see and play pass into other grids

\*Importance and quality of prep touch to play ball for power and distance

-out from under body

-slightly to side of kicking leg

Fundamentals of striking a ball for power and distance-

\*approach angle - less angle to drive

\*non-kicking foot slightly behind and to the side of the back of the ball - closer to drive

\*knees bent

\*contact surface on foot - laces for driven

\*ball contact location - bottom half of ball to lift

\*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing)

\*follow-through (direction and length dependent on type of pass - towards target)



## Horseshoes (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

Horseshoes passing and receiving activity - 2 pairs and 2 cones  
20 yards apart

\*Pairs split between the two cones - one ball with each player on one end

\*One player plays at a time - they pass a ball in the air to their teammate who has one touch to control it out of the air as close to the cone as possible. Player receiving the ball must start level with the cone and can only move as the ball is kicked. If the ball hits the ground before the receiving player touches it - it can not score a point

\*Closest ball to the cone between the two pairs scores the point

\*Game then plays the opposite direction

### COACHING POINTS:

Fundamentals of lofting a ball for distance-

\*approach angle - more angle to loft the ball

\*non-kicking foot slightly behind and to the side of the back of the ball - farther to loft

\*knees bent

\*contact surface on foot - laces/inside to loft

\*ball contact location - bottom half of ball to lift

\*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing)

\*follow-through (direction and length dependent on type of pass - towards target)

Fundamentals of receiving a lofted ball-

\*get in the line of flight/path of the ball

\*read distance and move body to take the ball out of the air with your foot

\*bend your knees - reach up and out with the foot to receive the ball - withdraw foot as contact is made to cushion and control the ball



## 6v6 no GK's to Full Size Goals (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

\*6v6 to Full Size Goals with No Goalkeepers

\*35 L x 50 W Field

\*Ball must hit the net on the fly to score a goal

### COACHING POINTS:

\*Attacking mentality - thinking shot as your first option whenever you get the ball

\*First touch and footwork/body preparation to strike the ball

\*Receiving ball faced up or on half-turn to be able to shoot

\*Focus on technique of striking the ball in the air and for distance

