



## 08 Premier / U11G - Long Range Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 22-Aug-2018 16:45h

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

### Description

Phase: Open Up the Opponent to Penetrate

Principle: Switching the Point of Attack

### 4 Box Possession Game (WHOLE) (20 mins)

#### ORGANIZATION/DESCRIPTION:

- \*4v4 with 4 neutral players positioned inside 4 corner boxes
- \*Team scores by passing into one box and then into another in the same possession
- \*Neutrals may not be defended inside the box until they receive the ball
- \*Rotate 3 teams through neutral roles

Variation: 4v4+2 with no one starting in corner boxes - attackers and defenders may freely enter and leave corner boxes - score by passing into one box and then into another during same possession

#### COACHING POINTS:

- \*Fundamental playing rules: receive ball with an open body shape so that you can see as many boxes as possible (open body shape, peeking, across your body)
- \*Find passes to boxes whenever possible - focus on long range passing and receiving
- \*Once you get the defense to commit numbers to one area - quickly change the point of attack and look to rapidly attack another box



### Short-Long Technical Passing (PART) (20 mins)

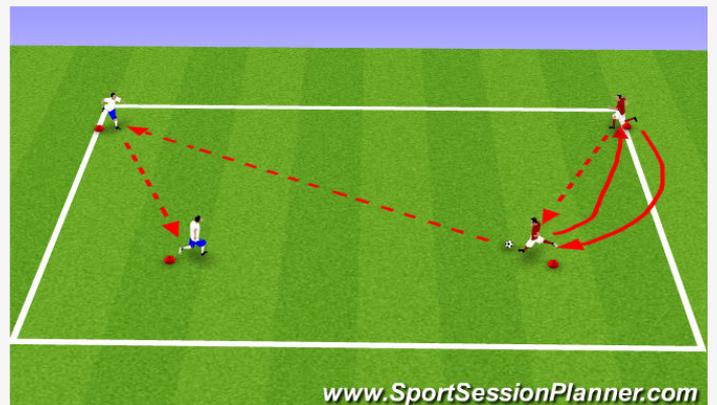
#### ORGANIZATION/DESCRIPTION:

- \*wide player plays back pass to teammate who is supporting underneath ball at an angle
- \*supporting player has an open body shape to both sides of the field and receives across body
- \*plays long pass to switch point of attack with second touch of same foot
- \*supporting player and passer switch places/roles
- \*distances set up based on abilities of players

#### COACHING POINTS:

*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)



## 6v6 4-Goal Game (WHOLE) (20 mins)

### ORGANIZATION/DESCRIPTION:

\*4 goal game with 6v6

\*Each team scores to and defends 2 goals

\*Goals scored while defenders are still in the far zone of the field (blue lines) are worth 3 points. All other goals are worth 1 point.

### 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 shots on goal whenever available - focus on long range passing and receiving

\*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

