



08 Premier / U11G - Short Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 19-Oct-2018 17:00h

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

Description

Phase: Possession to Advance

Principle: Creation and Use of Space

4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Directional 4v4 possession to target players.

*Team in possession scores by getting the ball from targets on one side of the field to targets on the opposite side while maintaining possession

Round 1: Free play. Keep possession by using target players on your team. Inside players stay inside, outside players stay outside.

COACHING POINTS:

*Attacking player movement to get free from defenders and receive ball faced up (body lean into defender, going one place and then getting ball in another, from defenders blind spot)

*Attacking player movement to create passing lanes to break lines/play through gaps into and out of central zone (fade off shoulder of defender, runs to drag defenders, player interchange)

*Creating/finding gaps through ball movement - dribbling or passing to create a passing angle to break lines/play through gaps

*Influencing defenders with the ball - using the dribble or passes to draw defenders into one area with the plan of playing through gaps/breaking lines in another

*Playing with an open body shape and peeking to see the ball, defenders and passing options

*Receiving across your body and facing up whenever possible or playing the way you face in one touch



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Pass & Receive Diamond (WARMUP) (20 mins)

DESCRIPTION/ORGANIZATION:

*Pass and follow pass or pass and move opposite - play in both directions

*As ball is traveling to player you will receive ball from, move away from stake (defender) and establish open body shape to receive ball across body

*All passes and touches should remain outside the diamond

*Variations:

1) fade off defender

2) run away from defender and re-establish open body shape facing ball and where you will pass

receive and pass with same foot, receive and pass with opposite foot

COACHING POINTS:

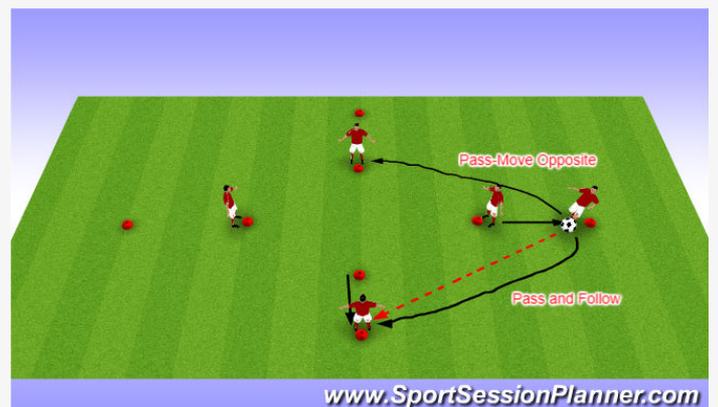
*Firmly hit and accurate passes that are smooth on the ground and to the proper foot

*Open body shape and receive across body - fading off cone/defender in support of ball

*Speed of play- receive with inside of one foot and quickly pass with inside opposite

*Timing of run to fade off defender as teammate receives ball

*Peeking to see both player you are receiving the ball from and will pass to as you fade/move



8v4/7v5 Possession (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

8v4/7v5 in 25 x 30 yard square

*Numbers up team has one ball and finds ways to keep the ball away from the opposing team

*Numbers down team has each player with a ball and tries to dribble to interfere with/get in the way of opponents passing - they may not tackle the ball using their body

*Numbers up team scores a goal for every 4-6 consecutive passes and numbers down team scores any time the opposing ball hits them or their ball.

*Progression: Numbers down team scores any time they can hit the other teams ball via the dribble or pass.

COACHING POINTS:

**Creating and Using Space via Support:

- Movement off the ball to find space to receive a pass - looking for open space away from opponent and also passing lanes/channels between players to receive ball.
- Close support to both sides of the ball in the shape of a triangle
- Moving at an angle with an open body shape – getting half turned
- Distance of support - closer if more pressure on ball, further if less
- Angle of support - so that teammate can see you/get the ball to you, outside of defenders shadow

***Passing technique:

- Choosing target for pass – players feet or space
- Inside of foot for accuracy - use appropriate foot (across body or away from the defender)
- Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement
- Weight/pace of pass – deliver crisp passes
- Passes played smoothly on the ground

***Receiving technique:

- Move body into flight/path of ball
- Moving towards ball or holding ground depending on pace of pass and pressure
- Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball
- Quick flowing movement into the ball, first touch is the first step of pass
- Moving at an angle with an open body shape – getting half turned
- Peeking/checking shoulder before/during/after pass to find pressure and identify options
- Across body and faced up whenever possible
- Away from pressure and to set up next option



4v3 to End Zones (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

End Zone Game with GK's supporting play underneath

Start 3v3 in each half. One attacking player (burgundy) moves from attacking half into defensive half to make a 4v3.

Attacking team must play across half way line into attacking half by passing or dribbling.

Two attacking players go into attacking half to make a 4v3.

Score by passing into end zone.

Defenders are restricted to defending in their own half.

Defenders counter into opposite end zone when they win possession. One defender can move into their attacking half once in possession (to make 4). One attacker can recover into defending half (to make 3) making 4v3.

COACHING POINTS:

Dribbling/passing technique, disguise, control, awareness.

Encourage positivity and creativity.

Movement, timing, thought/awareness.

Discuss recognition and decision of whether to beat player or dribble into space.

Ball and player movement to create space to penetrate.

