



Passing and Receiving - Session 4

Category: Technical: Passing & Receiving
Skill: Mixed age



Pro-Club: Red Bulls New York Academy
Ricky King, Harrison, United States of America

Description

Warm Up (10 mins)

Organization:

Full field, 14 players (6 pairs, 2 defenders), 10 gates, 6 soccer balls

Instructions:

- Players in pairs pass their ball through as many gates as possible within an allocated time frame.
- Two defenders attempt to win a soccer ball and score in any of the four small goals.
- Attacking winner = pair that passes through the most gates.
- Defending winner = defender that scores the most goals.

Coaching Points:

1. Pre-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Selection of appropriate receiving technique (inside, outside, stall, first-touch-no-touch, etc)
- Selection of appropriate passing technique (inside, driven, curled, lofted, etc)

2. Action:

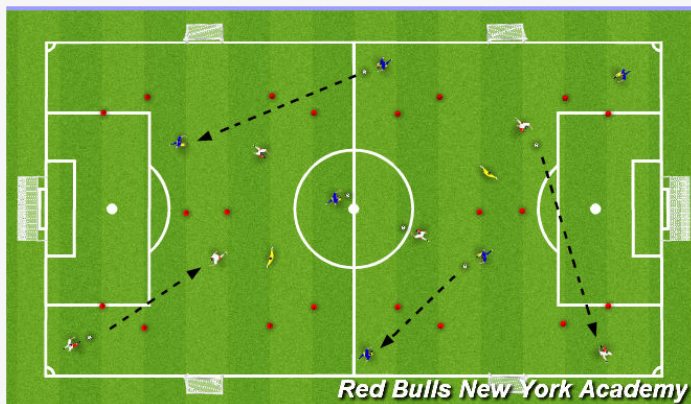
- Angle and distance of preparation touch
- Weight, angle, timing, trajectory and shape of pass

3. Post-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Provide effective supporting angles for 1st attacker

Progressions:

- Increase number of defenders



Main Activity (20 mins)

Organization:

2 fields, 4 teams of 3 players, 2 neutral players, 5 gates per field, 2 small goals per field, 2 soccer balls

Instructions:

- Teams score a point by successfully passing through a gate.
- Winner is team with most points after an allocated time frame.

Coaching Points:

1. Pre-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Selection of appropriate receiving technique (inside, outside, stall, first-touch-no-touch, etc)
- Selection of appropriate passing technique (inside, driven, curled, lofted, etc)

2. Action:

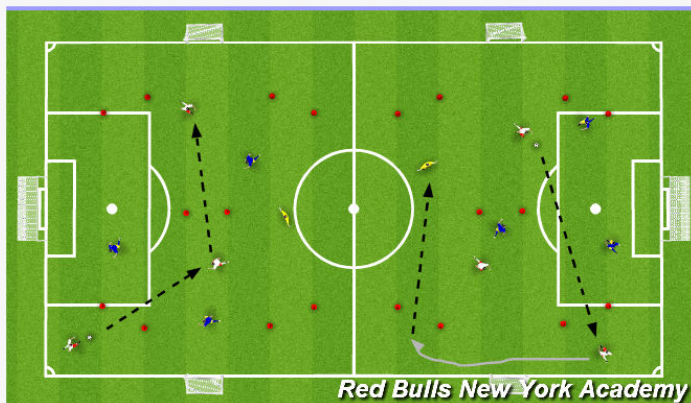
- Angle and distance of preparation touch
- Weight, angle, timing, trajectory and shape of pass

3. Post-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Provide effective supporting angles for 1st attacker

Progressions:

- After completing 3 successful passes through the gates, teams score in either of the two small goals.



Conditioned Play (15 mins)

Organization:

2 fields, 4 teams of 3 players, 2 neutral players, 2 small goals per field, 2 soccer balls

Instructions:

- Teams score a point by successfully scoring into the opposition goal.

Coaching Points:

1. Pre-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Selection of appropriate receiving technique (inside, outside, stall, first-touch-no-touch, etc)
- Selection of appropriate passing technique (inside, driven, curled, lofted, etc)

2. Action:

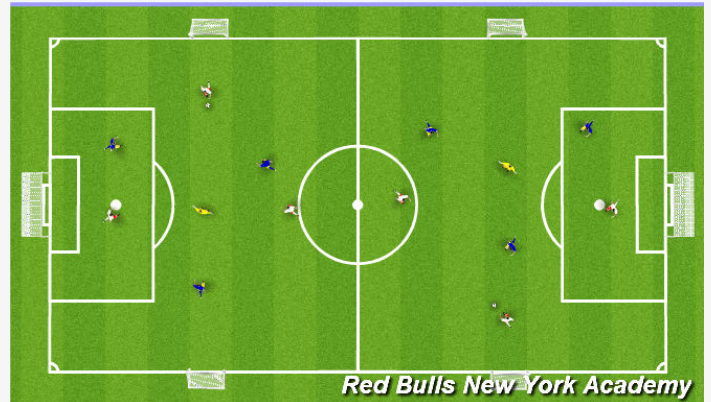
- Angle and distance of preparation touch
- Weight, angle, timing, trajectory and shape of pass

3. Post-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Provide effective supporting angles for 1st attacker

Progressions:

- Introduce touch limit
- Minimum number of passes before scoring
- Number of passes completed upon goal scored, equals number of points



Free Play (15 mins)

Organization:

Full field, 3 teams of 4 players, 2 goalkeepers

Instructions:

- Two teams play 3-5 minute small sided games of 4 vs. 4 plus goalkeepers.

Coaching Points:

1. Pre-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Selection of appropriate receiving technique (inside, outside, stall, first-touch-no-touch, etc)
- Selection of appropriate passing technique (inside, driven, curled, lofted, etc)

2. Action:

- Angle and distance of preparation touch
- Weight, angle, timing, trajectory and shape of pass

3. Post-Action:

- Mentality (pass and move, high tempo, speed of thought)
- Movement off the ball to identify / create space and open passing lanes
- Provide supporting angles for 1st attacker

Progressions:

- Winning team stays on the field

