



TECHNICAL - RECEIVING (BACK FOOT) - BU11W (WSSL TRAVEL)

Category: Technical: Passing & Receiving
Skill: U11 | Start Time: 11-Apr-2016 17:00h

Pro-Club: Red Bulls New York Academy
CP De Vera, New York, United States of America

Juggling Warm-Up (5 mins)

Organization:

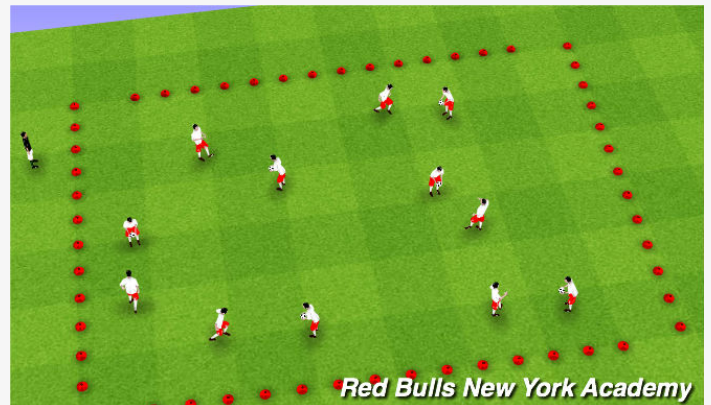
15x30 yard grid, each Player with a ball.

Instructions:

- Players juggle in a specific pattern.

Coaching Points:

- Players try to improve their touches (suppleness, control and foot-eye coordination) by juggling with different surfaces of their feet & body.
- Focus and concentration on juggling pattern.



Main Theme (15 mins)

Organization:

10x15 yard area

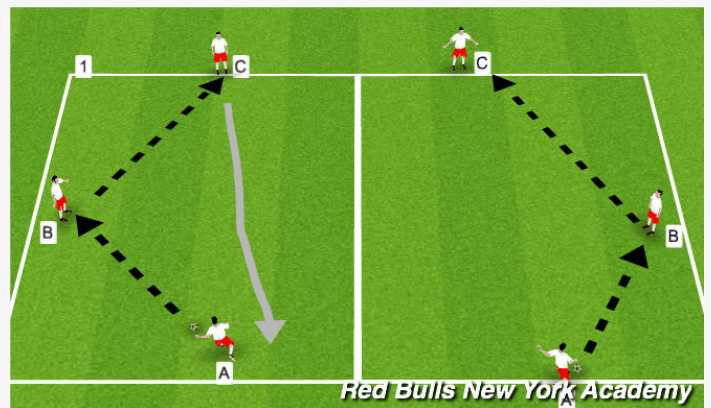
Players in groups of 4s or 5s

Instructions:

- Player A passes to Player B who passes to Player C. Player A dribbles back and the rotation begins again.

Coaching Points:

- Eye Contact on check
- Pass on check
- Check at an angle to open up passing lane
- Follow your pass to make combination quicker
- Check shoulder to see if how close pressure is (if not tight then don't combine, open out and take yourself)
- Setting player read passing player's body shape to give good quality set back
- Timing of run (don't go too early to close down the passing lane)
- Head up before touch ball to make next action quicker



Main Theme II (15 mins)

Organization:

10x15 yard areas

Players in groups of 4s or 5s

Instructions:

- Play begins with player on ball taking a touch out of his feet to one side or another.
- Targets reacts to make passing lane whilst defender blocks it.
- Middle player checks away and receives ball, opens up and finds target.

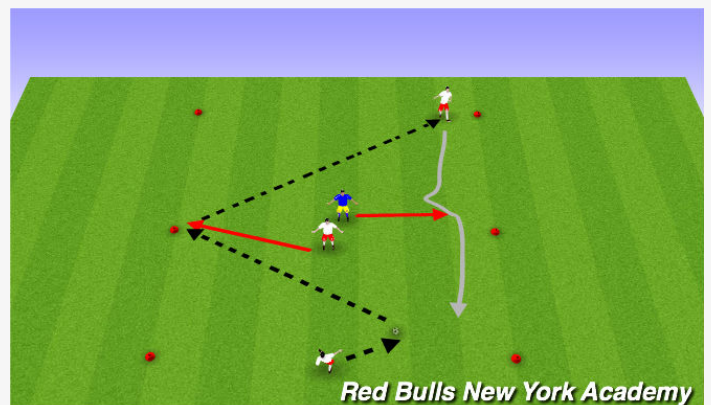
- Rotation: Passer - Defender - Receiver - Target

Coaching Points:

- Good touch out of feet and head up.
- Movement of target to create passing lane.
- Movement of middle player to check away - open body.
- Communication
- Quality of pass - back foot.
- Break line and beat defender with first touch

Progressions:

- Target beats passive defender on way back with a move (e.g. - Ronaldo chop, Swivel hips, Maradona, inside/outside)
- Defender is live and can win the ball.
- If defender covers pass to target, play passing sequence from initial warm-up.
- Defender presses first pass to add pressure. If defender gets really tight then drop the ball back to first player who can play long to target (play double pass to end target).



- Competition between all players

Conditioned Game (10 mins)

Organization:

20x30 area
2 Equal teams

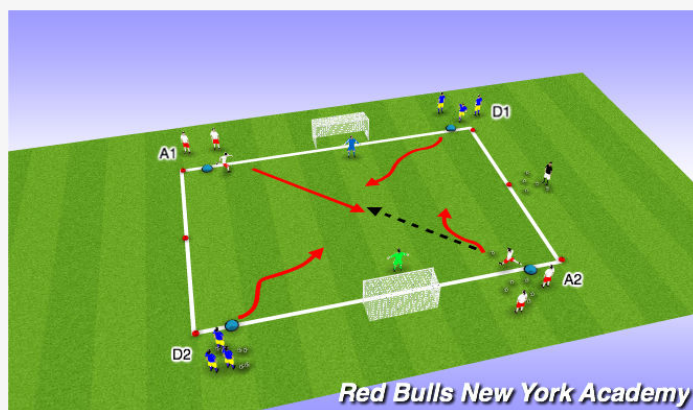
Instructions:

- As eye contact is made, Attacker (A1) checks to receive the pass.
- As soon as A1 checks to the ball, Defender (D1) can come out to immediately defend.
- Once Attacker (A2) plays pass, they come out to join the play.
- As soon as A1 takes their first touch to receive Defender (D2) comes out to make it a 2v2 game.
- Attackers try to score on the goal on the A1 & D1 side of the field, Defenders try to score on the A2 & D2 side of the field.
- Attackers will switch from A1 to A2 lines, Defenders will switch from D1 to D2 lines.
- Play for certain length of time, switch as a group from Attacker to Defender after the time period.

Coaching Points:

- Head Up-View Area
- Get in line with the ball
- Select controlling surface
- Determine direction and space to attack
- Disguise to deceive defender
- Combination play to get around defenders

Progressions:



Match (15 mins)

Organization:

Match
7v7 (adjust for numbers)

Instructions:

- Regular match

Coaching Points:

- Get in line with and have body behind the ball
- Attack the ball
- Get low and feet set (runner's stance)
- Hands under the ball (wrists together)
- Secure the ball to body
- Keep momentum going forward

Progressions:

