

Week 3: Passing and Receiving

April 25, 2011

Cutters Community Soccer U-14

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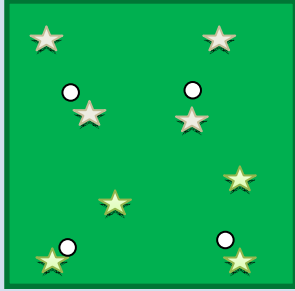
Coaching Points

- use inside of foot (not toe) and lock ankle
- have plant foot pointed toward destination
- move after your pass
- get ready to receive the ball – stay on your toes
- cushion ball when receiving, **toe up, heel down**

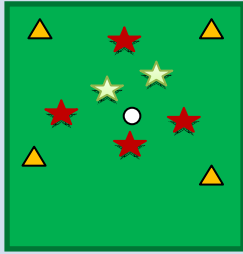
7:15 - 7:25 p.m.

1. Warm Up:	Coach Michael will demonstrate appropriate technique for passing and receiving. Players will practice these skills while moving in pairs.	Coach Michael will run the warm-up activity on Field 8 with the help of the age group trainers and parent coaches.	He will demonstrate the skills for the day and emphasize the coaching points.
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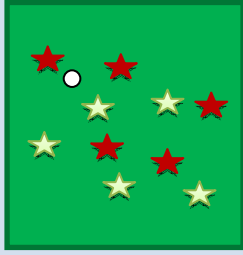
7:30-7:40 p.m.

2. Partner Passing	<ul style="list-style-type: none">• Players get in pairs, 10 to 15 yards apart with one ball.• Start with two-touch passing: first touch to receive, second touch is a pass. Emphasize cushioning the ball with the inside of the foot, toe up, heel down.• Variations:<ul style="list-style-type: none">• Inside of the foot passes• Outside of the foot passes• Pass back with the same foot as the one used to receive• Pass back with the opposite foot as the one used to receive		<ul style="list-style-type: none">• The players should practice proper passing technique (inside of the foot – no toe balls)• Use the proper speed and weight of a pass – not too hard, not too soft.• Try to pass quickly and accurately.• Additional Variations: two-touch passes using inside of foot, combination of outside and inside of foot, right-foot only, left foot only, etc., followed by one-touch passes.
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7:40-7:50 p.m.

3. Keep away game (3 v 1, 4 v 2 or 5 v 2)	<ul style="list-style-type: none">• Split the players into two small groups. Designate two players as defenders (if the groups have < 5 players, use just one defender)• Set up a square grid so players do not play in too big a space. The square should be small enough to challenge the players, but large enough so they are successful making passes.• The offensive group tries to pass the ball around the defenders, keeping possession.• Play for one-two minutes then switch defenders.		<ul style="list-style-type: none">• Players work together, passing to keep possession of the ball.• Accurate passes are important.• Defenders try to win the ball.• Offensive players without the ball should be encouraged to move so their teammate can pass the ball easily.• Passing player must make a good pass that his/her teammate can control.
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7:50-8 p.m.

4. Team Passing (possession)	<ul style="list-style-type: none">• Split players into two teams (use pennies for one team).• Teams will keep track of how many consecutive passes they make.• Count passes that are made with one to three touches (not four or more, that's dribbling 😊)• Four passes in a row = 1 point• Teams should keep track of points.	 <p>Play on your half of the practice field.</p>	<ul style="list-style-type: none">• Encourage players to pass using good technique.• Players should move to an open space to receive the ball (no one should stand still).• Work on creating good passing angles.
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8-8:15 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your "practice partner's" team.		<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics, if needed.
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Homework: Wall Ball: Kick a ball against an outside wall or with a friend, sibling or teammate.