

Week 4: Passing & Receiving

October 10, 2011

Cutters Community Soccer U-14

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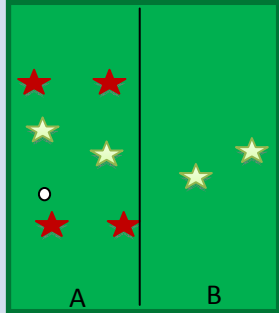
Coaching Points

- 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**

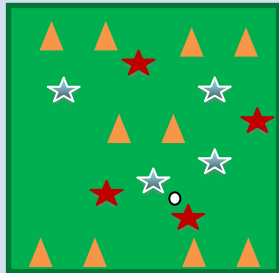
7:15-7:25 p.m.

1. Warm Up:	Coach Phalo will show the basic, correct technique of passing and receiving. Then each team will go to their own field. Starting with one ball, all players will jog around freely passing and moving. Then we'll add more balls into the grid to increase repetitions. The number of balls that are added total shouldn't exceed half the number of players. For example if there are 8 players, have 4 balls total in play. Coaching points should be made freely in the flow about technique, weight of pass, and movement after the pass.	<ul style="list-style-type: none">• Emphasize coaching points (above).• Players should call the person's name who they would like to pass to, before the pass is made.
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7:30-7:45 p.m.

2. Keep Away	<ul style="list-style-type: none">• Make 2 side by side grids that are 15x20yds.• Split team in half, use pinnies to designate the teams. Place each team in a grid.• Coach rolls a ball into Team A's grid and Team B sends two defenders into the grid in an attempt to win the ball.• Team A plays keep away, and if the two defending players clear the ball out of the grid, coach rolls a ball into Team B's grid and then Team A sends two players over to defend.• Four consecutive passes counts as a point. Teams should try to score as many points as possible.• Play several rounds.		<ul style="list-style-type: none">• Emphasize coaching points (above).• Communication is important.• Talk about proper team spacing and player's position to become available for a pass• May discuss transition between attacking and defending.
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7:45-8 p.m.

3. Passing through Gates	<ul style="list-style-type: none">• Within your half, set up five gates: four exterior and one central.• Split players into two teams.• Players will try to maintain possession of the ball.• They score points for each successful pass through a gate to a teammate. Teammate must have control of the ball on the other side of the gate to count as a point.		<ul style="list-style-type: none">• Emphasize coaching points (above).• Communication is important.• Talk about proper team spacing and player's position to become available for a pass• Encourage players to find the open gate for a point: switching the point of attack.
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8-8:15 p.m.

4. Scrimmage	Divide group into even teams (no subs) and play on the width of each field.	<ul style="list-style-type: none">• Reinforce lessons from training.
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