

BFSC U11-U12 Training Session #7: Passing and Receiving.

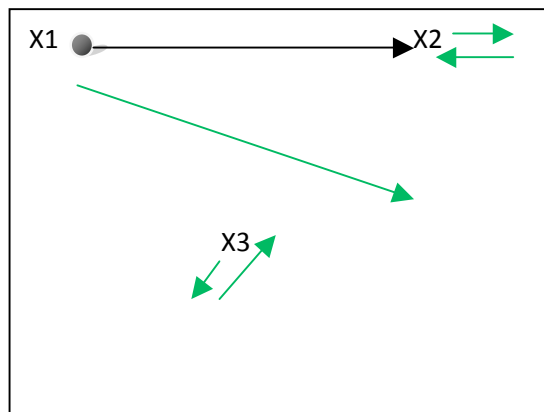
Exercise

Environment

Description / Coach

Triangle pass and receive

½ field



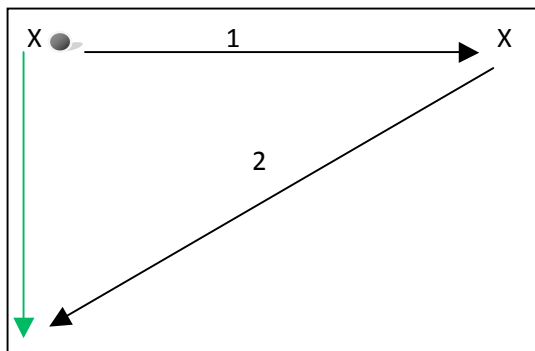
Organize players in groups of three with one soccer ball for each group. Demonstrate with one group. The player with the ball passes to either of the other group members and then runs between them to create a new triangle.

Additional coaching points and variations:

1. Players should sprint after making the pass (the player who just released the ball is typically the least-marked player on the field).
2. Limit the players to two touches in possession and encourage them to use their first touch to set the ball in the direction in which they intend to pass with their second touch.
3. The receiving player should check to (that is come to meet) the ball.
4. Before receiving the ball, the player who is the next target should move away from the ball and then check back (this movement will pull a close-marking defender away from the ball and create space in which she can receive).
5. Require players to pass and receive with their off foot for ½ of the exercise.
6. Both eye and verbal communication should be mandatory for both the passer and the target.

Angled passing in a grid

10x10 yard grids



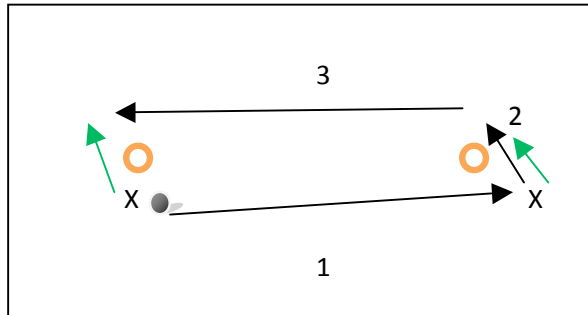
Build enough grids so players can work in pairs. Demonstrate with one group. Players start at opposite corners of the grid (see diagram). One player has the ball. This player passes at an angle to her partner, who receives with one touch and then plays straight ahead to her partner, who has sprinted over to the opposite corner on her end of the grid. After each pass, the players sprint to the other corner on their end, so that one player always plays straight and one at an angle.

Coaching cues and progression:

1. Having the players sprint to a pre-determined point compels them to learn to play to a moving target. It's a bit easier because they are still playing to a fixed point, but there is still timing involved and players should learn to play with a sense of rhythm.
2. The pace of the pass is critical. If they play too hard and/or too early, play will break down. If they delay or play with insufficient pace, their partner will be waiting for the ball at the cone, and the coach must encourage players to find the proper pace.

3. The preparation touch is also important. Players must prepare the ball in the direction in which they intend to play. The first touch must get the ball out of their feet to allow them to play the proper ball on a consistent basis.
4. Play for two minutes and then have the players change roles (i.e. so that the player who was playing straight ahead is now playing at an angle and vice versa).
5. Play a second round, encouraging players to use one touch where possible. They will need to take a bit of pace off of the ball to allow the runner time to get to the cone.

Teaching preparation touches 10x10 yard grids



Players work in pairs around two cones placed seven yards apart. Demonstrate with one group. This exercise is designed to compel players to use their first touch to set up a pass with their second touch. Players start on the same side of their cones. The player with the ball passes straight ahead to her partner who receives about a yard behind her cone. The receiving touch must be played at a forward angle behind the cone so that the receiving player can then step around the cone and forward to pass along the other side of the cone back to her partner and the pattern continues. This type of receiving forms good habits for both playing away from pressure and also getting the ball out of the receiver's feet with her first touch.

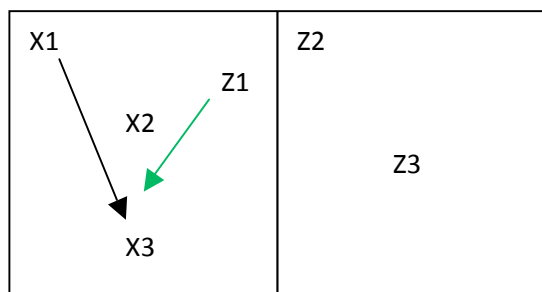
More coaching points:

1. Players should pass with their right foot and receive with their left to start.
2. After three minutes, change the pattern so that players pass with their left and receive with their right.
3. To help players learn to play forward at an angle, show them how to turn their hips at the moment of contact with the ball.
4. Players will need to be reminded that they must start behind the cone, as many tend to creep up and make it difficult to have a useful angle behind the cone.

3 vs. 3 functioning as 3 vs. 1 back-to-back
15x15 yard grids

Play 3 vs. 3 functioning as 3 vs. 1. Build two grids back-to-back and place teams of three in each grid (one team in vests). Demonstrate with one set of teams. Put a ball in one grid and explain that the team in the grid needs to try to keep the ball in possession as long as possible through dribbling and passing. The other team (in the adjacent grid) sends in one player to try to win the ball (if she wins it, she passes it back to her team in the other grid and the teams switch roles). The coach should keep a supply of balls outside the perimeter where the two grids join and every time the ball leaves the area, the coach plays a new ball into either grid to restart play.

Coach/observe:



3 vs. 3 line soccer

20x25 yard fields

1. The teams will tend to stand close together in possession. Through a demonstration, show that players who are more spread out in the grid can make longer passes and more easily maintain possession.
2. Encourage players to work hard off of the ball to create angles where they can receive the ball.
3. Players should learn to anticipate the angle they will use to pass the ball and then use their first touch to prepare the ball in that direction.
4. If one player is unable to win the ball as the defender, release a second player to enter the grid to help win the ball.

Play 3 vs. 3 line soccer. The objective of the game is to possess the ball with an eye toward passing the ball to a team member on or over the opponents' endline. Require two passes in possession before a scoring pass can be attempted. Reinforce the importance of quality passing, receiving and running off of the ball under pressure.