



U10 Wk 12--- Passing / Receiving

Objective: To improve the technique of receiving soccer balls played on the ground. To help players see different methods of receiving ground balls (inside of foot, outside of foot, across body, through legs)

Coaching Points:

- § Ankle locked and get body behind the ball
- § Be on your toes and go to the ball, do not wait for it
- § Keep ankle of receiving foot locked
- § Eyes on the ball at instant of reception
- § Cushion ball as it arrives (as you would catching an egg)
- § Keep feet moving before ball arrives
- § Do not stop the ball
- § Knees slightly bent, non-kicking foot pointed to target and parallel to ball
- § Make your first touch active by pushing the ball in the direction in which you want to go (typically away from pressure)
- § Practice with both feet and all parts of the foot (inside/outside)
- § Always try to receive the ball facing the way you want to play
- § Get head up before and after receiving

1) **Paired Passing:** 2 players per ball. Free space. Players facing each other approximately 5-10 yards apart, passing back and forth, 1-2 touch. Feet and ball are always active. Either player can move the other player by angling a pass away from him. As their partner moves to control the ball, the passer moves quickly to support their partner by squaring up to him. The passing continues 1-2 touch again developing a rhythm until someone decides to move his partner again. This warm-up activity encourages repetition of passing and moving and supporting your teammate. The players must decide to 1 or 2 touch the ball depending on the pace of the pass directed to them. (*15 minutes*)

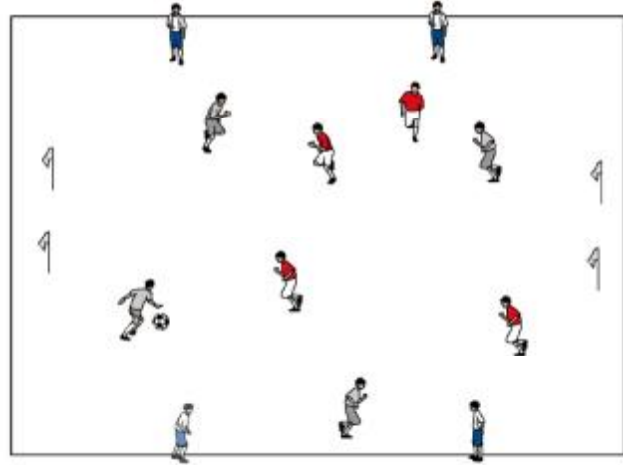
2) **Four Square Passing:**

Form a grid 35yds x 35yds with squares roughly 4 yds across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Only players from the attacking team can enter a corner square. Once a player in the square receives a ball, they can pass to a teammate or dribble the ball out for a point. Balls out of play can be passed or dribbled back into play. (*20 minutes*)



3) **Bread and Butter:**

Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (can limit the touches of these players if they have the ability (ie: two touches)). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. May restrict the players to 2 or 3 touches to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive. (20 minutes)



4) **6v6 Scrimmage:** (including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size (30 minutes)