



Teaching Technique in Detail

Category: Technical: Passing & Receiving
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
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Description

4v4 + NEUTRAL TO TARGETS.

COMBINATION: PATTERN OF PLAY.

PLAYER 2 INSTIGATES THE PLAY. HE SHOWS FOR THE BALL IN FRONT OF MANNEQUIN. PLAYER 1 PLAYS PLAYER 3. PLAYER 3 GETS IN FRONT OF MANNEQUIN AND AS THE BALL BYPASSES PLAYER 2, HE SPINS INTO THE SPACE TO RECEIVE THE BALL FROM PLAYER 3 AND PLAYS INTO PLAYERS 4 WHO ALSO MAKES A RUN TO RECEIVE PASS.
PLAYER 4 TAKES A TOUCH AND NOW PLAYER 3 INSTIGATES THE PLAY.
SWITCH PLAYERS AFTER A SELECTED TIME PERIOD.

COACHING POINTS:

-BODY SHAPE WHEN PASSING BALL:

ENGAGE CORE, IN BASE POSITION WITH CHEST/HEAD UP.
BODY OVER THE BALL.

-APPROPRIATE TECHNIQUE WHEN PASSING:

STANDING FOOT CLOSE TO BALL. DON'T STRETCH FOR THE BALL. VISUALIZE PUSHING THE BALL ACROSS THE FIELD. THINK ABOUT MAKING A SOLID CONNECTION WITH THE BALL WITH THE INSIDE OF FOOT. CONFIDENT FOLLOW THROUGH AND ADJUST FOOTWORK TO ALLOW QUICK MOVEMENTS.

-BODY LANGUAGE WHEN PASSING, MOVING AND RECEIVING:

CHECKING YOUR SHOULDER. EYE CONTACT WITH TEAM MATES. HAND SIGNALS (POINTING, ASKING FOR BALL, ETC).
BASE POSITION WITH ARMS OUT TO PROTECT BALL WHEN RECEIVING.

-LIMIT STRAIGHT PASSES.

-DISGUISE PASS IF REQUIRED:

SHAPE BODY TO PLAY ONE WAY BUT NAVIGATE CONTACT FOOT AND PLAY A DIFFERENT WAY.

-OPPOSITE MOVEMENTS FOR PLAYERS IN CENTER ZONE.

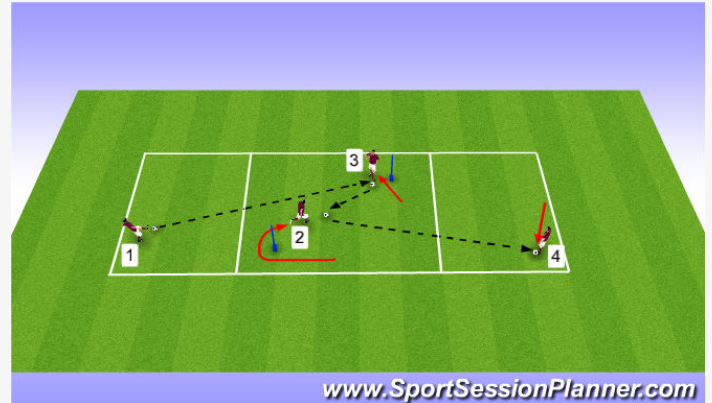
-CHANGE OF SPEED WHEN SHOWING FOR BALL.

-CONVINCE OPPONENT THAT YOU WANT IT WHEN SHOWING SHORT.

-WHEN PLAYER 3 LAYS OFF TO PLAYER 2, HE HAS TO GET OUT OF THE SPACE CREATED.

-TIMING OF RUN FROM PLAYER 2 IS VERY IMPORTANT.

-IDENTIFY WHERE TEAM MATES AND OPPONENTS ARE WITHIN THE SITUATION.



-ALWAYS THINK ABOUT WHERE THE SPACE IS.

1ST PROGRESSION- SAME PATTERN BUT WITHOUT MANNEQUINS.

2ND PROGRESSION- INTRODUCE AN EXTRA PLAYER IN EACH END ZONE AND CONTINUE WITH PLAYING LONGEST PLAYER TO CREATE COMBINATION WITH NEW PLAYER IN END ZONES.

3RD PROGRESSION- CREATE 2 GROUPS OF 6 WITHIN LARGE AREA. PATTERNS MUST FLOW DIAGONALLY ACROSS AREA- TEAMS WORKING IN OPPOSITE DIAGONALS.

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-TOUCH LIMIT AND OTHER RESTRICTIONS MAY VARY.

-1 TEAM DEFENDS ONE END AND ATTACKS THE OTHER.

-POINTS ARE SCORED BY PLAYING INTO TARGET PLAYERS FEET.

