

Time: N/A

## U11-U14 Coaches Clinic- Passing and Receiving 1

Date: 14/Sep/2014

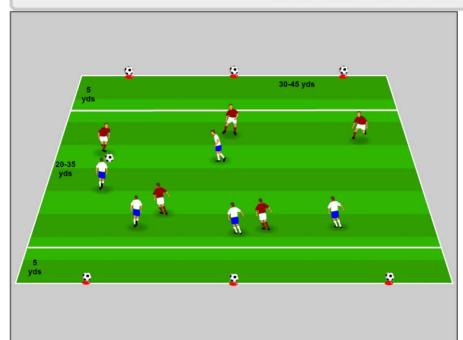
Duration: N/A

Age/Level: U11 - U14

Session Objective: Teaching Passing and Receiving

Technique - Layering

### Game to Knock Balls off of Cones



### Description:

Two equal size teams - players restricted to center grid First team to knock all three balls off of the cones behind their opponents win

Variations:

- 1) player with one line of players (3v3 or 4v4)
- 2) play with 2 lines of players
- 3) add one or two neutral players

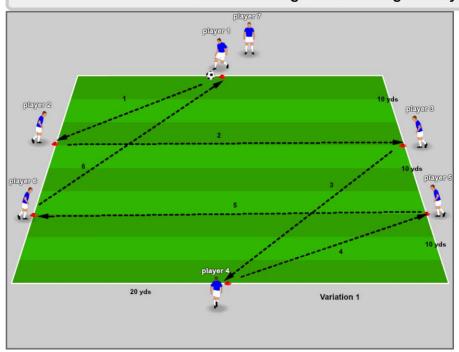
### **Coaching Points:**

\*Quality passing: accuracy, fast and friendly - hit with pace and smooth on the ground

\*Quality receiving: open body shape to see player with ball and the goal, peeking, receive across body and face up with 1st touch whenever possible, playing the way you face in as few touches as possible when you don't face up

\*Ball and player movement to create passing lanes to break defensive lines and score

## Celtic Passing and Receiving Activity - Variation 1



### Description:

\*Players pass in numerical sequence shown and follow their pass.

\*Solid lines - player movement, Dashed lines - pass. Zigzag line - dribble

Variation 1: pass and follow pass

Variation 2: add overlap of Player 1 who receives pass from Player 3

Variation 3: break a line with first touch and then lay ball off to player underneath

Variation 4: pass/set and support underneath, Variation 5: add pass to player in pocket

#### Coaching Points:

Pace of pass - weighted crisply for speed of play and smooth on ground- played to proper foot

Receive across body or with proper foot based on pressure

First touch leads you to next pass - pass becomes 1st step to follow pass

Check away and show for ball with proper timing - on the move while you receive the ball



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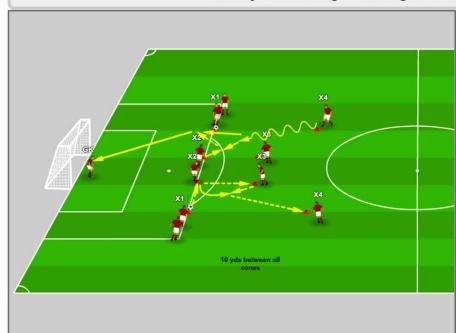
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## Montoya Receiving - Passing - Finishing Activity



#### Description:

10 yards between each player - 2 groups

\* X1 passes to X2, X2 passes to X3 and follows for layoff, X3 lays off to X2 who passes to X4, X4 attacks at speed on the dribble and walls off X1 who is in previous X2 position to get shot

\*opposite side goes when X4 begins to goal

### **Coaching Points:**

\*focus on players checking away and showing with proper timing and body shape

\*receiving with appropriate foot across body

\*pace and accuracy of passes

\*dribble at goal at speed and use outside of foot to make pass to wall

\*1-touch shot focused on placement inside box

## Technical Functional Passing Pattern for a 4-3-3 - Breaking Lines



### Description:

#6 passes to #8 and then supports underneath the ball - #8 lays ball off to #6 - #6 passes forward to #9 while #10 supports underneath the ball - #9 lays ball of to #10 - #10 plays penetrating pass to #7/#11 while #9 bends run away and then forward into finishing box - #7/#11 leads #9 into finishing box - #9 turns and plays #8 the ball with a pass that breaks the defending line in the opposite direction - #8 plays to #6 to restart

## **Coaching Points:**

Hit passes with pace - layoffs softly

Pull away/fade to create space before pass

Find mid-point between lines as an attacker to receive the hall

Move with open body shape and peeking to see ball and where you will play next

Receive across body whenever possible