

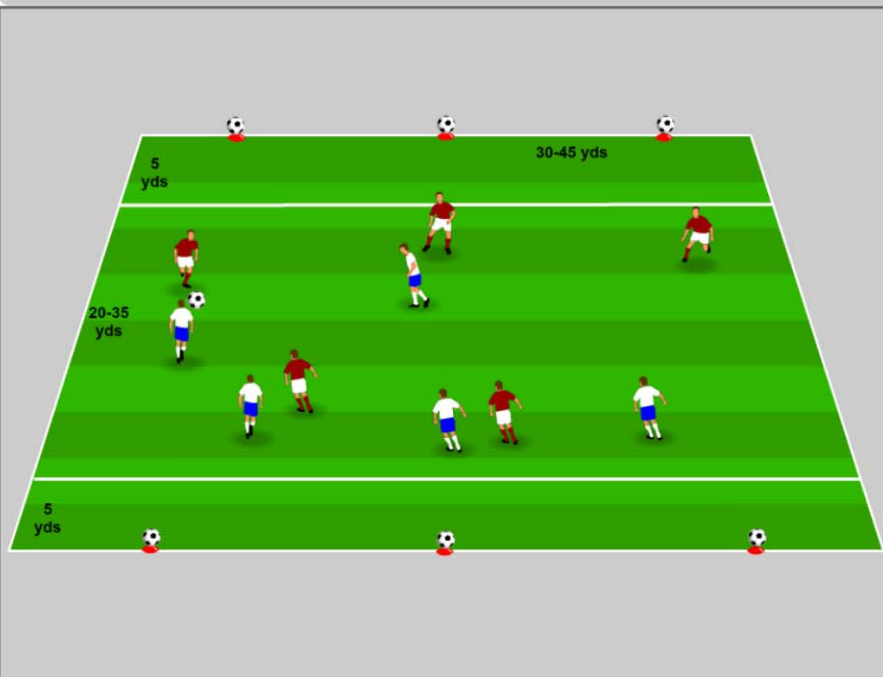
U11-U14 Coaches Clinic- Passing and Receiving 1

Date : 14/Sep/2014
Time : N/A

Duration : N/A
Age/Level : U11 - U14

Session : Teaching Passing and Receiving
Objective: 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

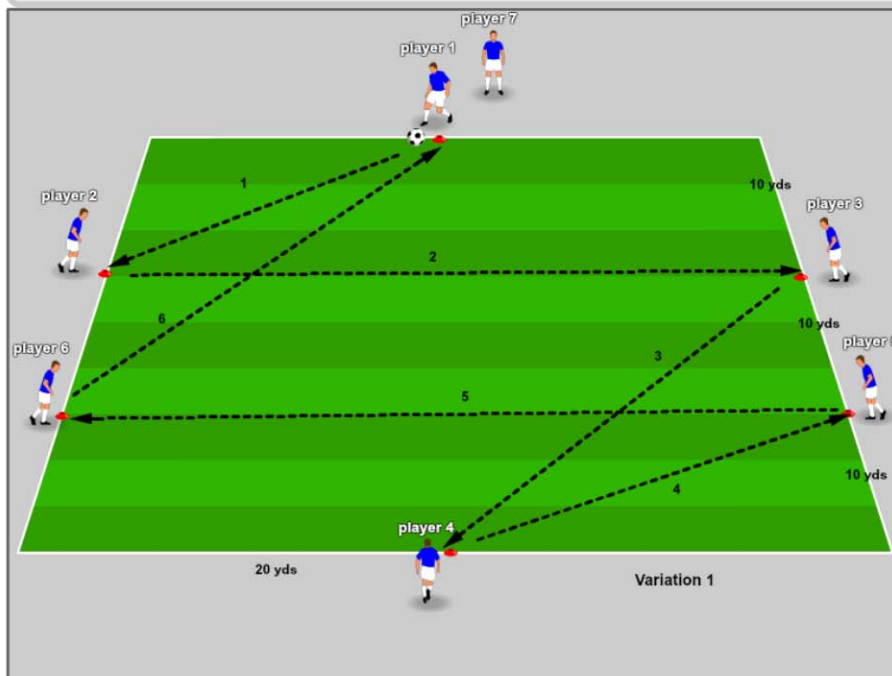
Variations:

- 1) play 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, pecking, 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. Zig-zag 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

