



## 07 / U11B - Passing and Receiving - Receiving to Face Forward

**Category:** Technical: Passing & Receiving  
**Difficulty:** Difficult

Am-Club: Rio Rapids Soccer Club  
Sebhat Browne, Albuquerque, United States of America

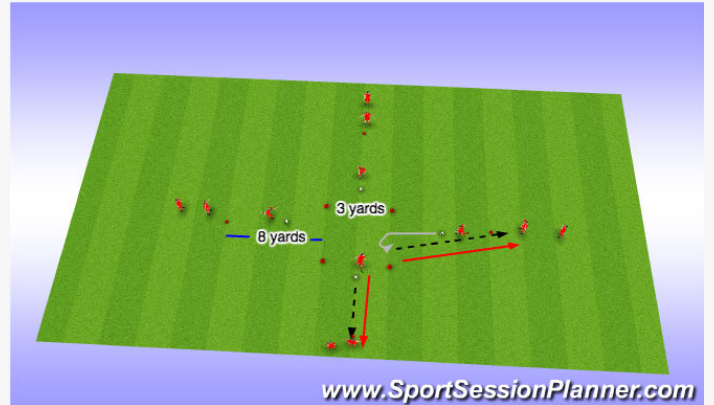
### Description

Possession to Advance  
Creation and use of space

### Rapids Box--warm up (10 mins)

**DESCRIPTION/ORGANIZATION:** 4 lines of 3 players in each line. First player in each line dribble to the edge of center box (3 yards x 3 yards). Turn with ball and with next touch pass to the next player in your line.

**COACHING POINTS:** Dribbling points--positive first touch (inside of foot), pinky toe to the center of the ball. Head up. Arms out for balance. Keep ball close, touch it every time dribbling foot comes forward. Turning points--keep feet underneath to maintain balance, get ball out from under feet back towards where you came from. Arms out for balance, sink plant knee down, turn quickly. Passing points--curl you toes up, sink plant knee, plant foot next to and slightly behind ball, play into the body of the receiving player. Arms out for balance. Passing movement is also first step in movement to get back in line. Dribbling, turning, passing, moving are all parts of one big flowing movement. Rapids Box has many many variations. See Rapids youth training video (copies available from Ray Nause) for all variations.



### 6 v 4 Possession to Progress (20 mins)

**DESCRIPTION/ORGANIZATION:** Back 4 plus gker plus holding player (#6) vs front 4. Back 5 plus keeper trying to score on mini goals. If front 4 win ball, trying to score on big goal.

**COACHING POINTS:** Coaching the team that is going to the mini goals. In possession, starting positions as wide and high as possible. Player receiving ball--do you have your chest facing forward as you receive? Head up? Can you break a line? Can you play positively? Positive mind set, body language.

