



08 / U10G - Long Passing and Receiving

Category: Technical: Bilateral ball striking

Difficulty: Moderate | Start Time: 11-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Long Passing and Receiving

Phase: Open Up the Opponent to Penetrate

Principle: Switching the Point of Attack

10v5 Possession to 2 Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

10v5 in 40 x 50 yard field with full size goals on endlines

*Numbers up team keeps possession of the ball and scores with 6 consecutive passes

*Numbers down tries to win ball and scores on the fly into full size goals (ball must hit net in air)

*Coach plays ball into proper team when ball goes out of play or is scored - make it take it

*Play 4-5 minute games and then switch roles of players.

COACHING POINTS:

****Changing Point of Attack:*

•Movement off the ball to find space to receive a pass - looking for open space away from opponent and also passing lanes/channels between players to receive ball.

•Close support to both sides of the ball in the shape of a triangle

•Moving at an angle with an open body shape – getting half turned

•Distance of support - closer if more pressure on ball, further if less

•Angle of support - so that teammate can see you/get the ball to you, outside of defenders shadow

•Finding passes to teammates who are farthest away from defenders when possible

***Ability to strike long passes to change point of attack - on the ground and in the air with laces

***Focus on inside of the foot passing technique and first touch

***Rapid transition between attack and defense, defense and attack



Technical Activity-Lifting Ball with Laces (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*Players work together to practice striking a ball rolling towards them

*Player with ball in hand rolls ball on ground towards partner who steps in to strike ball with laces back into partners hands

*Repeat approx 10 times and then switch player serving and striking the ball

*Repeat with both favorite and non-favorite foot

COACHING POINTS:

Fundamentals of striking a ball in the air that is rolling towards you-

*approach angle - more angle to lift

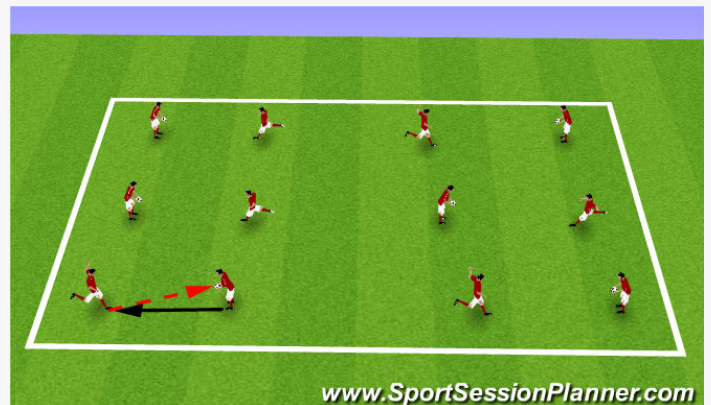
*non-kicking foot slightly behind and to the side of the back of the ball - slightly farther away to lift

*knees bent

*contact surface on foot - laces/inside of foot to lift

*ball contact location - bottom half of ball to lift

*follow-through (direction and length dependent on type of pass - towards target)



Technical Activity - Striking Ball in Air with Laces (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Striking ball rolling away from you - passing and shooting on goal for power

*Ball passed from Player 1 to 2 who opens up and passes ball to player 3 who takes a prep touch and then strikes a ball on goal to score on the fly

*Players rotate same way (1-2-3-1).

*Make competitive - which team can score the most goals in a set period of time

COACHING POINTS:

Fundamentals of striking a ball for power and distance-

*approach angle - less angle to drive/spin

*non-kicking foot slightly behind and to the side of the back of the ball - closer to drive

*knees bent

*contact surface on foot (laces for driven, laces/inside for lofted)

*ball contact location - bottom half of ball to lift

*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing)

*follow-through (direction and length dependent on type of pass - towards target)



4v4+1 and 4 Corner Bumpers to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*4v4+1 Neutral and 4 Corner Bumpers with GK's in 40 x 50 yard field with full size goals on endlines

*Goal scored after passing into bumper is worth 2 points - all other goals worth 1 point

*Corner bumpers may not be defended until they touch the ball

*Corner bumpers must play 2-touch and can be used to keep possession or to deliver ball in front of the goal to create scoring chance

*Play 4-5 minute games and rotate players.

COACHING POINTS:

*Encourage players to go to goal quickly and whenever possible - can you find a long pass to a corner bumper to get your team close to goal

*When corner bumpers have the ball can you get players into positions where they can score goals off the next pass

*If your dribble or pass draws the defender to one area, can you pass to the parts of the field where there aren't many defenders and get to goal as fast as possible?

*Recognizing when to play short or long passes to maintain possession/get to goal

