



08 / U10G - Receive to Face Up

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 18-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Receive to Face Up

Possession to Advance

Play in the Gaps and Between Lines

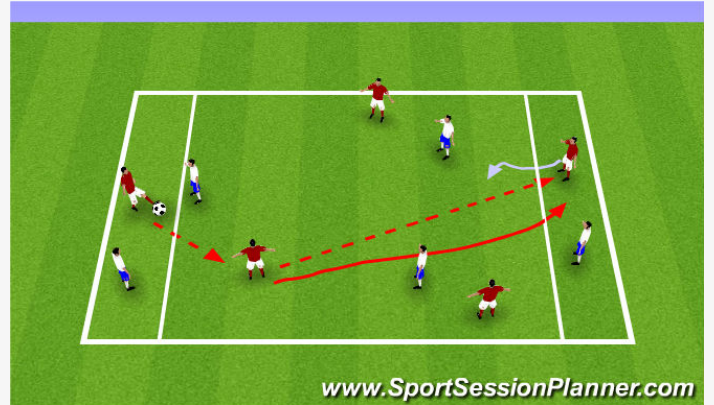
3v3 to Targets in End Zones (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Two equal size teams in field of play
- *One player from each team initially restricted to each end zone
- *When a team in center wins ball - they score by playing into the target in one end zone and then into the other end zone without losing possession
- *When ball is played into a target they immediately transition into game with ball and are replaced by the passer

COACHING POINTS:

- *Open body shape and peering to see the player with the ball and the target you want to play
- *Receive across body and face up whenever defender isn't tight
- *be patient and keep ball
- *when faced up play into target early whenever possible
- *Quality passing technique: zipping passes in with pace, smooth on ground and to proper foot



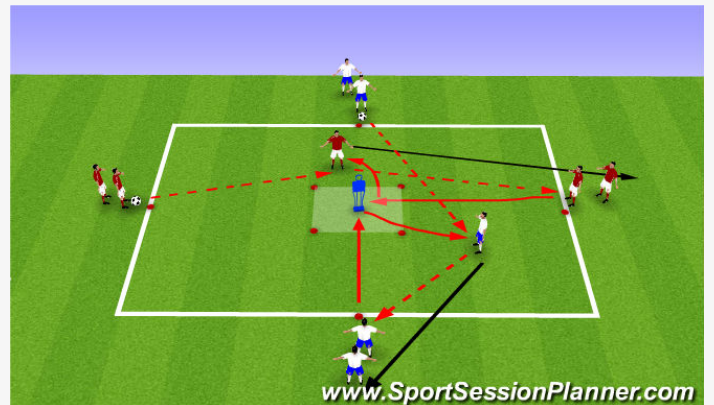
Pass-Receive through Gaps (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Passing and receiving activity with fade off of defender to receive the ball faced up
- *20x20 yard grid including 4x4 yard center square with mannequin/pole at the center
- *players in lines facing each other play together - 1 ball per line
- *player opposite of ball runs and touches defender and then fades outside of square with an open body shape to receive ball across the body and pass to the line they came from - then player returns to the end of the same line
- *activity repeats from opposite side with passer now getting open to receive the ball in the center
- *both lines play simultaneously and must be aware of other group to find gaps to receive and pass the ball around them and the central defender
- *be sure players play with both favorite and non-favorite foot & open up to different sides of defender

COACHING POINTS:

- ***Move to find gaps to receive the ball faced up and make next pass through traffic
- ***Receiving technique:
 - Moving towards ball or holding ground depending on pace and angle of pass
 - Moving at an angle with an open body shape – getting half turned to receive the ball faced up
 - Peeking/checking shoulder before/during/after pass to find pressure and identify options
 - Receiving across body and faced up to goal
 - Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball
 - Quick flowing movement into the ball, first touch is the first step of pass
- ***Passing technique:
 - Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement
 - Weight/pace of pass – deliver crisp passes
 - Passes played smoothly on the ground
 - Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate



1v1 to Targets (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

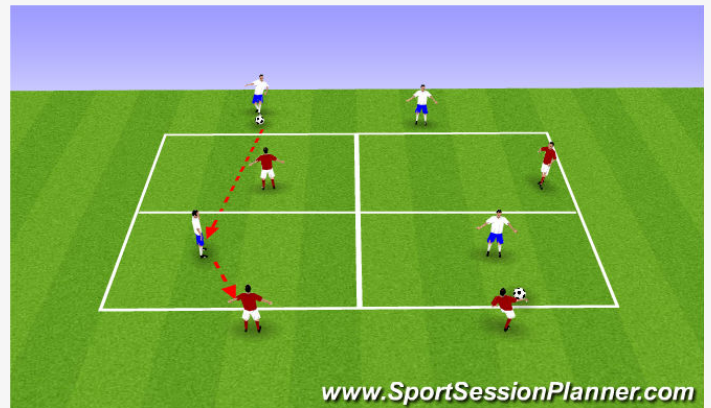
- *Groups of 4 players - 1v1 to targets with 1 player of each color restricted to each half of field and targets at ends
- *Each player restricted to their own half of the field with defender blocking passing lane into attacker from the front half
- *Attacker finds space in the shadow/gap behind the defender to receive ball with open body shape and passes to target, then sequence continues in reverse.

Variations:

- *Make defender live, but they must front attacker.
- *Add another player for each team inside and outside of grid. Must be played by both players in center before target.

COACHING POINTS:

- *Open body shape for attackers to be able to see the player with the ball, the defender and target
- *Receive across body and faced up to play forward/target on 2nd touch
- *Get out of the shadow of the defenders - learning how to play/get open in the blind spot of the defender
- *Move to open passing lane when eyes of defender turn to ball or have teammate roll ball into open space if defender keeps eyes on attacker to constantly block passing lane



4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

4v4 to Targets. Goal scorer changes with target. Target supports attacking team underneath.

COACHING POINTS:

- *Open body shape at all times to be able to see ball and target you score to
- *Receive ball across body and faced up whenever possible
- *Play a forward/penetrating pass whenever it is on
- *Support underneath the ball and play the way you face whenever facing away from goal with pressure
- *Be patient- don't force ball forward when well defended, play backwards and change area of attack

