



## 08 / U10G - Short Passing and Receiving

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 23-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

Short Passing and Receiving

Phase: Possession to Advance

Principle: Creation and Use of Space

### 7v3/6v4 Possession-4 Small Goals (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

7v3/6v4 in 25 x 30 yard square with small goals centrally on each sideline

- \*Numbers up team keeps possession of the ball
- \*Numbers down tries to win ball and scores to any of the 4 goals when they do
- \*Play resumes with numbers up team quickly getting a new ball from the corner and dribbling or passing the ball into play
- \*Possession team trying to limit goals conceded by keeping possession of the ball while opponent trying to score as many points as possible.
- \*Team with fewest goals conceded wins.

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

Variation: Possession team can score points every 3-5 consecutive passes. Team with highest score in a game wins.

#### COACHING POINTS:

\*\*\**Creating and Using Space via Support:*

- 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
- \*\*\*Focus on inside of the foot passing technique and first touch  
\*\*\*Rapid transition between attack and defense, defense and attack



### 6v4 Possession (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

6v4 in 25 x 30 yard square

- \*Numbers up team has one ball and finds ways to keep the ball away from the opposing team
- \*Numbers down team has each player with a ball and tries to dribble to interfere with/get in the way of opponents passing - they may not tackle the ball using their body
- \*Numbers up team scores a goal for every 4-6 consecutive passes and numbers down team scores any time the opposing ball hits them or their ball.
- \*Progression: Numbers down team scores any time they can hit the other teams ball via the dribble or pass.

#### COACHING POINTS:

\*\**Creating and Using Space via Support:*

- 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

\*\*\**Passing technique:*

- Choosing target for pass – players feet or space
- Inside of foot for accuracy - use appropriate foot (across body or away from the defender)
- 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

\*\*\**Receiving technique:*

- Move body into flight/path of ball
- Moving towards ball or holding ground depending on pace of pass and pressure
- 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
- Moving at an angle with an open body shape – getting half turned
- Peeking/checking shoulder before/during/after pass to find pressure and identify options
- Across body and faced up whenever possible
- Away from pressure and to set up next option

## Passing-Receiving Activity (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

Passing and receiving activity in 15 yd long x 10 yd wide grid

\*Players pass left and move right

\*Play 2-touch

\*Players follow pass to return to the same line

\*Repetitions for both feet passing and receiving

Variation: players on the outside receive the ball on the half turn, dribble a couple of touches away, turn back and then play the next pass

### COACHING POINTS:

\*\*\**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/goal

\*\*\**Receiving technique:*

•Moving towards ball or holding ground depending on pace and angle of pass

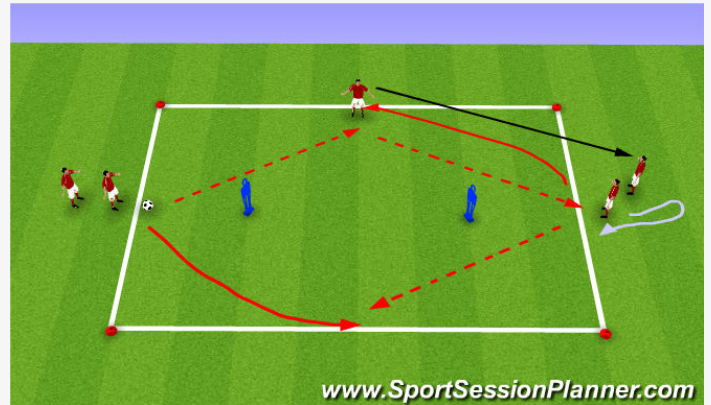
•Receiving across body

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

•Peeking/checking shoulder before/during/after pass to find pressure and identify options

•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



## 4v4+2 to End Zones (WHOLE) (20 mins)

### DESCRIPTION/ORGANIZATION:

4v4+2 in 25 yd wide x 30 yd long field with 5 yard endzones

\*Teams score by passing to a teammate in the endzone - 1 point for a player standing in the endzone and 3 points for a player running into the endzone from an onside position.

### COACHING POINTS:

\*Passing and receiving technical fundamentals

\*Distance and angles of support: when the ball is under pressure versus when the ball is unpressured

\*Active in possession - is there player movement off of the ball to free players for the pass? (on an angle, away from defenders, into places where the player with the ball can see/pass to you)

\*In transition, do players recognize opportunities to attack space quickly?

\*Do players force passes into the attack or do they recognize when to maintain possession?

