



08 / U10G - Receive to Face Forward

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 19-Mar-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Penetrate

Principle: Create Gaps/Space in the Opponent

3v3 FUNino (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *attacking player must be in the attacking zone before shooting
- *dribble in to counter when ball scores or crosses endline
- *sub every couple of minutes

COACHING POINTS:

- *Open/surfer body shape and peeking to see the player with the ball, defenders and the goals you score to - which goal is best to attack?
- *Receive across body and face forward with first touch whenever defender isn't tight
- *when faced forward, play forward whenever possible to attack the least defended goal
- *be patient and keep ball when you can't go to goal
- *Quality passing technique: zipping passes in with pace, smooth on ground and to proper foot



Receive Faced Up Pass Sequence (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *Winger changes speed to move from cone 1 to cone 2 to receive ball with open/surfer body shape, across body and faced forward
- *Defender or center mid plays fast and smooth pass from 3 into front side of winger so that they can receive across their body and face forward with their first touch (don't let the ball roll by you)
- *Forward makes properly timed run from 4 from outside position behind defender and build out line to receive pass from winger with body faced up and goes to goal alone on the GK

COACHING POINTS:

- ***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 identify teammate to pass to
 - 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



2v1 to Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Same sequence as start of previous activity - winger makes run from cone 1 to 2 to receive ball from defender at 3 faced up to goal
*Defender A is live as player 3 passes ball - 2v1 to goal with winger and forward

Variation: Defender B is also live as player 3 passes ball for 2v2 with recovering defender

COACHING POINTS:

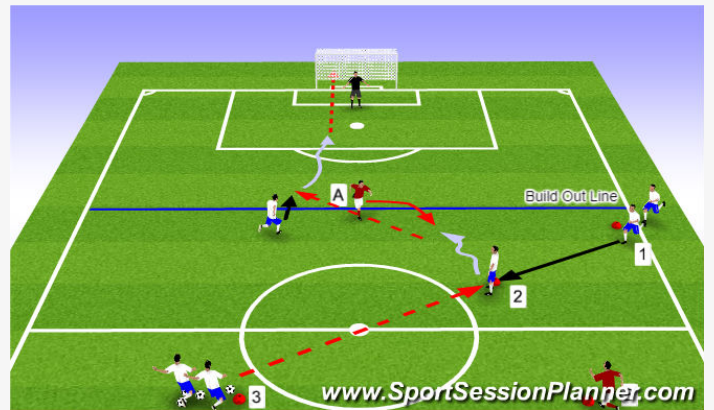
all of the previous plus:

*winger dribble drives to goal

- if defender commits to stop them then pass to teammate (who must be aware of build out line and offside law)

-if defender marks forward, dribble all the way to goal

*speed of play must be fast enough to prevent recovering defender from getting between the ball and the goal



5v5 to End Zone / #'s Up & Down (WHOLE) (20 mins)

DESCRIPTON/ORGANIZATION:

*5v5

*Score by dribbling/passing into end zone (end zone is not offside space to start)

*When a team scores a goal with even numbers or numbers down - one of their players must step off

*When a team scores a goal numbers up - the opponent gets an attacker back

COACHING POINTS:

All of the above plus:

*Open / surfer body shape for attackers to be able to see the player with the ball, the defender and end zone they score at

*Receive across body and faced up to play forward 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 marks defender tightly wherever they go

