



08 / U10G - Receive to Face Forward

Category: Technical: Passing & Receiving

Difficulty: Beginner | Start Time: 21-Mar-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Possession to Advance

Principle: Getting Unmarked/Open - Create Separation from Defenders

4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Directional 4v4 possession to target players - red plays to red targets and green plays to green targets

*Team in possession scores by getting the ball from targets on one side of the field to targets on the opposite side while maintaining possession

Variations:

*players play for a set period of time and then targets switch with teammates inside field, or

*target player receiving the ball immediately enters the game and is replaced by player that passed to them

COACHING POINTS:

*Playing with an open body shape and peeking to see the ball, defenders and passing options

*Receiving across your body and facing up whenever possible or playing the way you face

*Attacking player movement to get free from defenders and receive ball faced up (body lean into defender, going one place and then getting ball in another, from defenders blind spot)



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Directional Passing-Receiving (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*Directional passing and receiving

*Central player checks to outside player who has the ball, receives ball across body and passes to opposite side

*Play for 1 minute and rotate the group in the middle with the players on one side

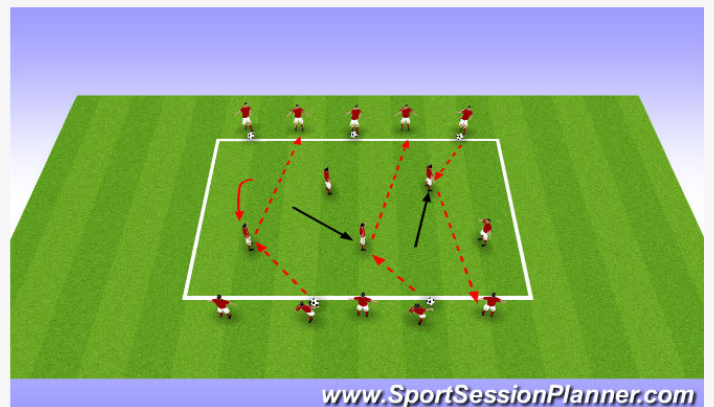
COACHING POINTS:

*Check for the ball at an angle or with bent run and with an open body shape so that you can see the ball and where you are passing

*Peek over shoulder while checking to see options

*Move into path of the ball - early open body shape in support of the ball - choose appropriate controlling surface

*Receive ball faced forward - quick and balanced footwork to receive across body - bend your knees and sink at your hips to cushion/control the ball (don't let the ball just roll past you)



2v2 + 8 (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*1v1 pairs competing inside grid + 8 perimeter players/bumpers (1 from each team on each sideline)

*Field Size: 20Wx20L

*Attackers score points by receiving the ball from a perimeter player/bumper on one side and passing to one without a ball on the opposite side of the grid

*The central attacker can choose to pass the ball to anyone on the outside, but only scores if the pass goes to a player on the opposite side of the grid from where they received it

*The inside attacker can not get a ball from the player they just passed to

*If defender wins the ball, they become the attacker

*Each round lasts 90 seconds.

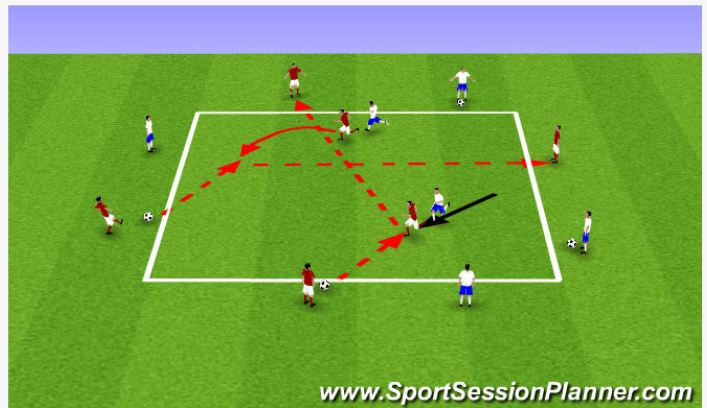
COACHING POINTS:

*use sharp changes of direction and speed to gain space away from your defender

*look to receive the ball with a surfer body shape - peeking - across the body - faced forward towards the opposite side of the grid

*encourage perimeter players/bumpers to move as well. create better angles for entry passes as well as return passes by sliding laterally up and down their line

*immediate movement after passes



Game to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*7v7 including GK's to full size goals (play 5v5 + 1 with coaches in goal for 4:45 pm session)

*All regular soccer rules

COACHING POINTS:

*focus on receiving the ball faced forward whenever possible - surfer body shape - peeking for ball, defenders and goal - receiving across body

*player movement to be able to receive the ball faced up - getting away from and out of the shadow of defenders - moving to a place where a pass can be played to you on an angle instead of straight

