



08 / U11G - Receive to Face Forward

Category: Technical: Movement off the ball
Difficulty: Beginner | **Start Time:** 03-Aug-2018 17:00h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Possession to Advance

Principle: Getting Unmarked/Open - Create Separation from Defenders

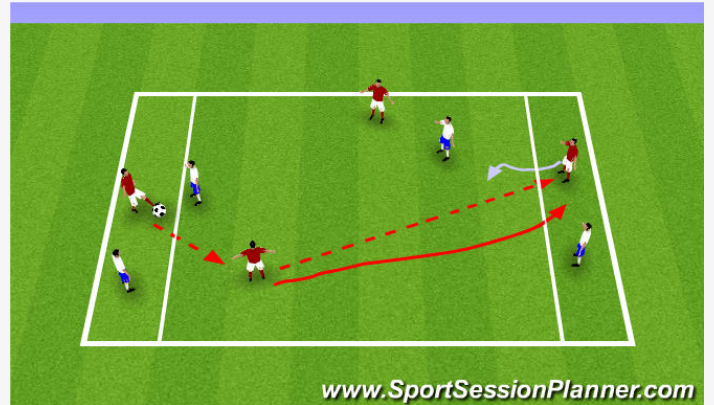
2v2 to Targets in End Zones (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Two equal size teams in field of play
 - *One player from each team initially restricted to each end zone (may not be defended by each other or central players)
 - *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
- Variation: Players remain in field of play when passing into end zone - rotate end zone and field players at 2-4 minute intervals

COACHING POINTS:

- *Open body shape and peeking 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
- *Recognize how to get unmarked/open and create space away from defenders to receive the ball facing forwards - nudge defender, move to area opposite of where you want ball and then get it in the space you want (fade off defender - does defender follow?), playing in blind spot of defender
- *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



Romeo Jozak Passing Diamond (PART) (20 mins)

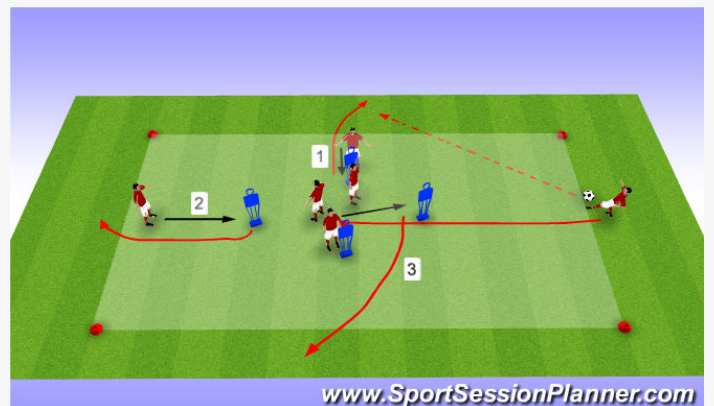
DESCRIPTION/ORGANIZATION:

- *Pass and make run into space between mannequins to engage defender- play in both directions
 - *As ball is traveling to player you will receive ball from, player makes movement to get unmarked/create space from defender (mannequin) and with open body shape to receive ball across body - isolate/engage defender by getting tight to them to start
 - *Movement to get Unmarked/Create Space to Receive Ball
- Variations: 1-nudge/drive into defenders body to create separation, 2-Move away from where you want to receive ball and then rapidly change direction/speed to exploit that space, 3-From defenders blind spot - move away from area to receive ball and then change direction/speed to get unmarked

- *Passing Variations: 1-receive inside foot/pass inside same foot, 2-receive inside foot/pass inside opposite foot

COACHING POINTS:

- *Firmly hit and accurate passes that are smooth on the ground and to the proper foot
- *Open body shape and receive across body - fading off cone/defender in support of ball
- *Timing of run to create space off defender as teammate receives ball
- *Use of change of speed/direction/blind spot to create space from defender
- *Peeking to see both player you are receiving the ball from and will pass to as you fade



1v1 to Targets (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

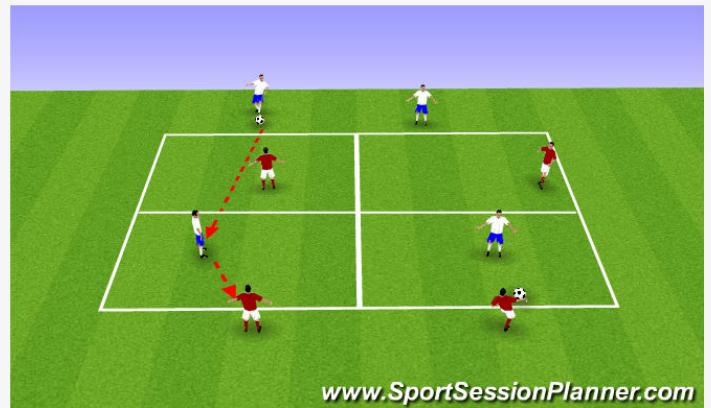
- *Groups of 4 players - 1v1 to targets with 1 player of each color restricted to each half of field and targets at ends
- *Each player restricted to their own half of the field with defender blocking passing lane into attacker from the front half
- *Attacker finds space in the blind spot behind the 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



8v8 to End Zone / #'s Up & Down (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *8v8 in 50 x 50 yard field with 5 yard end zones
- *Score by dribbling/passing into end zone (end zone is offside space)
- *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
- *Find ways to get unmarked/open and create space to receive ball facing forward

