



## U15-U16 Passing & Finishing (1) - J. Sells

**Category:** Tactical: Functional

**Difficulty:** Difficult

Am-Club: New Mexico Rapids Soccer Club  
Technical / Coaching Directors, Albuquerque, United States  
of America

### Rapids Box - Technical (10 mins)

**DESCRIPTION/ORGANIZATION:** 4 lines of 3 players in each line. First player in each line dribble to the edge of center box (3 yards x 3 yards). Turn with ball and with next touch pass to the next player in your line. Short and sharp, lots of talk from the coach, demand that things are done at pace and correctly.

**COACHING POINTS:** Dribbling points--positive first touch (inside of foot), Speed of play and looking for technical speed of play and improvement.

Players work on various turns off the dribble working into central box and looking to turn and move back to their respective line w/ pass.

Turns: Sole of the foot, Cruyff, Outside cut, Inside Cut, etc...

Rapids Box has many variations...



### Passing Combo w/ Finishing (15 mins)

**DESCRIPTION/ORGANIZATION:**

A. Player 1 passes to player 2- Player 2 positions himself "to the left" to receive the ball.- Player 1 kicks the ball with the inside of the right foot.- Player 2 is open to receive the ball with the inside of the right foot. B. Player 2 passes to player 3- Player 3 positions himself "to the left" to receive the ball.- Player 2 kicks the ball with the inside of the right foot.- Player 3 stands open to receive the ball with the inside of the right foot. C. Player 3 takes open and finish at goal Player 3 takes the ball towards through cones at speed to shoots at goal from the line

**Variations:**

Passing combinations on sticks (short, short, long & Double pass)

**Coaching Points:**

- Maintain speed after receiving the ball, to execute the next move.-
- Receive standing open, in the direction of play
- Pass the ball with the correct speed and on to the correct foot.
- Follow through of the kicking leg.



### 6v6 Corner Zone Soccer (30 mins)

**DESCRIPTION/ORGANIZATION:**

40 (W) x 45 (L) yard area

6v6 (+ N if needed).

This practice form is executed with 2 teams of 6 players, who play against each other on a large square pitch, of which the corners are marked by cones. The team in possession of the ball may score in the corners of the pitch. Only the team who has possession of the ball may enter these corners. Once you have scored, your team retains possession of the ball and you may attempt to score in one of the other corners.



## 6v6 - 8v8 Counter Goal Soccer + GK's (25 mins)

### DESCRIPTION/ORGANIZATION

Six attackers keep possession against Six defenders by a combination of passes or an individual action, eventually scoring by passing into counter goals. After taking possession the defenders may then score by passing into opposition counter goals.

Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender (applies only to 9v9 and 11v11 teams) If the ball goes off the field the coach send in a new ball. Playing shape 4-2 vs. 4-1-1.

Variation: Create vertical touch limit zones in various thirds of the field (blue lines). GK's can be added in shaded zones to protect three (3) goals on each endline.

### COACHING POINTS:

- Disciplined shape - Prevent forward passes. Defending in 6's (4-2)
- Recognize pressing moments. Step as a team (recognize negative play)
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments) and open attacking shape quickly.

