



Academy Session 5

Category: Technical: Passing & Receiving

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Review (15 mins)

Set Up

25x25 grid

Part A

Free dribble- Have each player dribbling around in the area. Give them 2-3 minutes to just dribble. After that start emphasizing our laces technique and little controlled touches. Then start to give them skill commands and then to dribble once that is completed. Or you can have them perform the skill until you tell them to dribble again.

Skill commands:

- 1) Toe taps
- 2) Tick tick touches- back and forth inside the foot
- 3) Jumping jacks
- 4) Ball jumps
- 5) Alternating inside-outside with the right foot only
- 6) Alternating inside-outside with the left foot only

Part B

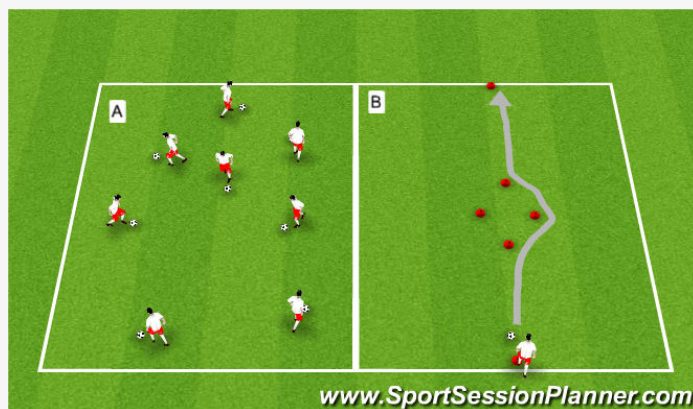
Lay down 2 or 3 5x5 diamonds in the middle of the grid with a cone 10 yards from the top of the diamond and 10 yards from the bottom of the diamond. Players will dribble to the right of the diamond using the inside or outside of their foot to touch around the diamond. Do this for 2-3 minutes then switch to going around the left side of the diamond.

Progression

1) Add a defender inside the diamond that can ONLY steal the ball if the ball goes into the diamond. This adds some pressure to keep the ball close and away from the defender. In this progression the player can dribble around either side of the diamond.

Coaching points:

- 1) Using the appropriate part of our foot to change direction
- 2) Can we change our speed as we get around the diamond



Stationary Gate Pass (15 mins)

Set Up

Make a 2 yard gate and have 5 yards in between each gate so players know what is a gate and what is not a gate.

Players will be 3 yards from the gate on either side so they are a total of 6 yards apart.

Instructions

Players will pass the ball through the gate to their teammate using good passing technique. Each time the player passes through the gate they get a point. To start the focus should be on the technique. If that is really easy have players take two steps back.

Coaching points (Passing)

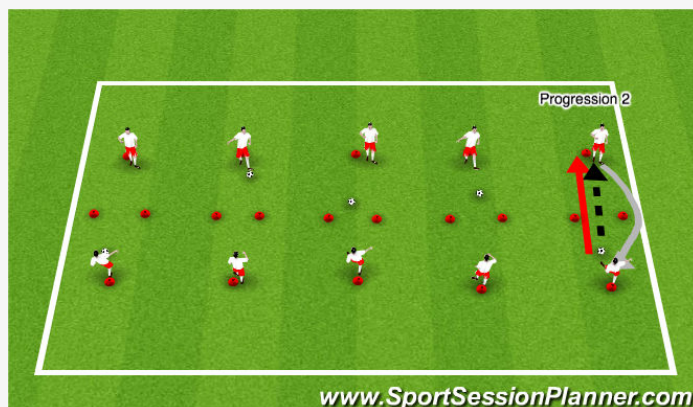
1. Inside the foot
2. Ankle locked
3. plant foot beside the ball pointing at target
4. Pendulum swing from the hip
5. Contact point in the middle of the ball

Coaching Points Receiving:

1. Inside of the foot
2. Toe up
3. Ankle locked
4. Giving with the ball

Progressions

1. Move player back to 8 yards apart
2. Players receive and dribble around the outside- Player passes across to the receiving player who the dribbles around the cones to the other side. Passing player runs through the middle to go become the receiving players.



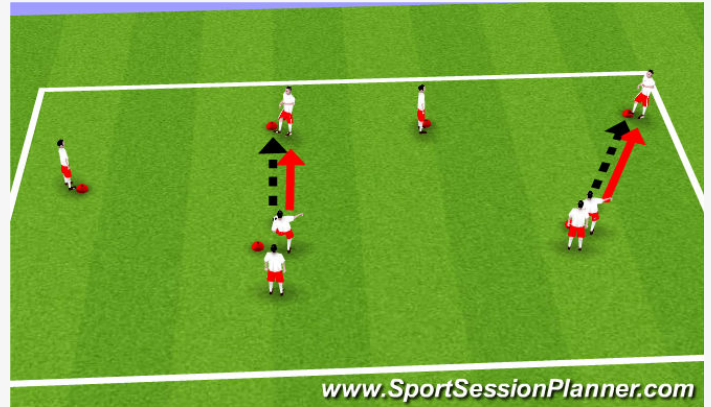
Triangle Passing (15 mins)

Set Up

2 5x5 Triangles

Instructions

Have players pass to the right and follow their pass. Really focus on the passing and receiving technique for this activity. This is very similar to our passing through the stationary gate activity, but now players need to take their first touch in the direction they want to pass. Go to the right for 4-5 minutes and stop them to show the technique to receive the ball with a positive first touch in the direction we want to then pass.



Gate Pass (10 mins)

Set Up

Scatter 8-10 two yard gates around a 20x20 grid.

Instructions

Split into two teams. Players will always pass through a gate to the opposite color. When one color receives a pass they should go to another gate to pass back to the opposite color.

Coaching Points

1. Passing technique
2. Receiving with the inside of the foot
3. First touch towards the next gate

Progression

1. Vary passing distance



1v1 to Endzone (10 mins)

Instructions

One player plays the ball across and goes to defend against the attacking player who is trying to dribble across the endline for a goal. If the defender wins it they may score by dribbling across the opposite endline.

Coaching points:

1. Passing technique to the attacking player
2. Attacking player having a good first touch using the inside of their foot
3. Attacking player using change of direction to attack the space and across the endline

****This is not a defending activity so please only coach the passing/receiving/dribbling techniques**

Coaching Points

1. Passing technique and accuracy
2. Receiving technique
3. Opening up so the player receiving can turn quickly and dribble to the next gate

