



Week 6 Academy Session

Category: Technical: Passing & Receiving

Difficulty: Beginner

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

Description

Review (10 mins)

Instructions

In your grid have players dribble around using Messi touches. Have them dribble around for a few minutes on their own with minimal instruction. After that go over our dribbling technique, pull back technique, inside cut, and outside cut technique. Players should be pretty familiar with these terms at this point.



Pass and Move (10 mins)

Set Up:

2 groups

4 to 5 players per group

split them up among the blue cones

Instructions: Player with the ball passes through the gate to the other, that player then has two touches to get the ball back through the gate to the other side. After they complete a pass they must run around the gate to the other side.

-Make a game out of it once they get comfortable. i.e. first to 20 passes

Coaching Points:

-Nice strong ankle

-Planting foot is pointed where you want it to go

-Appropriate power behind the pass

-Can we make eye contact with the person receiving the ball before we pass it?? How quickly can we do this?

Progressions:

-After they show mastery with just the two touches, move to just one touch, back and fourth.

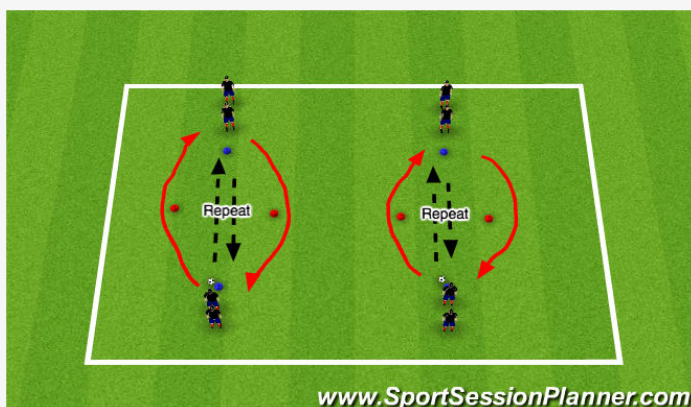
One Touch Coaching Points:

1) Toe up, ankle locked, plant foot pointed at our target

2) Leaning over the ball to help prevent the ball from popping up

3) Making good contact in the center of the ball

4) Less swinging motion is needed because we use the pace of the ball coming to us and we also don't want to hit a ball too hard to our teammate who is trying to play with one touch.



Diamond dribbling (10 mins)

Set Up

Starting cone 10 yards from the bottom of the diamond

Small 2-3 yard diamond

2-3 players per line

Instructions

Players will dribble out using Messi dribbles and perform the desired technique around the cones but always end up coming back to the line where they started.

Techniques

1) Inside touch around the whole diamond

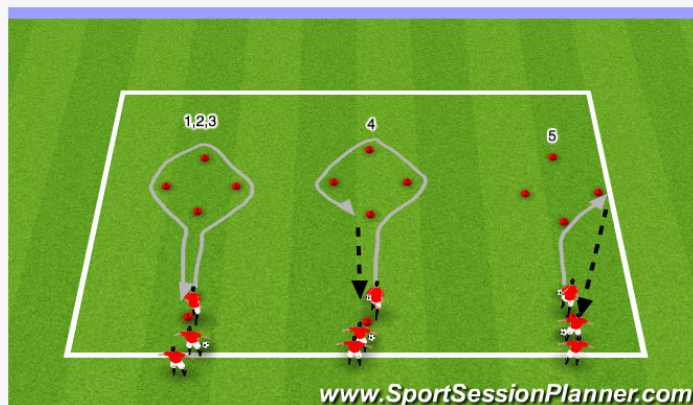
2) Outside touch around the whole diamond

3) Introduce scissors when they get to the first cone then dribble around the diamond

Scissors technique- plant foot beside the ball, other foot goes from behind the ball to between the plant foot and the ball to around the front of the ball. If that move is performed with my right foot my next touch should be to the left with the outside of my left foot. Please ask the Revs coach to explain if necessary.

4) Dribble around the diamond and pass back to next player in line.

5) Touch to the cone on the right side with the outside of the right foot and then a pull back and pass back to their teammate.



Finding Space (10 mins)

Set Up

Diamond shape cones 10 yards apart. Add grids as needed.

3 players per diamond

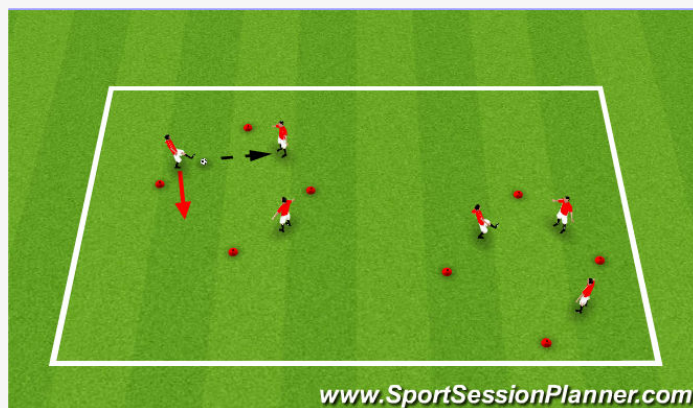
If you have a group of two make a triangle for the group of 2.

Instructions

Players will pass and move to the open side of the diamond or triangle.

Coaching Points:

- Not standing after we pass the ball
- Good first touch to set up the pass
- Know where the open space is so you can get there quickly



1v1 (10 mins)

Set Up

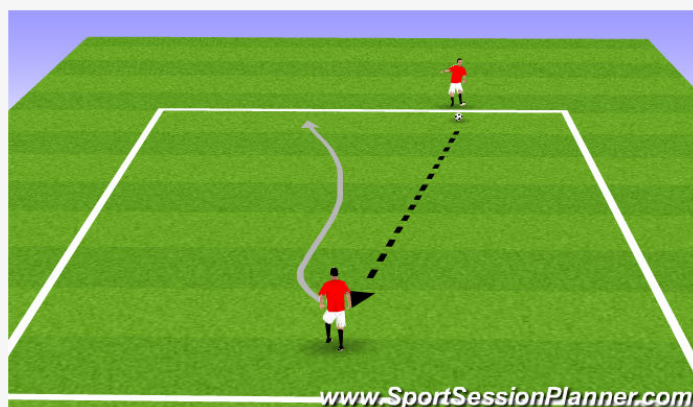
1v1 to endlines

Instructions

Defensive player passes to the attacking player. The attacking player tries to dribble over the endline to score. After 3-4 minutes switch the so attacking and defending groups.

Coaching Points:

- 1) Good first touch
- 2) Attacking the space to the side
- 3) Using our dribbling moves and cuts to beat the defenders
- 4) Focus on only the attacking side of the activity



2v1 (15 mins)

Set Up

2v1 to goals

2, 3 yard cones for the attacking group

1, 5 yard goal for the defending group

Instructions

Same concept as 1v1 but now it is a 2v1 to goals. Score by dribbling through the goals. If the defender wins the ball they can dribble through the single goal. Play until a goal is scored or the ball goes out of bounds.

Coaching Points:

- 1) Taking space on the dribble until the defender commits
- 2) Keeping our spacing so we can score at either goal
- 3) Passing and moving to where we can get the ball back
- 4) Importance of first touch to push the ball in the direction we want to go

