



Week 7 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.

Add a change of speed component where every time the coach says "go" players dribble fast for 2-3 seconds. Then add a cut or turn to it so every time the coach says "go" the player performs the technique then accelerates for 2-3 seconds, while keeping the ball under control



5 Point Dribbling (15 mins)

Set Up

5x12 yard box with a cone in the middle

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 at all turns

2) Outside touch at all turns

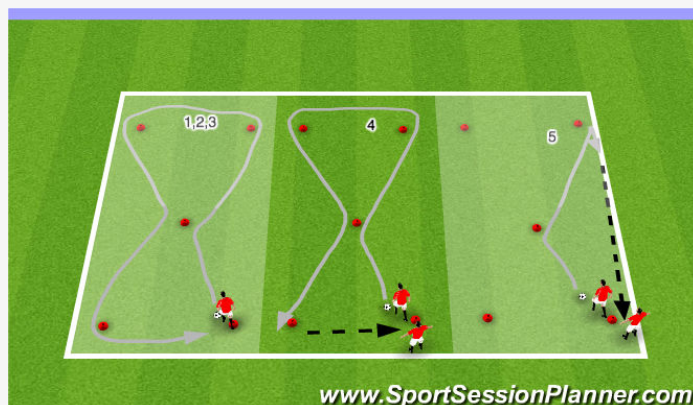
3) Introduce scissors when they get to the middle cone

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 area and pass to the next player in line

5) Dribble to the middle cone, use an outside touch to the top right cone then pull back and pass

*Switch corners so players are dribbling the opposite direction and practicing with their opposite foot



Pass and Turn (15 mins)

Set Up:

2 groups

4 to 5 players per group

split them up among the blue cones and one player between each gate

Instructions: Player with the ball passes to the player between the gate. That player takes a receiving touch to turn and dribbles to the top of the diamond to the next player so he/she can then pass to the next player in the opposite gate. Players follow their pass so they are in the gate after they pass the ball.

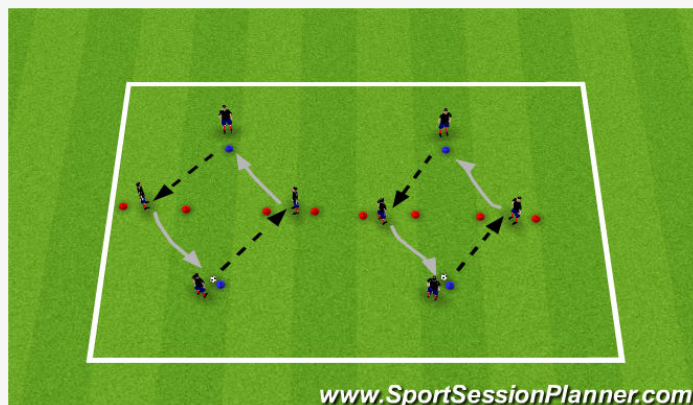
Coaching Points:

-Good passing technique with toe up, ankle locked, plant foot beside the ball and plant foot pointed towards the target player

-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?

- First touch by the player in the gate, they should have their body opened up so they can see who is passing them the ball and



where they want to dribble once they receive it.

- Good first touch/receiving touch using the inside of the foot
- Can we receive the ball with our front foot?
- Messi dribbles when dribbling to the next player

Progressions:

- Switch directions to they need to use their opposite foot to receive the ball

*You can make this into a race once players are understanding the technique and flow of the activity.

Finding Space (10 mins)

Set Up

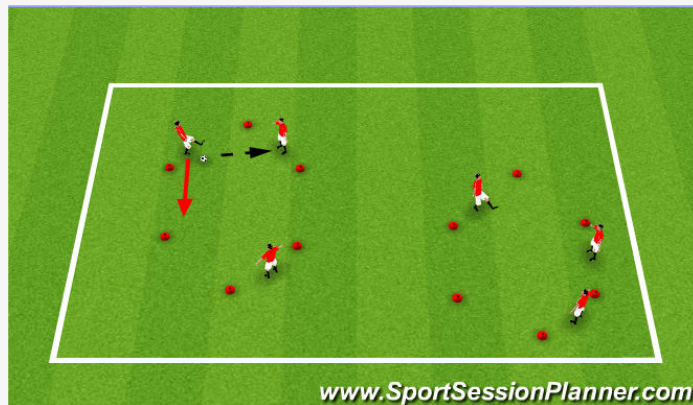
Hexagon(ish) shape with 3-4 players per group

Instructions

Players will pass and move to any open side. Continuing from last week, players now have more options of spaces to run to so there is more of a decision making process for them to pass and move

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
- Don't just pass to the same player everytime, you may pass directly back to the same player that just passed you the ball which will change the direction of the supporting movement.



1v1 (10 mins)

Set Up

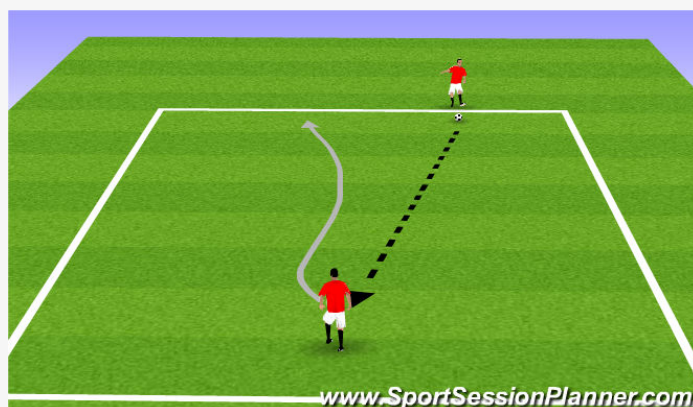
1v1 to endlines

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

