



Academy Session Week 8

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



Triangle Dribbling (15 mins)

Set Up

See diagram for dimensions

2-3 players per line

Instructions

Players will dribble out using Messi dribbles and perform the desired technique around the cones.

Techniques

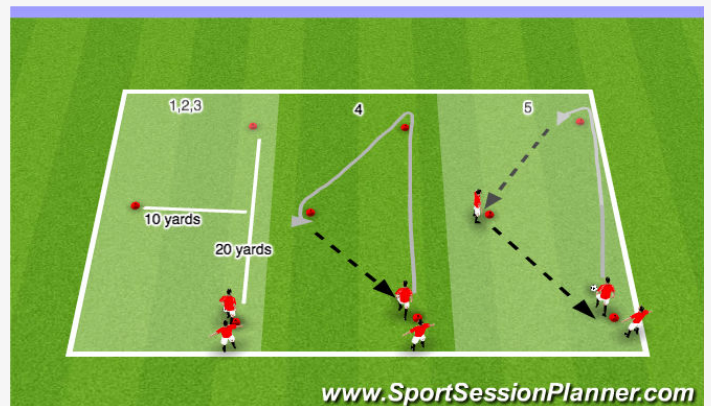
- 1) Inside touch at all turns
- 2) Outside touch at all turns
- 3) Introduce scissors when they dribble from the first cone to the second cone.

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) Have a player at the side cone that will receive the ball and then pass back to the first player in line. Players always follow their pass

*By switching the side cone to the opposite sides you can have players go the opposite direction.



Finding Space (10 mins)

Set Up

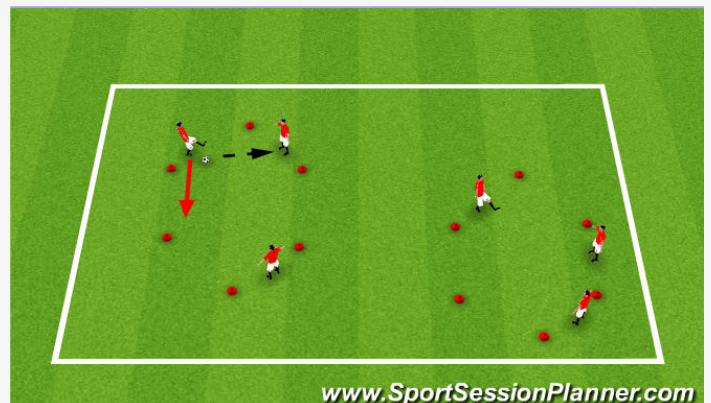
Hexagon(ish) shape with 3-4 players per group

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.



3 Team Passing

Set Up

3 teams of 3

Instructions

Players pass and move within the grid only passing to the players on their team.

Coaching Points:

- 1) Use the whole grid
- 2) Pass and move to open space
- 3) Communication to tell our teammate where we are
- 4) Good first touch in the direction we want to go

Progression

- 1) Red passes to black, black passes to green, and green passes to red.
- 2) You may not pass to the same team color that just passed you the ball.



1v1 (10 mins)

Set Up

1v1 to corner grids

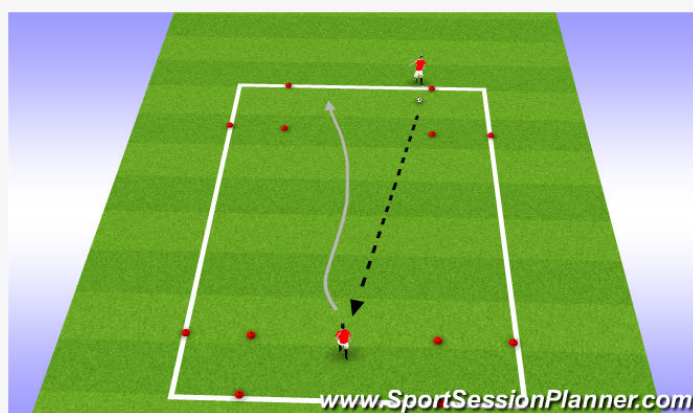
3x3 yard corner grids

Instructions

Defensive player passes to the attacking player. The attacking player tries to dribble AND stop the ball inside the corner boxes.

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 corner grids

Instructions

Same concept as 1v1 but now it is a 2v1. Score by dribbling AND stopping the ball inside the square. If the defender wins the ball they can dribble and try to stop the ball in the opposite corner grids. 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 corner
- 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

Progression:

Add in a recovery defender that starts where the attacking players are. The recovering defender cannot go until the attacking players have made a combined total of 3 touches.

