



Settling/Passing u14

Category: Technical: Passing & Receiving
Difficulty: Beginner

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

Description

Juggling Warm Up (5 mins)

Give players 5 minutes on their own to juggle.



Ball Toss (10 mins)

Each player has the ball in their hands and will attempt to perform the skill demonstrated. Players should be jogging around the area while performing each skill

1. Player tosses the ball about head high and before the ball bounces the player uses their laces to settle the ball on the ground. Make sure they are trying with both feet.
2. Player tosses the ball head high and on the short hop the player uses the inside of their foot to settle by pushing it across their body. Touching the ball from the outside in.
3. Player tosses the ball head high and on the short hop the player uses the outside of their foot to settle the ball and touch away from their body. Touching the ball from the inside out.
4. Player tosses the ball head high and on the short hop the player uses the sole of their foot to push the ball out in front of them.

Spend about 5 minutes on each technique.



Diamond Passing (5 mins)

Set Up

Make two diamonds that are 10 yards top to bottom and 10 yard side to side. Have multiple players with the soccer balls at the bottom of the diamond with one player at each of the other cones.

Instruction

Players will pass to the right with their right foot and follow their pass. After a 3-5 minutes switch to going to the left and using their left foot.

Coaching points for Passing:

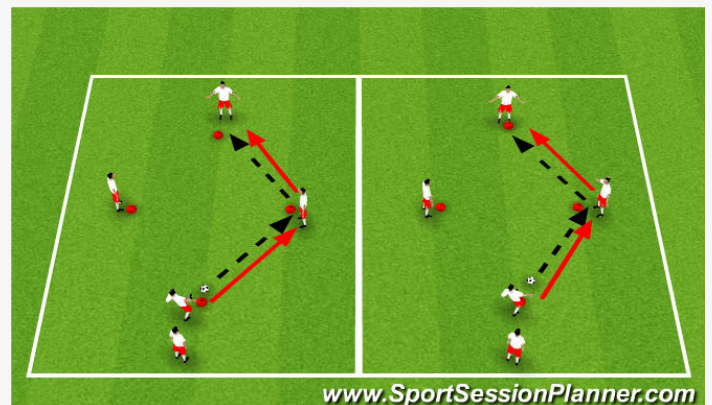
Pointing your plant foot towards the person your passing to
Using inside of the foot, toe up, ankle locked, pendulum swing

Coaching points for Receiving:

Using inside of the foot, toe up, ankle locked
Giving with the ball to take the pace out of it
Open up hips so player can receive the ball and take a first touch toward the player they will be passing to.

Progression:

1. Turn it into a game where the first team to go around to the right 10 times wins.
2. Introduce two touch, receive and pass.
3. Play same game, but now two touch



Diamond Passing 1-2 (10 mins)

Instruction

Players will pass to the right and perform and give and go, or 1-2 at every cone. Players will still follow their pass to the cone to the right. After a 3-5 minutes switch to going to the left and using their left foot.

Coaching points for Passing:

Pointing your plant foot towards the person your passing to

Using inside of the foot, toe up, ankle locked, pendulum swing

Coaching points for Receiving:

Using inside of the foot, toe up, ankle locked

Giving with the ball to take the pace out of it

Coaching Points for Layoff:

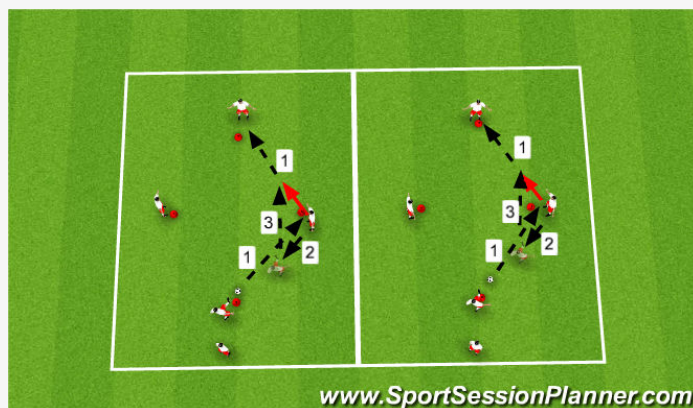
Closing the space so its a quick 1-2 around the cone.

Taking the pace out of the ball, keeping it on the ground

Can it be one touch

Progression:

1. Turn it into a game where the first team to go around to the right 10 times wins.
2. Introduce two touch, receive and pass.
3. Play same game, but now two touch



Diamond Passing 3rd man (10 mins)

The third man combination is similar to the 1-2 but now instead of the ball being played back to the same player that layed the ball off, now the ball is played to the third man.

The whole sequence is a layoff to a ball played across the diamond.

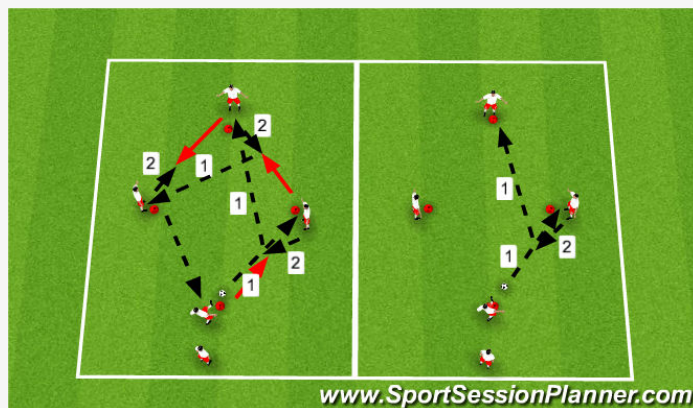
Players will still move in a counterclockwise direction when going to the right.

Coaching Points

1. Closing down the space for the layoff so that it is a short layoff followed by a longer ball across the diamond.
2. Communication.
3. Changing the weight of our passes. Longer ball can be hit harder than the layoff ball.

Progressions

1. Can the touches be limited to 2 touch or 1 touch
2. Add in a second ball



5v2 Transition Game (20 mins)

Set Up

35x30

Grid will be split into two 15x30 grids with a 5x30 channel in the middle.

Instructions

To start there is a team of 5 in each of the three grids. The coach will serve a ball to one end and the middle team will send 2 players into that grid to defend. If the attacking team get 5 consecutive passes they must successfully serve the ball to the opposite side to get a point. The players in the middle grid are able to block that pass. If the attacking team does that the defending team stays in the middle and send two new players into the opposite grid to defend again. If the attacking team does not get 5 passes, the ball goes out of bounds, defense wins it, or it gets blocked in the middle the attacking team now goes into the middle grid becoming defenders. A NEW ball is played from the coach to the team on the opposite side. Defending team cannot go defend until the attacking team has taken their first touch.

The game is to 5 points. Play 2-3 games. If your group is struggling to get 5 consecutive passes lower it to 3 or if it is too easy raise it 7 passes.



5v5 to Endzones (15 mins)

Set Up

35x30 grid

Instructions

5v5 to endzones

A team scores by playing a teammate into the endzone. Players may not enter into the endzone until the ball is played for the point to count.

When a team scores, the losing team is out and a new team comes on. The team that scored keeps the ball and now is attacking the opposite end from the one they just scored at.

This is a quick transitioning game and should become very fluid once they get the hang of it.

If a team gets three consecutive wins they sit off.

Coaching points

1. Keeping our shape, having width and depth
2. Keeping the ball
3. Less dribbling, can it be 1 and 2 touch
4. Finding a longer ball out of pressure or even into the endzone to a teammate

