



Pali AYSO - Passing & Receiving (U10 & U12)

Category: Technical: Passing & Receiving
Difficulty: Moderate

Reseller-Club: Premier Users' Club
Corinne Briers, Pacific Palisades, United States of America

Description

Warm-up (15 mins)

BALL TAG

2 teams; 20x20 yard grid

Players toss ball to teammates. 4 passes in a row = 1 point

If holding the ball, opponent can tag you. Ball now starts with the other team (No immediate tag backs!)

Whichever team touched the ball last before it hits the ground, it is the other team's ball.

Examples:

- You toss it to your teammate and he/she drops it = other team's ball

- You try to intercept the pass, but it falls and hits the ground = other team's ball

**Whenever ball changes possession, players must let the game start. No immediate tags or the game will never get anywhere!

Coaching Points:

- **Let them just play** and figure out the game for about 5 minutes. Help remind of rules if needed.

- **Move to Open Space** (don't just stand and scream your teammates name if you want the ball).

- **Set your teammate up for success** (don't panic and toss the ball into pressure because you are about to get tagged - can make analogy to "hot potato").

- **If you ask for the ball, know what you are going to do with it once you get it!** Don't catch it and then look around for who you can pass it to. Think about it and look around for your open teammates when you are calling for the ball - in case you get it.



Activity 1 (15 mins)

PASSING TECHNIQUE/ACCURACY

Partners 10 yards apart

(A) Technique Review (5-10 minutes)

Pass back and forth with partner. Be sure to receive the ball first before passing it back.

Watch the players technique for a minute and then make your coaching points.

Coaching Points:

- **Lock your ankle. Pull your toe up to the sky.** Can have them point toe to the ground first for contrast.

- **Aim! Keep your plant foot and hips facing towards your partner.** Can have players hold fingers on their hips like water guns that they need to aim to shoot their partner.

- **Show off your shoes! Follow through with the inside of your foot facing your partner.** (Most cleats have the logo or a stripe on the inside of the foot - have them show this off and bring it right back down behind their standing leg after passing). Don't follow through and cross your legs.

- **Bend your knees so you can make contact in the middle of the ball** - the equator.

Point out 1 or 2 of the coaching points and then have them practice passing back and forth for a minute or two before introducing the other points.

(B) Eiffel Tower (5-10 minutes)

One partner stands with legs spread apart and hands above head - like the Eiffel Tower. Other player (using good technique and aim) tries to pass the ball between partners legs. If successful = 1 point. Then other player's turn.

They are competing against their partner. First player to 5 points (or 10) wins.

**If a player is advanced and scoring easily, have him or her pass with right foot and with the left foot on the next turn. Can also increase the distance of the pass.



Activity 2(A) (10 mins)

2 teams; 2 diamond shaped grids (each cone is 10-15 yards apart).

(A) Passing & Receiving

Players pass the ball and follow their pass to the next cone. Players receive the ball before passing to the next cone.

(1) Practice Round

(2) Competition Round - each ball that gets all the way around = 1 point.

- Which team can score the most points in 3 minutes.

**Can vary and have pass #4 be a dribble back to the start cone.

Coaching Points:

- **Weight of Pass.** How hard or how soft to pass it so it gets to the cone quickly and teammate can control it.
- **Face the field to receive the pass.** Position body so you can see the passer and the player you want to pass to.
- **Remember the technique.** Remind players of the technique they just worked on.



Activity 2(B) (15 mins)

(B) Passing & Shooting

Teams switch grids. Same activity as 2A, except last pass is a shot on goal. Same rotation.

(1) Practice Round

(2) Competition Round

- Which team can score the most goals in 3 minutes?

- Switch grids and play another round

Coaching Points:

- **Set your teammate up for success.** Quality of the pass (relate to Ball Tag warm-up).
- **Your shot is only as good as your first touch.** Concentrate on getting a good prep touch.
- **Move after you pass.** Don't just watch and admire your pass. Quickly get to next cone so your team can start the next ball right away.



Small Sided Scrimmage (30 mins)

2 teams; 25x30 yard grid; 1 big goal & 2 small wide goals

(A) Keep Away (10 minutes)

3 or 4 passes in a row = 1 point

Ask players what made them successful in the Ball Tag game. If needed, steer them to the coaching points from the warm-up.

(B) Scrimmage To Goal (20 minutes)

After each goal, switch sides (or after 5 minutes if no goal is scored)

Coaching Points:

Same as above in Keep Away, Ball Tag, and the Passing & Receiving Drills

- **Move to Open Space**
- **Set your teammate up for success**
- **Don't just scream for the ball. Know what you are going to do with it when you get it.**
- **Face the Field.**

**Remember to let them play. Don't over-coach or have running commentary. Allow the players the opportunity to use the scrimmage to try things that you've taught them, to make decisions on their own, and make mistakes. And most importantly, to have fun playing without someone directing their every move.

