



## U7-U13 Recreation Practice 4

Category: Technical: Passing & Receiving  
Difficulty: Beginner

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### New Balls (20 mins)

#### **Organization**

3v3-6v6

Two even teams with no Goalkeepers.

If the ball leaves the field of play or after a goal is scored, the coach decides which team gets the ball.

#### **Progression**

The coach gives the ball to the team who have spreaded out the most.

Give 2 goals to a team if a player passes to a teammate who immediately scores from that pass.

#### **Coaching Points**

Awareness - must see ball, defenders, team mates & space.

Movement to get open - stay away from the opposing team. Can your teammates see you?

Technique to Receive - toe up/heel down to use inside, lock ankle, push the ball into space.

Technique of Pass - toe up/heel down to use inside, toe down/heel up for laces, lock ankle, push the ball to teammate.

#### **Considerations**

Uneven numbers - use a neutral player (a player that plays for both teams).



### Goals, Goals, Goals! (20 mins)

#### **Organization**

Regular game, but the amount of passes the team has in the lead up to the goal, is the amount of goals they get. Example - 3 passes and a goal = 3 goals to that team.

Play with Goalkeepers if U9-U13 (if the players have goalkeeping gloves).

U7-U8 do not play goalkeepers.

#### **Coaching Points**

Awareness - must see ball, defenders, team mates & space.

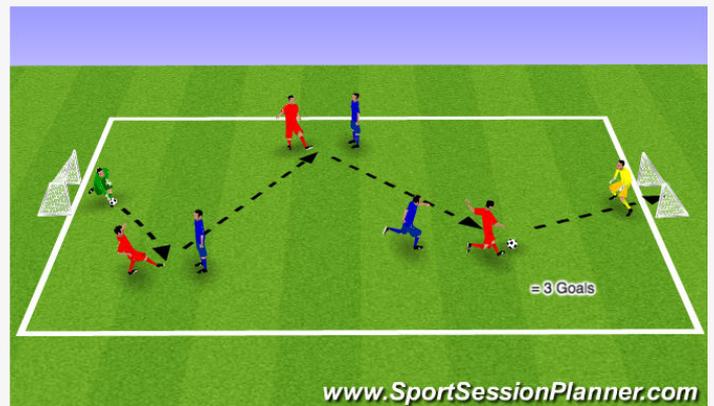
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Technique of Pass - toe up/heel down to use inside, toe down/heel up for laces, lock ankle, push the ball to teammate.

#### **Coach Behavior**

Keep the ball to get an end product (goals!).



### Game (20 mins)

#### **Organization**

4v4-9v9.

Two even teams with Goalkeepers if U9-U13 (if the players have goalkeeping gloves).

U7-U8 do not play goalkeepers.

Regular soccer rules, except no throw-ins in practice (dribble or pass the ball in).

#### **Coaching Points**

Awareness - must see ball, defenders, team mates & space.

Movement to get open - stay away from the opposing team. Can your teammates see you?

Technique to Receive - toe up/heel down to use inside, lock ankle, push the ball into space.

Technique of Pass - toe up/heel down to use inside, toe down/heel up for laces, lock ankle, push the ball to teammate.



**Questions to ask your players**

What have we done in this practice? Relate to the game!

**Considerations**

Uneven numbers - use a neutral player (players that play for both teams).