



Passing & Receiving / Possession w/ Purpose

Date: **Aug 21, 2024** | Duration: **90 minute** | Team: **U14 Cambridge Youth Soccer**
Intensity: ● (1/10) | Category: **Attacking**



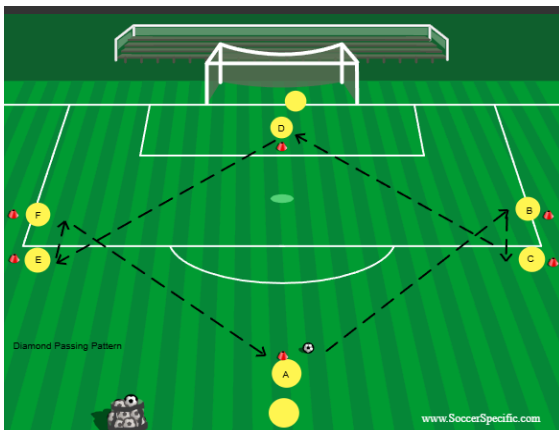
1

Setup: PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

Instructions: As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

Coaching Points: In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



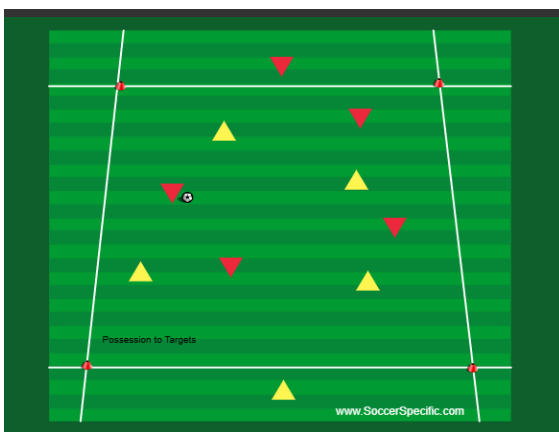
2

Setup: PASSING PATTERN DIAMOND

Set up 6 cones in diamond shape as shown in diagram.

Instructions: Players always follow their pass, moving to cone they pass to. A plays to B who lays the ball off for C. C then plays the ball to D. D plays the ball to E who lays off for F. F then plays the ball to a NEW A and the pattern restarts.

Coaching Points: Remind players about good passing/receiving technique! Locked ankle, follow through to target, be on your toes, check to the ball, communicate.



3

Setup: POSSESSION TO TARGETS 4v4-6v6 + 2

Set up a playing space of about 30 yards width x 40 yards length.

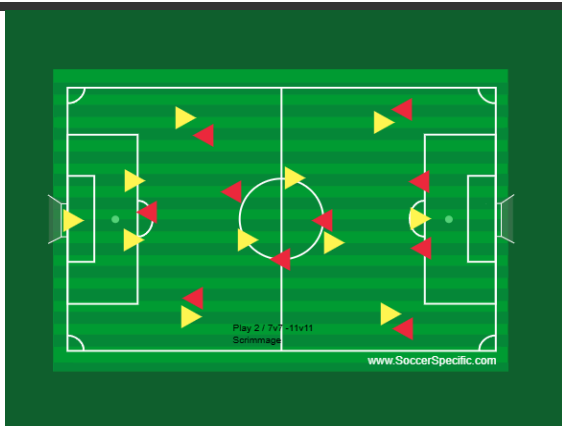
Instructions: Players keep possession with the objective of connecting with targets (targets are neutral). You cannot connect with same target 2x consecutively. Teams score each time they connect successful pass with target. Switch out targets so that everyone plays as target.

Coaching Points: Coach passing/receiving technique! Players must look to keep a shape with width and depth. Be available with passing lanes and in space. Move with good timing and maintaining shape and balance. Communicate!



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Setup: PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

Instructions: Scrimmage that resembles as closely as possible the gameday conditions.

Coaching Points: Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

