



## Curriculum - Tier 3 - Passing - Lofted Pass

Category: Technical: Passing & Receiving  
Skill: U11

Pro-Club: Red Bulls New York Academy  
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### Technical Repititions

#### Organization:

24x10 yd areas, with 4x4 yd box for receiving player on each endline

groups of 4 set up as shown, 1 ball per group, extra balls nearby

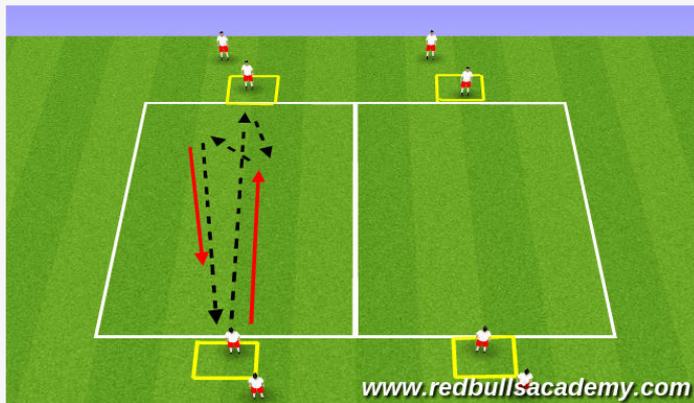
#### Instructions:

- player with the ball plays lofted pass across area to player on opposite side of the grid
- after playing lofted pass, player follows pass to support the ball and exchange double pass with receiving player
- player on opposite side exchanges double pass with checking player then plays lofted pass in the opposite direction
- rotation is continuous
- each succesful lofted pass gets 1pt for the group

#### Coaching Points:

- first touch at an angle out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe at bottom half of the ball to create loft
- follow through toward target
- get in line with the ball to receive
- choose appropriate surface to receive with (use warmup to review techniques to receive out of the air)
- cushion touch to maintain possession inside the receiving area

#### Progressions:



### Technical Repititions (semi-opposed)

#### Organization:

24x10 yd area with 4 yd zone in the center for the defenders

groups of 6 set up as shown

#### Instructions:

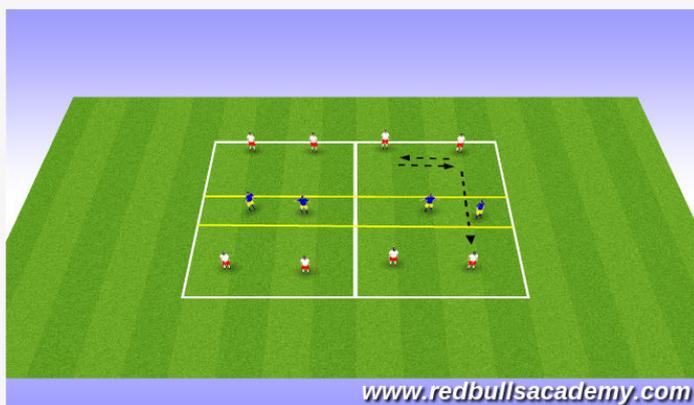
- one pair starts with the ball in possession
- they will pass the ball back and forth looking for the opportunity to play a driven pass to beat the defender and find a player on the far side
- 1 pt for every pass that is succesfully played through the center area to the opposite side without the defender intercepting, bonus point for a ball that is played over the heads of the defender
- defender scores 1 pt by intercepting the ball
- rotate after a set amount of time or a set number of points

#### Coaching Points:

- first touch out of feet, head up to observe target
- position of standing foot
- angle locked, toe pointed down and away
- make contact with big knuckle of big toe through bottom half of the ball
- follow through toward target

#### Progressions:

- 1 - The ball may not stop rolling at any point



## Small sided possession game

### Organization:

32x10 yd area, with an 8yd zone in the center for the defenders  
3 groups of 4 set up as shown

### Instructions:

- 4v1 in box
- team in possession tries to connect set number of passes (3 or 4), then play the ball to the opposite side with a lofted pass
- if the ball is successfully played across the area, the receiving team controls the ball and looks to connect their own 3 or 4 passes before switching the ball back with another lofted pass
- defending team sends in a new defender every time the ball is switched
- 1pt for successfully playing the ball across the area, bonus point if the ball is played over the heads of the defenders
- if defending team wins the ball, or it is played out of bounds, the defending team is replaced by the team that lost possession

### Coaching Points:

- all previous points

### Progressions:

