



## Curriculum - Tier 3 - Combination Play - Double Pass

Category: Technical: Passing & Receiving  
Skill: U11

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### Technical Repitons (15 mins)

#### Organization:

20x10 yd areas

4 players per group, 2 in each color set up as shown, 2 balls per group

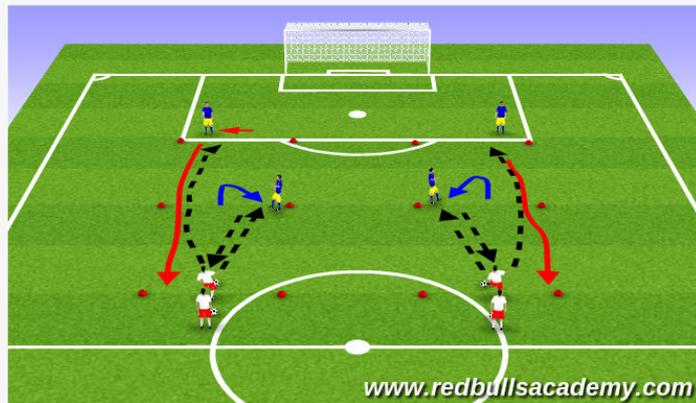
#### Instructions:

- player in middle checks away from ball then checks back at an angle to either side, player with the ball plays the ball to receiving player as they reach the cone on the side
- player in the middle receives the ball and plays back to the same player
- first player now plays longer pass to the third player
- third player moves along the opposite line to find the passing lane
- Third player receives with a positive first touch and dribbles at speed back to beginning line
- each player rotates up one position
- rotation is continued for 2 minute rounds
- count each full rotation as 1pt, keep score in a race to a certain amount or until the round is over

#### Coaching Points:

- timing of run and pass to receive the ball in the middle of the area near the sideline
- sideways body position to receive
- check back shoulder to observe space before receiving
- receive with the back foot, play pass back with inside of same foot
- or play 1-touch with inside of back foot
- look to play long pass 1-touch
- movement of 3rd player to find the passing lane

#### Progressions:



### Technical Repitons (Semi-Opposed) (15 mins)

#### Organization:

20x10 yd areas

4 players set up as shown

#### Instructions:

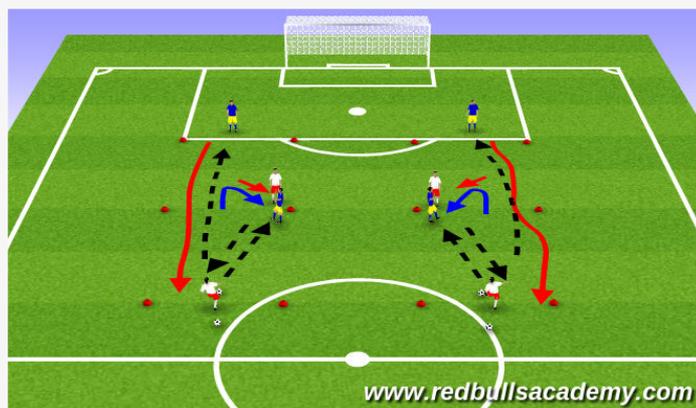
- same set up as previous activity with the addition of a passive defender
- defender will stay tight to the attacker as the attacker receives the ball
- receiving player takes first touch to protect the ball then plays back to supporting teammate
- supporting player looks for penetrating pass to third player
- passing player becomes the defender, defender becomes the receiving player, receiving player becomes the target, target brings ball back to beginning and restarts the activity

#### Coaching Points:

- check away from the ball to create space to receive the ball
- sideways body position ready to receive
- check shoulder to observe position of the defender
- keep body in between the defender and the ball as you receive
- take touch using front foot to protect the ball if defender gets tight
- ability to play back with 1 or 2 touches
- movement of middle player to open up again after layoff

#### Progressions:

- 1 - defender is now allowed to try to win the ball after the attacker's first touch, tries to deny penetrating pass
- 2 - Play 2v1 on the way back after target receives the ball



## 1v1 Conditioned Game (15 mins)

### Organization:

20x10 yd areas, with small goals on endline  
4 players set up as shown, extra balls behind each endline

### Instructions:

- 1v1 in central area, 1 small goal on far end
- target player with the ball plays into his teammate in the central area, defender must allow attacking player to have the first touch on the ball, but attempts to win the ball and score in conter goal after the 1st touch
- receiving player works with supporting player to score in small goal, looking to play double pass to open up passing lane for supporting player to score
- supporting player may enter the field of play but must stay on defensive half of the field
- alternate service from each team for two minutes
- 3pts for turning and scoring at opposite target, defender scores 1pt for stealing the ball and playing back into target, 0pts if the ball is played out of bounds
- rotate pairs after set amount of time (2 or 3 minutes)

### Coaching Points:

- create space to receive with movement away from the ball before checking back into space
- check at an angle to create the space to receive on the back foot
- sideways body position ready to receive
- check shoulder to observe position of the defender
- choose which foot to receive with based on the position of the defender
- use of double pass to create passing lane for supporting player to score
- open up new passing lane after layoff in case defender blocks of lane to goal

### Progressions:

- 1 - defender does not need to allow attacker to have the first touch on the ball, can attempt to intercept the pass and score on counter goal



## Small Sided Conditioned Game (15 mins)

### Organization:

40x30 yd field with 5 yd wide zone on each sideline for wide targets  
12 players set up as shown

### Instructions:

- 4v4 in central area (3v1 in each defensive half), with 2 targets for each team the wide channels (1v1 in wide areas) and 1 target in the attacking half of the field
- activity begins with one team in possession 3v1
- team in possession must play the ball into either wide player (or target forward) before scoring
- attacking players can move to any part of the field once a target is played
- defending team attempts to win the ball play into their own targets before scoring
- rotate targets after set amount of time, or after each goal is scored; or position players based on the positions they will play in the game
- 3pts for scoring after double pass

### Coaching Points:

- all previous pts
- movement to support the target after the balls is played wide or forward
- ability to use double pass to create chance to score
- movment to open up new passing lane after ball is layed off

### Progressions:

- 1 - Require certain number of passes from team in possession 3v1 before playing into a target

