



Academy Session Week 11 - Sunday

Category: Technical: Passing & Receiving

Difficulty: Beginner

Forrest Randall, Richfield, United States of America
Individual-Young Member

Diamond Pass (15 mins)

Diamond Passing to Separate

Objective: Performing proper passing technique to retain possession as a team

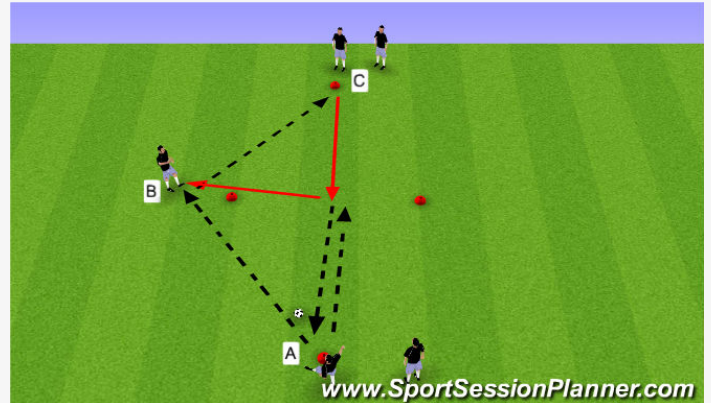
Focus: Passing with the inside of the foot, toe up, locked ankle, hitting the midline of the ball, balanced body without reaching, passing accuracy, receiving across the body

Setup:

- Begin w/ 10yd L x 5yd W diamond to ensure success - transition to 15x7 if abilities allow
- Team separated into 2 equal teams at each end
- One team begins activity with the ball

Action:

- Activity begins by Player B in opposite line checking directly between the central gate
- Player A passes to front foot of Player B, who then plays it back on a one-touch pass
- After Player B passes back, they move outside of the gate to receive again from Player A
- Player B receives second pass across their body to then pass to player C
- Pattern starts the other way with Player A checking to receive centrally from Player C
- Make sure players are receiving on both sides of the diamond
- Make it a competition against themselves or another group



4v1 Rondo Series (20 mins)

4 v 1 Rondo Series

Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Setup:

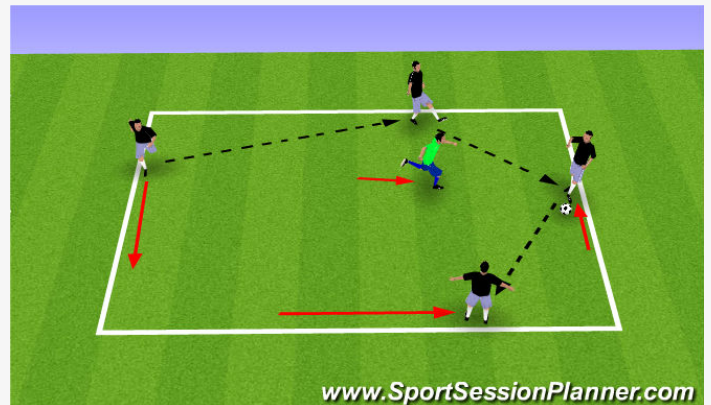
- 1 square (roughly 10m x 10m)
- Total of 5 players
- 1 player on each side
- 1 defender inside
- Can expand to 5v1 or 6v1 if required, but do your best to try for 4v1 to allow for proper movement off the ball

Action:

- 2-touch keepaway (no other number of touches allowed)
- Offensive players confined to their side of square
- Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
- Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession.
- Offensive players must receive passes across their bodies and with the inside of foot!
- Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
- Speed of play should be maximized.
- Defender must go 100%. (or whatever trainer sees fit)
- Switch defender every 30-45 seconds

Competition

- Have 2-3 grids going at once
- Each team sends a defender over to the other grids
- Team with most consecutive passes wins!



Target Play (20 mins)

Times Up

Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Setup:

- 20x25 grid
- Two equal teams, neutral targets at either end
- All balls with coach

Action:

- Play begins with a ball sent by coach to either team
- Teams look to connect one target to the other without disruption from the defending team
- 1pt for every time they connect each target player
- Play for 3-4 minute rounds, best of 3-5 rounds wins



Final Game (20 mins)

4v4 Endzone Game

Objective: Retaining possession in a given space with a focus on supporting angles & receiving on back foot

Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Setup:

- 20x25 grid w/ endzones
- 2 equal teams

Action:

- Each team is given an end zone to defend and an end zone to attack
- The team in possession must try to pass or dribble into opponents endzone
- After a goal is scored, the opposing team starts with ball from inside its end zone
- If the ball goes off the side of the pitch the game is restarted with a grounded pass from where the ball left the pitch

Possible Progression:

- Players can only pass a player into the endzone - must be a leading pass (offsides line)

