



Academy Session Week 9 - Sunday

Category: Technical: Passing & Receiving

Difficulty: Beginner

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

Square Passing (15 mins)

Square Passing

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/ 5x5yd box to ensure success - transition to 10x10 if abilities allow

- Team separated into 4 equal teams at each corner

- One team begins activity with the ball

Action:

- Player passes with right foot and follows his/her pass to the next line

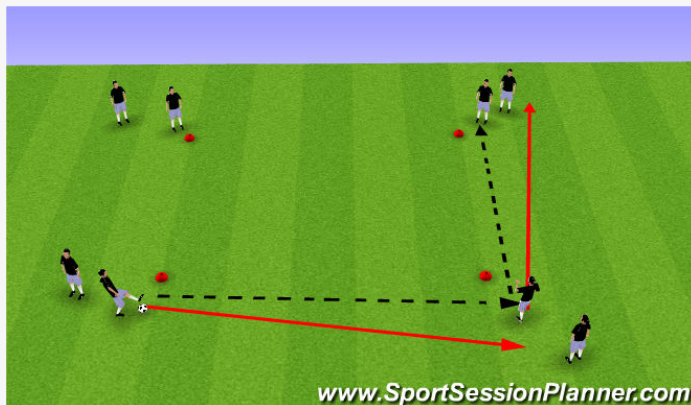
- Pattern continues around box in counter clockwise direction

- Player receiving the ball receives across their body before passing to the next line with their 2nd touch

- Once players are comfortable with the pattern, give them 45-60 seconds to complete as many "laps" around the box as possible (Lap = every time the ball gets around the entire box)

- Repeat activity in CLOCKWISE direction (pass with left, receive with left across body)

Possible Progression - If players are moving along well, ask players to take a big first touch in direction of the next line with a sprint/acceleration.



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)

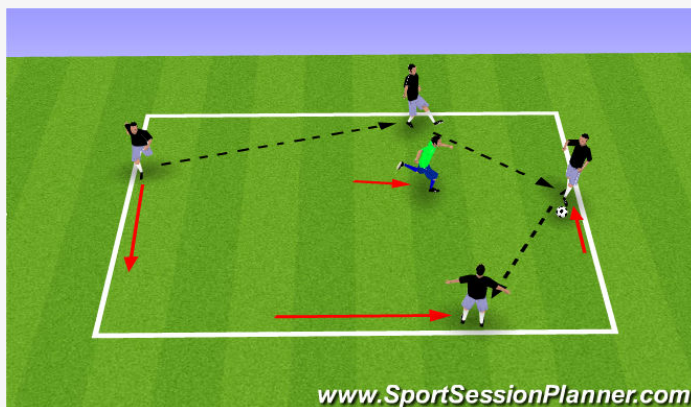
- Switch defender every 30-45 seconds

Competition

- Have 2-3 grids going at once

- Each team sends a defender over to the other grids

- Team with most consecutive passes wins!



Hit Your Target (20 mins)

Hit Your Target

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

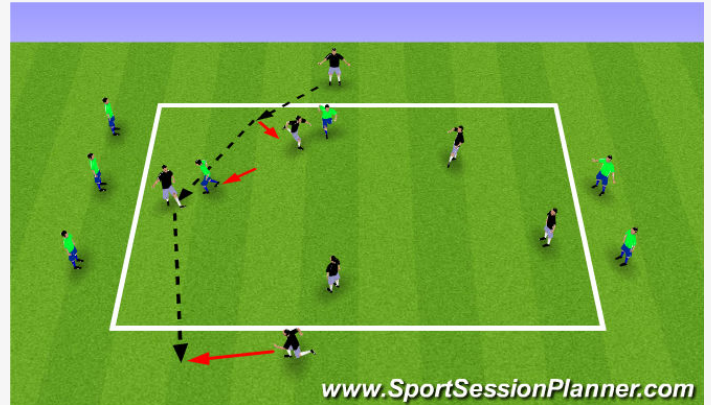
Focus: Movement angles to provide support for player on the ball, receiving across your body to go the other way with the ball, passing accuracy, group possession

Setup:

- 20x20 grid
- Attacking team 5v2 or 6v2 in middle w/ 2 target players
- Defending team 2 defenders inside w/ remaining players targets

Action:

- Coach plays ball into attacking team who attempts to connect as many consecutive passes as possible
- Attacking team can use their targets/bumpers to retain possession
- Every 3 passes, a new defender can come into the grid
- Round is over after the defenders have won the ball 5 total times
- Coach keeps track of most passes connected - team with most consecutive passes after their attacking round 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:

- 20x20 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)

