



## Academy Session Week 9 - Tuesday

Category: Technical: Passing & Receiving

Difficulty: Beginner

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

### Diamond Pass (15 mins)

#### Diamond 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

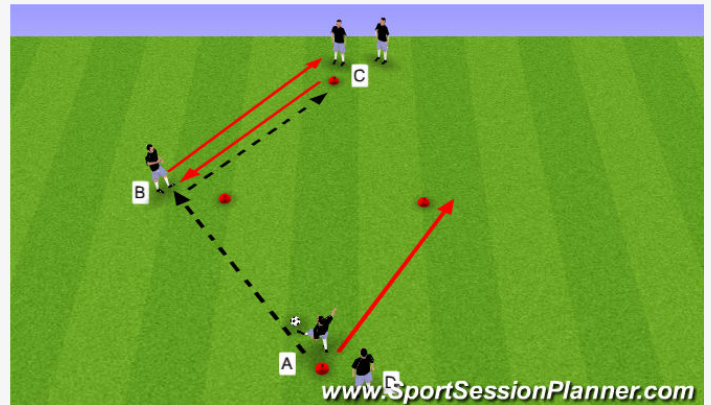
**Setup:**

- Begin w/ 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 outside one of the 2 central cones
- Player A passes to front foot of Player B, who then turns to play ball to Player C
- After Player A passes, they move outside of the opposite central cone to receive from Player C, then return the ball to Player D
- Make sure players are receiving on both sides of the diamond
- Make it a competition against themselves or another group

**Possible Progression** - Add opposition - work only one side, but ask the passer to now try to tag Player B before they get the pass off to Player C



### 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:**

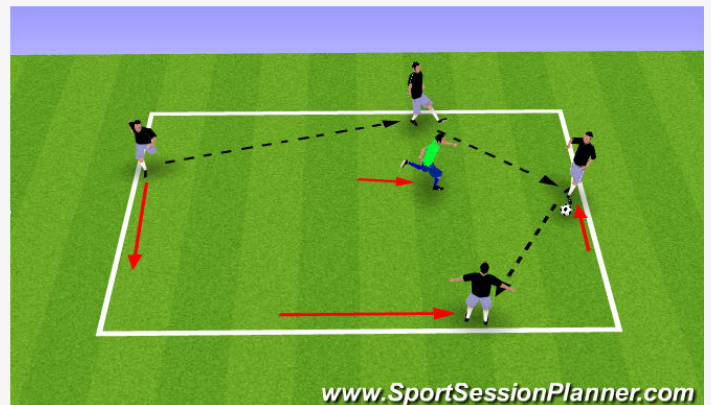
- 1 square (roughly 10m x 10m)
- Total of 5 players
- 1 player on each side
- 1 defender inside
- Can expand to 5v1 or 6v1 if required, but do your best to try for 4v1 to allow for proper movement off the ball

**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!



## Times Up (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:**

- 20x20 grid split in half
- Teams split into their own half
- All balls with coach

**Action:**

- Play begins with a ball sent by coach to either team
- The team without the ball sends one player over to defend
- Possession team is looking to connect 4 passes for 1pt (max 3pts)
- Defender gets 1pt for stealing the ball and successfully playing ball across to their own team
- Play continues on other side if the defender wins the ball



## 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)

