Recreation Coaching Sessions

U11 – U12: Week 6

Dedicated to the Development of Our Youth, Through Soccer
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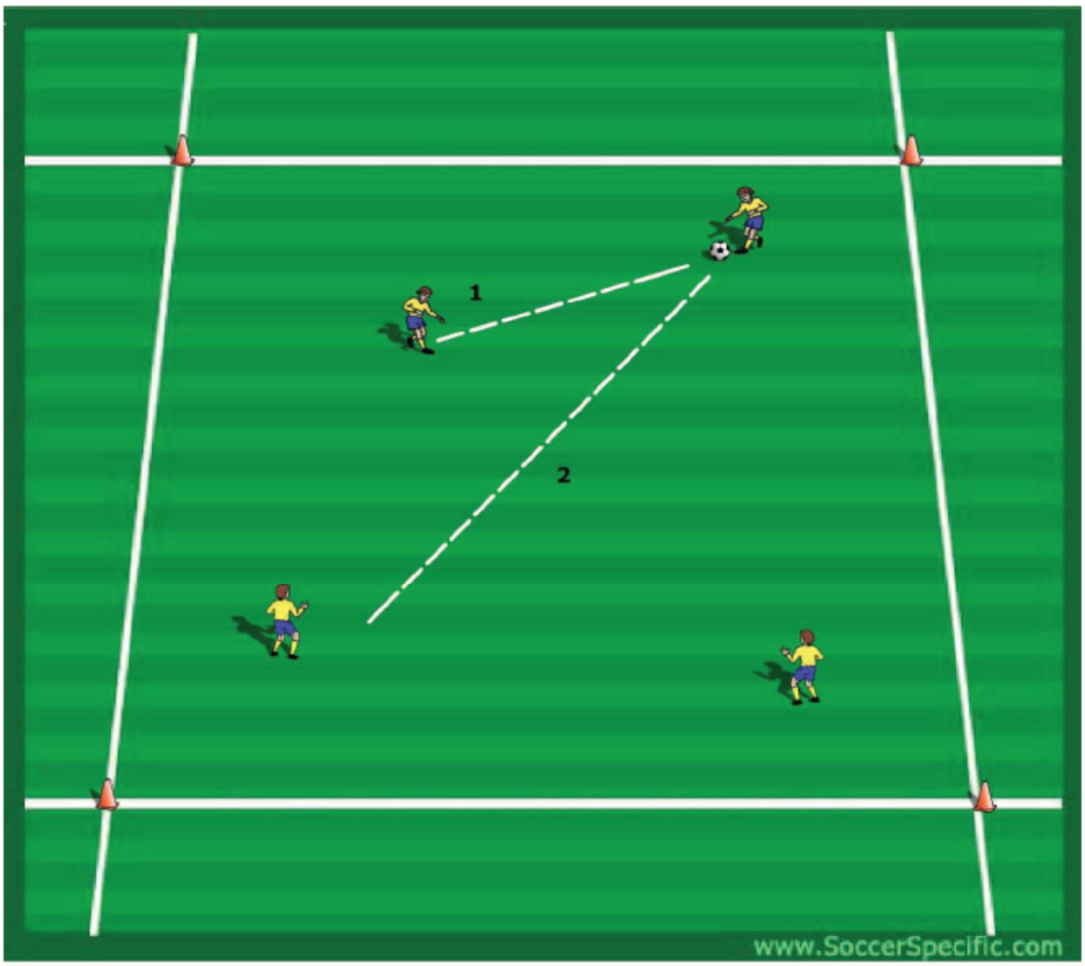
Recreation Coaching Sessions
U11 – U12: Week 6
Aerial Passing 1



Aerial Passing 1

Purpose- To improve unopposed aerial passing

Organization
In groups of 3-4 all players moving around the grid. The player with the ball, plays a lofted pass to a teammate who controls it, using a part of his/her body.
The player then lays the ball off to another player, who then plays a long ball.

Progression
Players spread out further and play long passes to each other. Each player has only two touches and are asked to follow their pass each time.

Coaching Points
Passing- Preparation of ball
Point of contact
Communicate with teammate
Body Positioned Relaxed
Control-Get in line early
Cushion effect
Set up ball for next move

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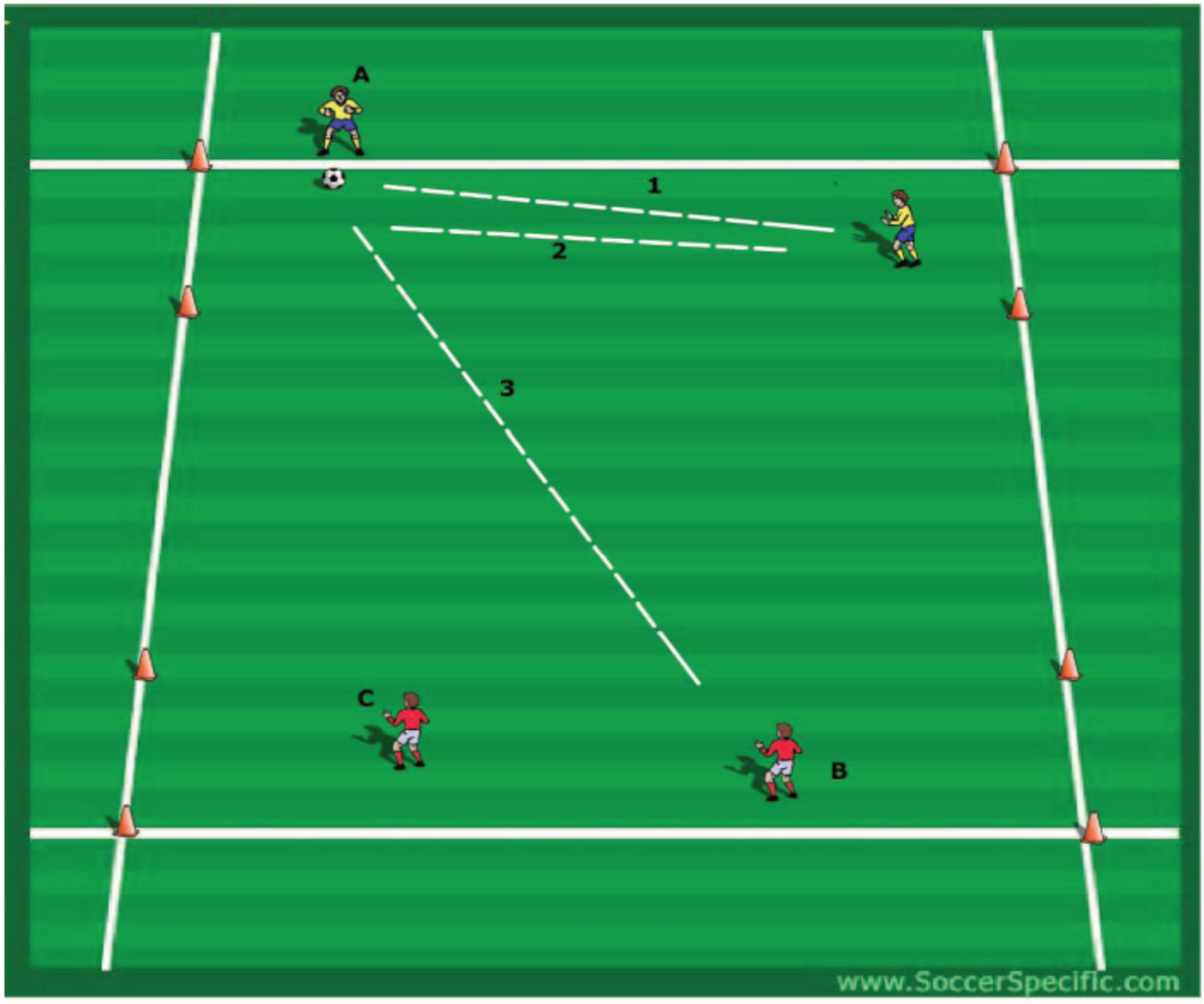
Aerial Passing 2



Aerial Passing 2

Purpose- To improve aerial passing in pairs

Organization
Divide players into four grops of four. Player A plays a give and go, followed by a long pass. Player B controls the ball in the air and sets up a long return pass for C.

Progression
Add a defender into each end grid. The defender cannot intercept the pass in the air but when they receive the ball, he creatures pressure on the two players trying to set up the return pass.

Coaching Points
Vision look up early, so you know where to hit the pass.
Pass the ball, using a good weight of pass, to make the long pass easier.
Move body in line with the flight of the ball to control before it bounces.

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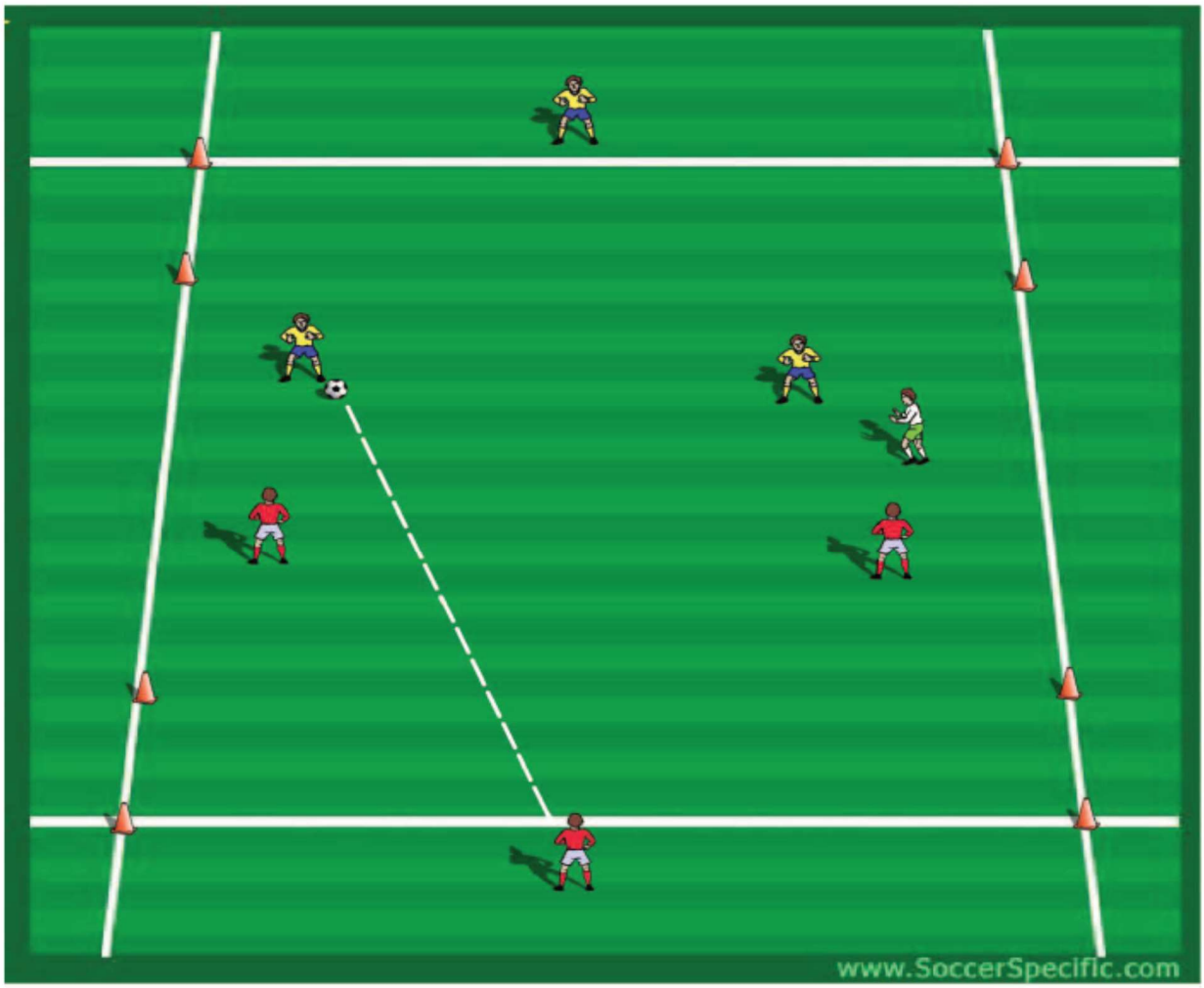
Aerial Passing 3



Aerial Passing 3

Purpose- Small sided game to improve aerial passing.

Organization
2V2+1 target player
20x30 yard area
The floater player, plays on the team in possession. Teams can only score by hitting aerial ball that is controlled by a teammate who can only move along the baseline.

Progression
Team scores by hitting any player in end zone in the air with a pass that is controlled.

Coaching Points
Communicate with teammates.
Play ball early to give teammate time to control.
Move to receive ball before it bounces.

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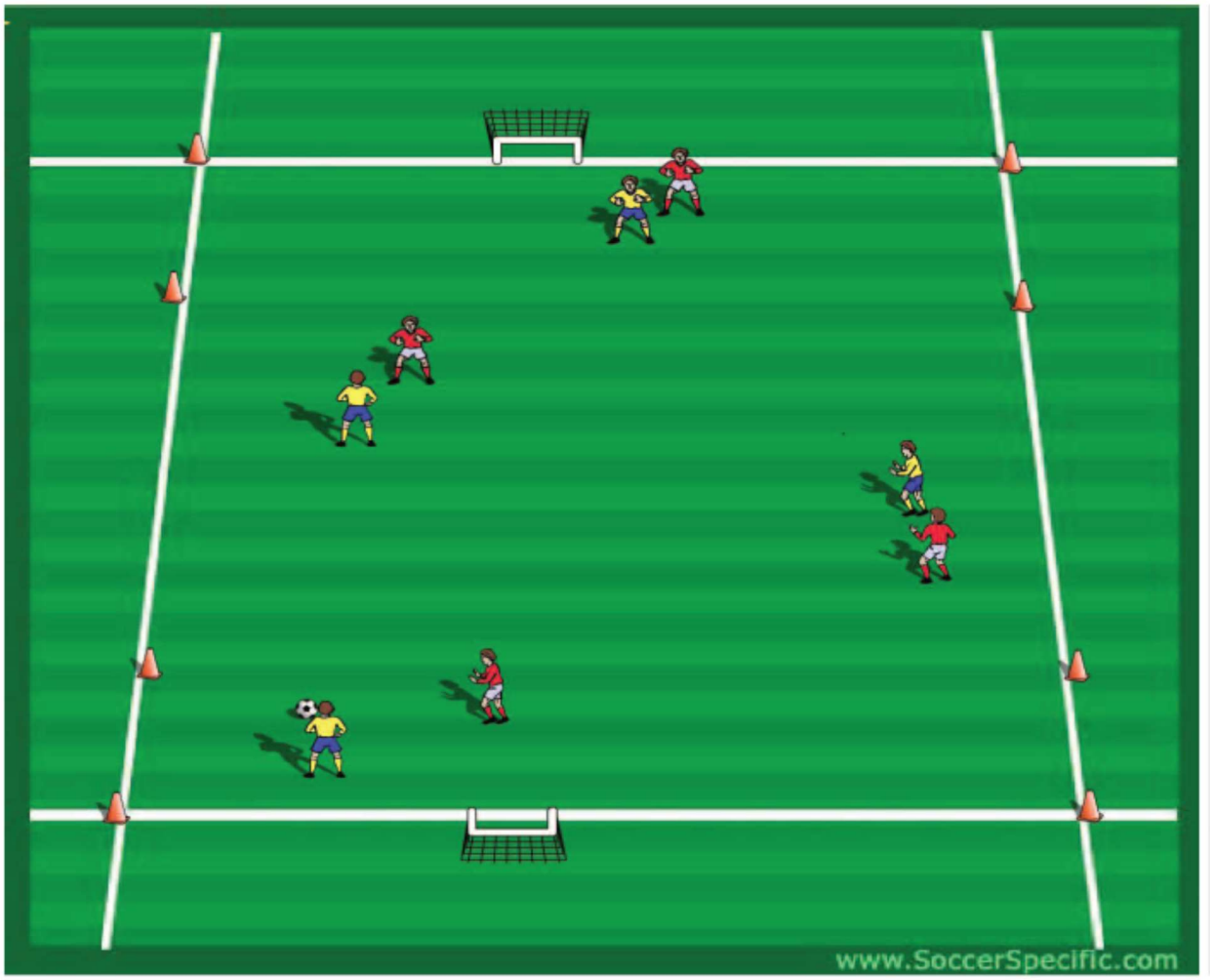
Aerial Passing 4: 4v4



Aerial Passing 4 4v4

Purpose- Small sided game aimed at improving aerial passing.

Organization
Make a field slightly wider and longer than normal. Games must focus on playing short game as well as long to keep it realistic.

Progression
Can only shoot after team has completed four passes.
Can only shoot after team has completed a pass of 15 yards or more
All throw ins are taken as a pass and must be played over 15 yards.

Coaching Points
Spacing of teammates
Use both feet.
What is my best pass driven or lofted.
Disguise passes and do not telegraph your pass.

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Conditioned Game 7v7 Plus Goalkeepers

Conditioned Game 7v7 plus goalkeepers.
Play for 20 minutes working on the topic you have worked on at practice.
Concentrate on dribbling, passing, shooting, crossing,defending and award bonus points in the game if they use these skills.