



# Curriculum - Tier 3 - Passing - Through Balls

Category: Technical: Passing & Receiving  
Skill: U11

Pro-Club: Red Bulls New York Academy  
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## Small sided (15 mins)

### Organization:

20x10 yd area split into two 10x10 yd boxes  
3v1 (or 4v1) in box with an adjacent open box

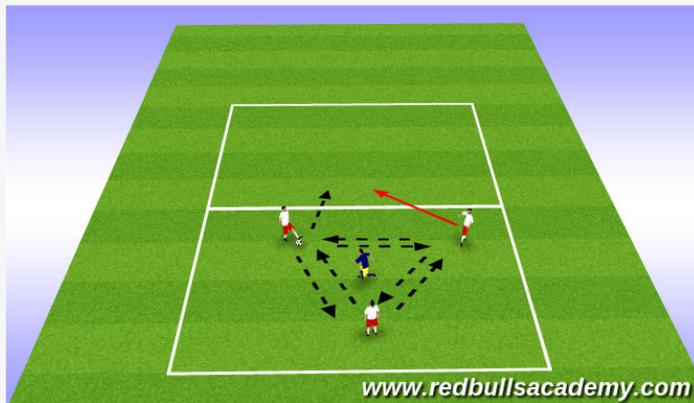
**Instructions:** team in possession must connect 3 passes in a row then attempt to penetrate with a pass into other box  
if they are successful, all players join into that box and game continues with possessing team trying to connect 3 passes and penetrate back to the original box  
if defender wins the ball, or the ball is played out of bounds, the defender is replaced by the player who lost the ball

### Coaching Points:

angle of support  
quality of 1st touch  
weight and angle of pass  
decision to possess vs penetrate

### Progressions:

P - limit touches  
P - require penetrating pass to be one touch  
P - add on additional defender that must stay on line in between boxes to deny the penetrating ball  
R - allow players to use first touch to penetrate



## Expanded small sided (15 mins)

### Organization:

40x20 yd area split into two 20x20yd boxes  
8 players, 2 teams of 4, set up as shown

### Instructions:

-Team in possession attempts to connect 3 passes in a row then penetrate into other box  
-defending team plays with two players inside the box trying to win possession of the ball, the remaining two players stay on the line in between boxes in order to deny the penetration  
-if attacking team is able to penetrate, they attempt to score in the small goal  
-ball starts with the opposite team who attacks in the other direction

### Coaching Points:

timing of penetrating run to stay onside  
all previous points

### Progressions:

P-Allow players to use first touch to penetrate into other box



## End Zone Game (15 mins)

### Organization:

30x20 yd central area with 8x20 yd endzones, goals positioned 5-10 yds behind endzone  
4v4 or 5v5 to endzones

Center Forward #9, 4 players in central area take roles of #5, #6, #8, #10

**Instructions:** Team in possession looks to score by playing a penetrating pass into the endzone to a player who is making a penetrating run

Once player receives the ball, they score a point for their team. Leave the ball for the other team who attacks in the opposite direction

Defenders are not allowed in endzone until ball is played  
Endzone acts as offside line

### Coaching Points:

Movement of number 10 to create passing lane for number 9 to receive

First look is to penetrate with the pass, maintain possession if penetrating pass is not available



Play through number 5 to switch play quickly

Movement of number 10 as ball travels into number 9

**Progressions:**

P - Team that penetrates into endzone is now trying to score in mini goal

R - Allow players to penetrate endzone with their first touch