



# Curriculum - Tier 3 - Receiving - Receiving to turn Diagonal pass, no pressure/late pressure

Category: Technical: Passing & Receiving  
Skill: U11

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## Technical Repititions (15 mins)

### Organization:

24x12 yd areas

4 players per group, 2 in each color set up as shown, 2 balls per group

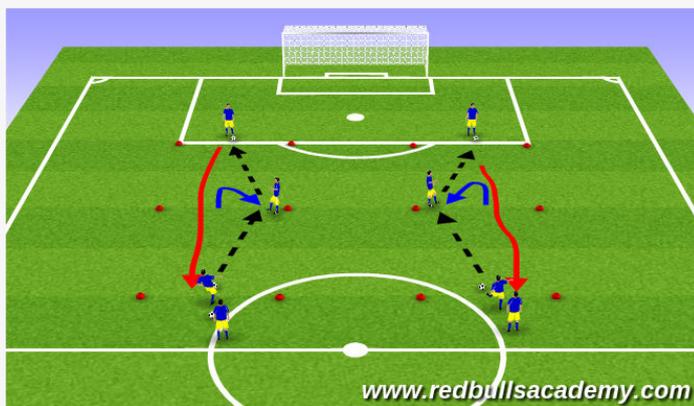
### Instructions:

- player in middle checks away from ball then checks back at an angle to either side, player with the ball plays the ball to receiving player as they reach the cone on the side
- player in the middle receives the ball and plays to the player on the opposite end
- Third player receives with a positive first touch and dribbles at speed back to beginning line
- rotation is continued for 2 minute rounds
- count each full rotation as 1pt, keep score in a race to a certain amount or until the round is over

### Coaching Points:

- timing of run and pass to receive the ball in the middle of the area near the sideline
- sideways body position to receive
- check back shoulder to observe space before receiving
- receive with the back foot, touch out of feet into space
- speed and quality of next action

### Progressions:



## Technical Repititions (Semi-Opoused) (15 mins)

### Organization:

24x12 yd areas

4 players set up as shown

### Instructions:

- same set up as previous activity with the addition of a passive defender
- defender will stay in the middle until the ball is played to the receiving player, then will apply passive pressure
- receiving player takes first touch to create passing lane to play to the target on the opposite line
- passing player becomes the defender, defender becomes the receiving player, receiving player becomes the target, target brings ball back to beginning and restarts the activity

### Coaching Points:

- create space to receive with movement away from the ball before checking back into space
- sideways body position ready to receive
- check shoulder to observe position of the defender
- take touch down the line if the line is open, attempts to break the line of the defender with the 1st touch
- take touch inside to create the passing lane if the defender blocks the line

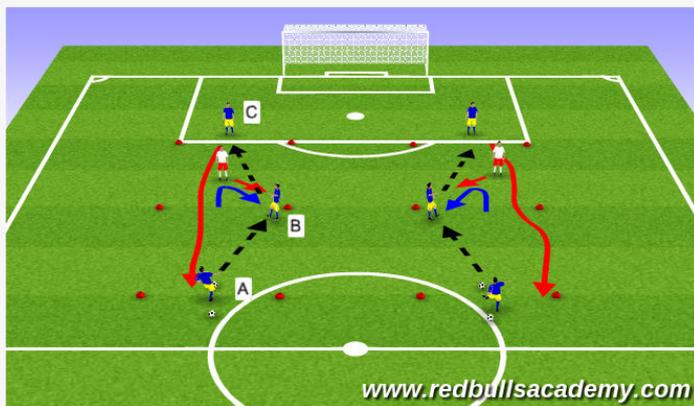
### Progressions:

1 - defender must still remain in a central position until the ball is played, but is now allowed to try to win the ball

3pts = A > C

2pts = A > B > C

1pt = A > B > A > C



## 1v1 Conditioned Game (15 mins)

### Organization:

24x12 yd areas

4 players set up as shown, extra balls behind each endline

### Instructions:

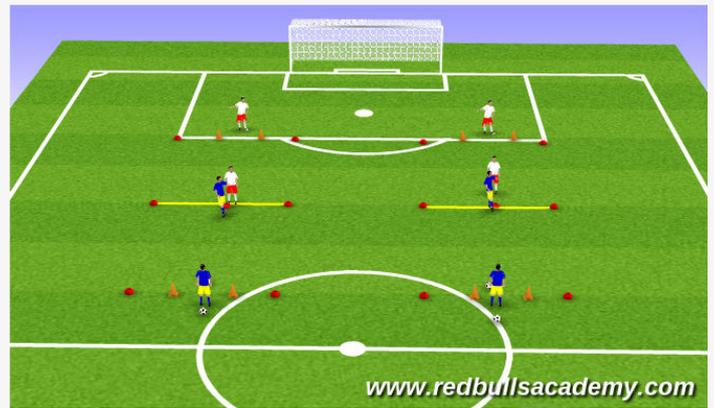
- 1v1 in central area, 1 target on each end
- target player with the ball plays into his teammate in the central area, defender must allow attacking player to have the first touch on the ball
- defender cannot press higher up than the midfield line (marked by the cones) until the ball is played, allowing the receiving player to be able to check back to their own half of the field to receive with less pressure
- receiving player attempts to turn with the ball and play into target on opposite side
- alternate service from each side for two minutes
- 3pts for turning and scoring at opposite target, 1pt for receiving then playing back to the same target (pass cannot be 1-touch), defender scores 1pt for stealing the ball and playing into either target, 0pts if the ball is played out of bounds

### Coaching Points:

- create space to receive with movement away from the ball before checking back into space
- check at an angle to create the space to receive on the back foot
- sideways body position ready to receive
- check shoulder to observe position of the defender
- choose which foot to receive with based on the position of the defender
- try to roll the defender if they get tight and over-commit to the ball

### Progressions:

- 1 - defender does not need to allow attacker to have the first touch on the ball, can attempt to intercept the pass



## Small sided conditioned game (15 mins)

### Organization:

40x20 yd central area, with 5 yd wide zones on each sideline

3 teams of 4, 2 teams playing against each other while the 3rd team waits to play

### Instructions:

4v4 on field (3v3 + GKs)

- wide players can check into wide zone to receive under no pressure, defender can not defend in wide channel until a player has received the ball in the wide area
- Rotate teams after 3 minutes or 2 goals

### Coaching Points:

- all previous pts

### Progressions:

- 1 - free play

