



Curriculum - Tier 3 - Receiving - Positive 1st touch

Category: Technical: Passing & Receiving
Skill: U10

Pro-Club: Red Bulls New York Academy
Aaron Anderson-Winchell, Middletown, United States of America

warm-up (15 mins)

Organization:

30x30 yard grid
3 pinnies
2 balls (extras on outside of grid)

Instructions:

3 Players start off as defenders holding the a pinnie each in there hand.

Defenders must look to simply touch a ball or force a ball out of play via a bad pass/touch from an attacker, if they do this the attacker who lost possession takes the pinnie and becomes a defender and the previous defender becomes an attacker.

Attackers must help each other to keep possession of both soccer balls.

Coaching Points:

Communication
Awareness of space/pressure etc.
Try to play to back foot and turn to switch ball in other direction when receive it if possible
Quality/weight of passes.
Angles/distances of support
Constantly re-evaluate your position (can I be in a better position?)

Progressions/Regressions:

Add/remove balls/defenders (pinnies)



Technical Semi-opposed (20 mins)

Organization:

10x10 yd boxes with two 2yd gates set up in the corners of each box

4 groups of 3 set up as shown, 1 ball per group, 2 players start in outside corner of their area and 1 player waits to receive at the opposite corner

Instructions:

- Player with the ball plays a pass to the player at the opposite corner then watches to see which goal the receiving player takes his touch toward and runs through the opposite goal, then to center cone to be the next receiver
- Receiving player takes the desired 1st touch toward one of the gates and dribbles through, before rejoining the line
- pass is played by the next player in line as soon as the receiver is ready and in position

Rd. 1 - open to the closest gate with the inside of the foot

Rd. 2 - take touch across the body to the farthest gate with the inside of the foot

Rd. 3 - take touch across the body to the farthest gate with the outside of the (opposite) foot

-after Rd. 3, move to 1st progression

Coaching Points:

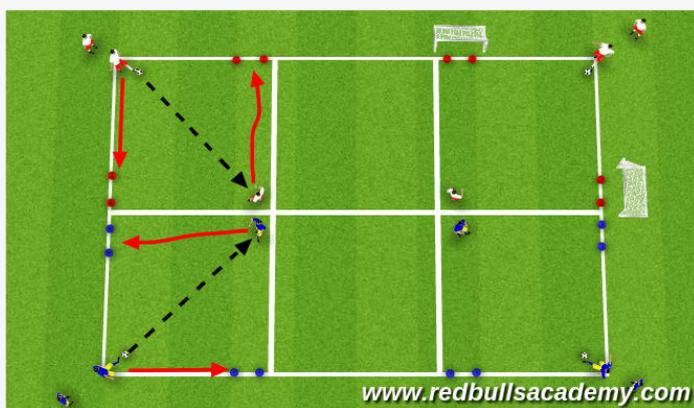
Get in line with the ball as it travels,
choose the appropriate surface of the foot,
Head up before receiving to observe open space,
Contact with middle of the ball,
First touch into space

Progressions:

1 - Player with the ball plays a pass to the player waiting to receive in the center, then immediately runs to one gate or the other, Receiving player observes the movement of his teammate as the ball travels and takes his 1st touch toward the open gate and dribbles through the gate

2- Player that begins with the ball becomes a defender after the pass and can win the ball after running through one of the gates

3 - Passing player can defend without running through a gate, use small goals to pass into instead of gates to dribble through (as seen in top/right grid)



1v1 Conditioned Game (20 mins)

Organization:

20x10 yd areas, with 4 yd endzones in front of each goal
4 groups of 3 set up as shown, center line for each activity has a ball each, extra balls in center

Instructions:

- Player with the ball passes to waiting player to begin activity then defends

- Receiving player takes first touch to control, attacking either direction, and tries to score any time after his first touch

- Defending player can not move until the ball has reached the receiving player

1 pt for scoring from central area, 2 pts for scoring in shaded area in front of goal (encourage players to attack the space with their first touch)

Coaching Points:

All previous points

Observe the position of the defender to determine the space to take the touch into

Disguise the direction of the first touch

Use first touch to set up next action, i.e. a pass into the goal

Progressions:

1 - Defender can start to close down the ball as soon as he releases the pass

2 - Add GK's into rotation in each goal

Regressions:

1 - No goals, dribble into endzone to score



Free Play (20 mins)

Organization:

30x20 yd fields

4 teams of 3, 2 fields of 3v3

Instructions: 3v3 free play

Coaching Points:

limited coaching

encourage players to look for their opportunity to take first touch into space and away from pressure

Progressions:

