



Curriculum - Tier 3 - Receiving - Receiving to turn from a diagonal pass with tight pressure

Category: Technical: Passing & Receiving
Skill: U11

Pro-Club: Red Bulls New York Academy
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Technical Repititions (15 mins)

Organization:

20x10 yd areas

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

Instructions:

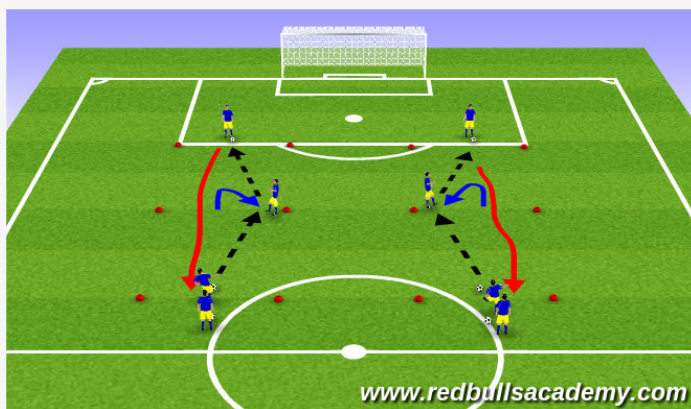
- player in middle checks away from ball then checks back at an angle to either side, player with the ball plays the ball to receiving player as they reach the cone on the side
- player in the middle receives the ball and plays to the player on the opposite end
- Third player receives with a positive 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
- receive with front foot and spin into central area before playing pass
- speed and quality of next action

Progressions:

- 1 - use 1st touch to pass the ball around the corner with the front foot



Technical Repititions (Semi-Opposed) (15 mins)

Organization:

20x10 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 tight to the attacker as the attacker receives the ball
- receiving player takes first touch to create passing lane to play to the target on the opposite line by spinning to the space created in the center of the area
- 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:

- check away from the ball to create space to receive the ball
- sideways body position ready to receive
- check shoulder to observe position of the defender
- keep body in between the defender and the ball as you receive
- take touch into the center of the area by rolling the defender using the front foot
- spin back to the line if defender overplays to the inside
- use 1st touch with the front foot to pass the ball around the corner

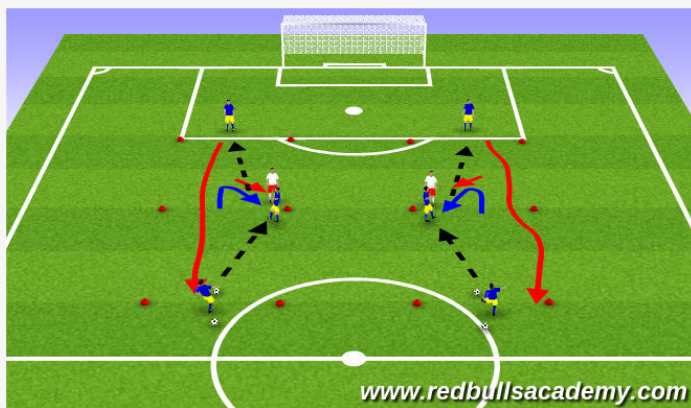
Progressions:

- 1 - defender is now allowed to try to win the ball

3pts = A > C

2pts = A > B > C

1pt = A > B > A > C



2v2 Conditioned Game (20 mins)

Organization:

32x16 yd areas

6 players set up as shown (2v2 with 2 neutral Targets)

Instructions:

- ball starts with one of the target players on the end
- ball is played into attacking team who scores a point by receiving the ball and playing it to the far target
- if attacking team maintains possession of the ball, they attempt to score again at the opposite target
- defending team attempts to win the ball and play either target to establish possession, then switch the ball to the other target to score
- rotate every 3 minutes by switching the targets with one of the teams in the central area

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:



Small sided game (20 mins)

Organization:

40x20 yd field

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

Instructions:

4v4 on field (3v3 + GKs)

- Rotate teams after 3 minutes or 2 goals

Coaching Points:

- all previous pts

Progressions:

