



Curriculum - Tier 2 - Passing - Inside

Category: Technical: Passing & Receiving

Skill: Mixed age

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Description

warm-up

Organization:

30x30 yard grid

3 pinnies

2 balls (extras on outside of grid)

Instructions:

3 Players start off as defenders holding a pinnie each in their 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

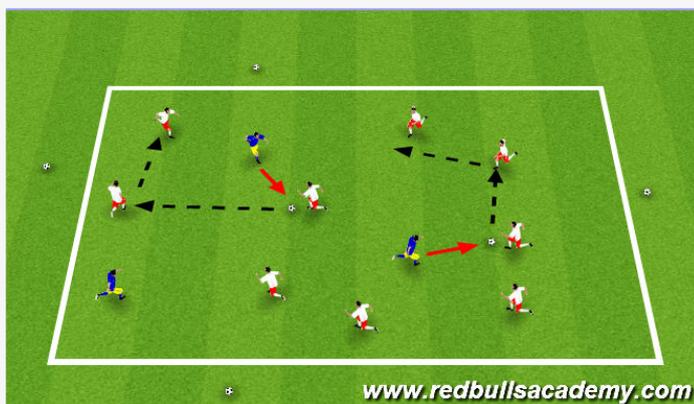
Speed of play

Can you combine or switch play to relieve pressure

Constantly re-evaluate your position (can I be in a better position?)

Progressions:

Simply add/remove balls/defenders until have the correct balance between challenge/success



Technical (10 mins)

Organization:

1. Gates of cones 2 yards apart as shown

2. 2 players per soccer ball

3. Players are 20 yds. apart, 10 yds away from middle gate

Instructions:

1. 2 players will play against each other and try to score more passes through their gate in the allotted time

2. 1 point is scored for every successful pass to a partner through the gate

3. Play for 2 minutes. Make it Tournament style: Player who won moves up a game towards the top; and player who lost moves down a game)

4. Players across from one another can also play as a team and combine points to vs. other teammates

Coaching Points:

1. Non-kicking foot placed on the side of the ball pointing at the target

2. Head up observe target

3. Working on inside-push pass: use inside surface of kicking foot, heel down, toe up

4. Strike through the middle of the ball

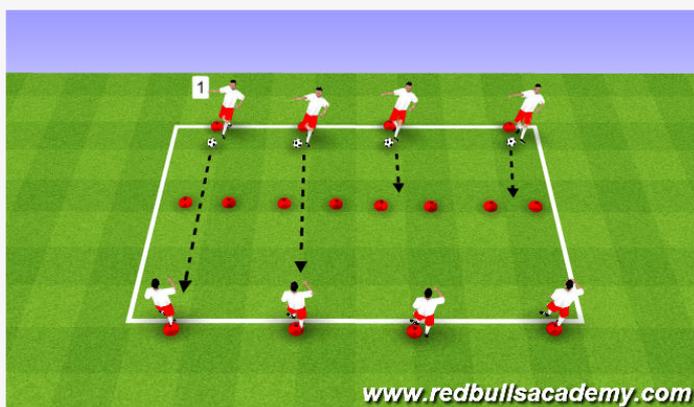
5. Follow through the pass to target with passing foot

6. Weight and accuracy of Pass

Progressions:

P1- Create a longer distance to pass

P2- Force players to take a first touch into space before passing



Technical 2

Organization:

1. 40 x 30 yard area set up as shown
2. groups of 4
3. 1 ball per group

Instructions:

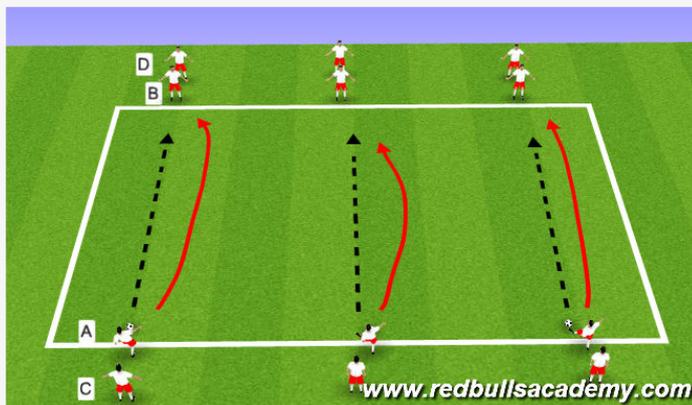
1. Player A passes a ball to player B and continues in the direction to go behind player D.
2. Player B controls the pass and plays to player C.
2. This rotation continues
3. Make this into a competition. First team to make 10 passes wins.

Coaching Points:

1. Non-kicking foot placed on the side of the ball pointing at the target
2. Head up observe target
3. Working on inside-push pass: use inside surface of kicking foot, heel down, toe up
4. Strike through the middle of the ball
5. Follow through the pass to target with passing foot
6. Weight and accuracy of Pass

Progressions/Regressions:

1. R/P - Shorten/Increase distance



Main Theme

Organization:

Three groups of four players, each set up in their own zone.
Players from zone 1 pair up with someone from zone 2
20 x 40 grid, two zones of 20x15, middle zone is 20x10

Instructions:

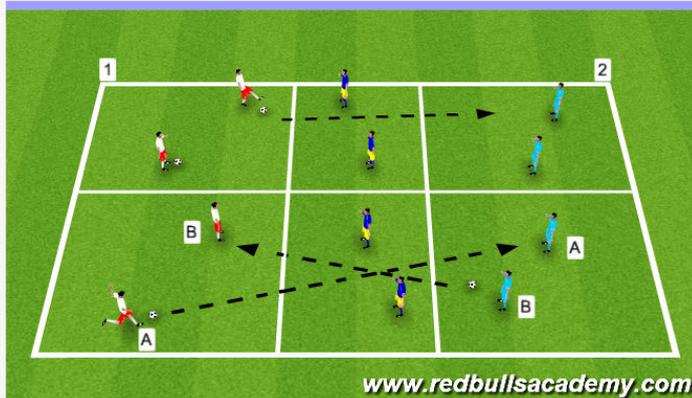
1. Players A are partners. They try to successfully pass the ball through the grid without it getting intercepted.
2. Players in the middle can intercept any ball.
If the ball is intercepted, the player that passed the ball switches with the player that intercepted the ball.
3. Players can move throughout their zone of the grid to try and find a clear passing lane through to their partner.

Coaching Points:

1. Non-kicking foot placed on the side of the ball pointing at the target
2. Head up observe target
3. Use inside surface of kicking foot, heel down, toe up
4. Strike through the middle of the ball
5. Follow through the pass to target with passing foot
6. Weight and accuracy of Pass

Progressions:

- R1- less defenders in area



Full pressure/game utilization

Organization:

Three teams of four players, each set up in their own zone.
1 ball

Instructions:

Coaching Points:

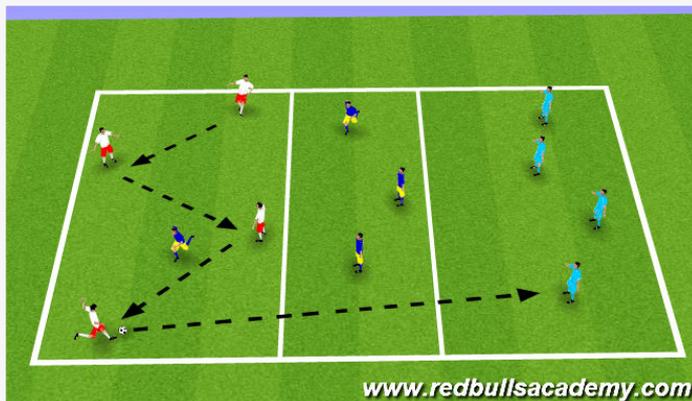
White team at one end must make 3 consecutive passes before looking to switch the ball to the other team in the opposite end zone. Meanwhile the blue team may send 1 player in to win the ball. If successfully won by blue, they switch zones with the team they won the ball from

Coaching Points:

- Quality of short passing, first touch, communication and movement to possess the ball
- Quality of pass to get the ball through the middle grid
- Timing of long pass - Don't force it.

Progressions/Regressions:

- Increase/decrease size of areas
- R-less defenders in center area



Free Play

Organization:

20x30 field

3v3

Instructions:

Free Play

If ball goes out, kick or dribble in

Coaching Points:

3 lines of attack, 1 defender, 1 midfielder, 1 forward.

