



Curriculum - Tier 2 - Passing - Driven

Category: Technical: Passing & Receiving

Skill: Mixed age

Pro-Club: Red Bulls New York Academy
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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

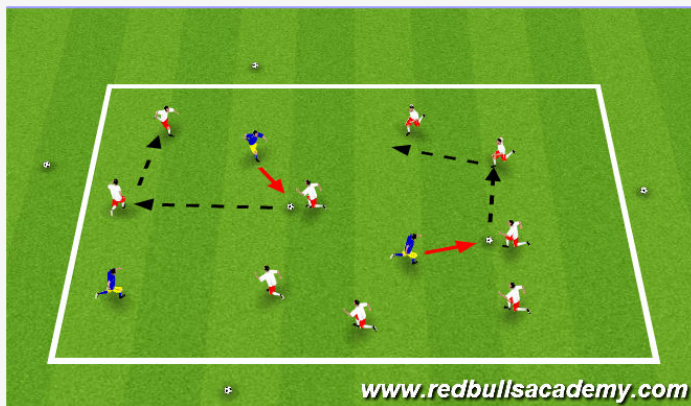
Speed of play

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

Organization:

1. 10 x 30 yard area with 2 x 5 yard area either end, set up as shown

2. Players work in teams

3. One ball per team

Instructions:

1. Players must look to drive the ball into their partner's area

2. Their partner must attempt to control the ball without leaving their area

3. If the ball lands in the box, the player that hit the driven ball gets a point

4. If the receiver can control the ball inside the box with 1 touch, they also receive a point

Coaching Points:

1. Angle of approach

2. Head up to observe target

3. Placement of non-kicking foot

4. Hitting ball slightly off center – opposite to kicking foot

5. Body weight over ball (this is effected by placement of non-kicking foot)

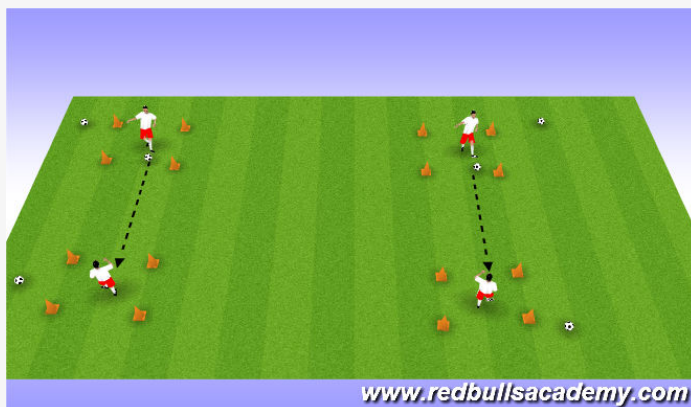
6. 2nd knuckle of big toe

Progressions:

1.P – Increase service distance

2.P – Reduce controlling area

3.R – Reduce service distance



Technical Semi-Opposed

Organization:

40x30

groups of 4

1 ball per group

Gates set up 3 yds in front of players

Instructions:

1. Player A drives the ball to player B and continues in the direction to go behind player D.

2. Player B controls the pass and drives the ball to player C.

3. This rotation continues

4. Players must drive the ball before the gate, any ball hit once past the gate will not count

Make this into a competition. First team to make 10 passes wins.

Coaching Points:

1. Angle of approach

2. Head up to observe target

3. Placement of non-kicking foot

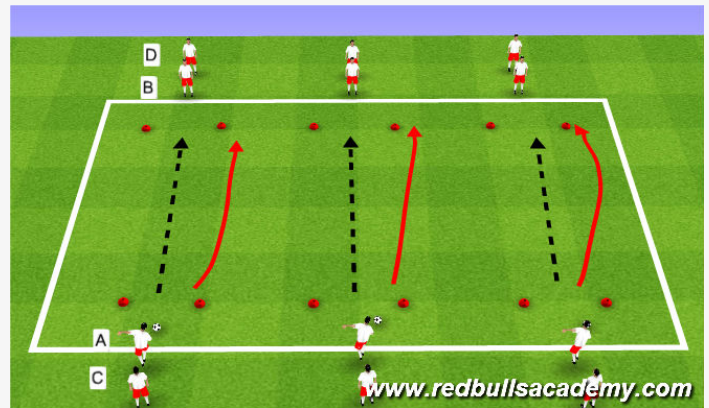
4. Hitting ball slightly off center – opposite to kicking foot

5. Body weight over ball (this is effected by placement of non-kicking foot)

6. 2nd knuckle of big toe

Progressions:

R/P - Shortne/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

50x20 grid, two zones of 20x20, middle zone is 10x21

Instructions:

1. Players A are partners. They try to successfully drive the ball through the grid without it getting intercepted. The player that drives the ball successfully to their partner will receive 3 points. If the ball is successfully passed on the ground to their partner they will receive 1 point.

2. Players in the middle can intercept any ball on the ground with their feet.

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 section of the grid to try and find a clear passing lane through to their partner.

Coaching Points:

1. Angle of approach

2. Head up to observe target

3. Placement of non-kicking foot

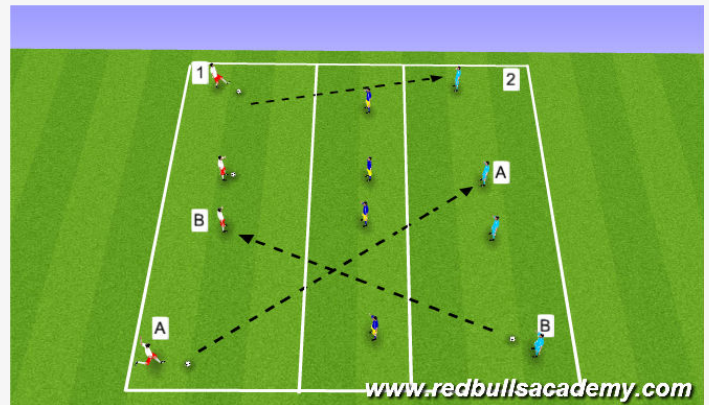
4. Hitting ball slightly off center – opposite to kicking foot

5. Body weight over ball (this is effected by placement of non-kicking foot)

6. 2nd knuckle of big toe

7. Quality of first touch

8. Timing of long pass - Don't force it.



Full pressure

Organization

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

1 ball

50x20 grid, two zones of 20x20, middle zone is 10x20

Instructions:

1. White team at one end must make 3 consecutive passes before looking to switch the ball to the light blue team in the opposite end zone.

2. If the ball is intercepted by the blue team in the middle, the team that lost the ball switches into the middle.

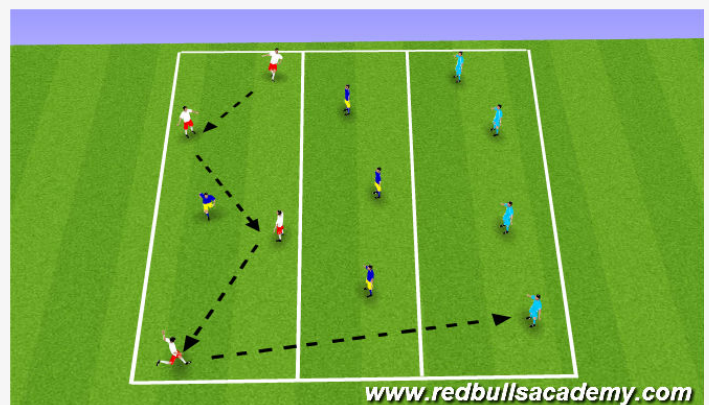
3. Players should attempt to drive the ball to the other side

Coaching Points:

1. Quality of short passing, first touch, communication and movement to posses the ball

2. Quality of long pass to switch the ball.

3. Timing of long pass - Don't force it.



Progressions/Regressions:

-Increase/decrease size of areas

P1 - 1 defender can pressure ball in attackers zone

Free Play**Organization:**

20x30 field

3 v 3

Instructions:

Free play

If ball goes out, kick or dribble in

Coaching Points

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

