



Arlington Coaching Education Clinic - Passing & Receiving (Spreading out & Possession)

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Young Member

Description

Lesson Plan created by Eddie Lima (Arlington Assistant Director of Coaching Education)

Activity: Small-sided games

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small-sided games". No more than 4 vs. 4 on the field.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small-sided games

Observation:

We recommend playing small-sided games with mini/pug goals. However, you can be creative by having different ways to score.

A = "Mini/Pug goal" (score by shooting the ball inside the mini/pug goal).

B = "Zone" (score by dribbling the ball inside the zone)

C = "Ball on the cone" (score by knocking the ball on top of the cone)

D = "Regular goal" (for U8 - below, should not have Gks so the coach could be the GK). If you decide to do it, make sure that you have another coach watching both fields.



Activity: Passing & Receiving without pressure

How the activity is played:

- "A" Blue passes to Gray and Red moves to the space.
- "B" Gray passes to Red and Blue moves to the space.
- "C" Red passes to Blue and Gray moves to the space.
- "D" Blue passes to Gray and Red moves to the space.

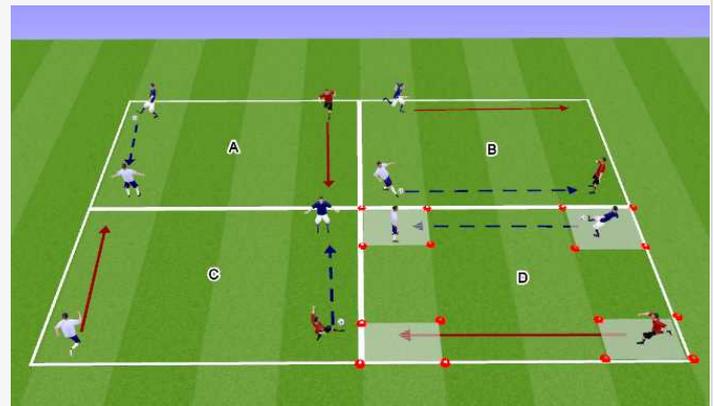
Variations/Progression: You can add a grid that players need to pass and receive inside the grid. Example: "D".

Competition:

If the player pass inside the grid is 1 point. If the player receives inside the grid is 1 point. The player that has more points, wins!

Observation:

- Focus on the Passing and Receiving technique with both feet!



Activity: Passing & Receiving with indirect pressure

How the activity is played:

- If you do not have enough cones to set up grids, just create a big grid where players will move (dribble, pass and receive inside the grid). You can request them to keep the space between them.

Variation/Progression:

The coach can request them to do something:

- If they stay too close to each other when they are passing the ball.
- If they hit the ball in someone from another group.
- If the ball goes out of bounce.



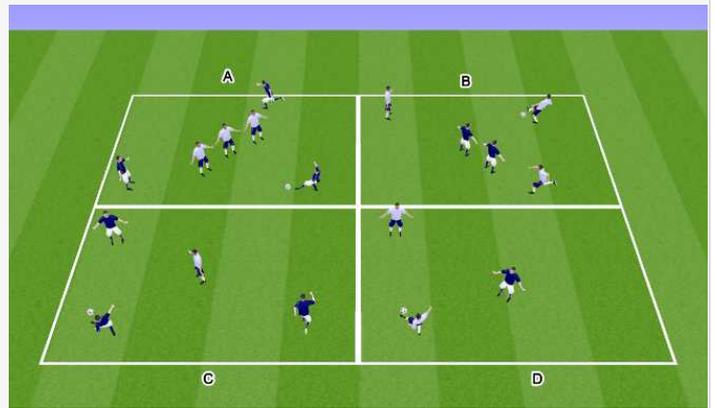
Activity: Passing & Receiving with pressure

How the activity is played:

- The offense players will try to keep possession of the ball inside the grid and the defender(s) that are holding the vest together or the single defender will try to win the ball.
- Switch every time the defender(s) win the ball.

Variations/Progression:

- A = 6 players per grid. 3 offense players and 3 defenders holding a vest together.
- B = 5 players per grid. 3 offense players and 2 defenders holding a vest together.
- C = 4 players per grid. 3 offense players and 1 defender.
- D = 3 players per grid. 2 offense players and 1 defender.



Activity: Passing & Receiving with pressure without direction

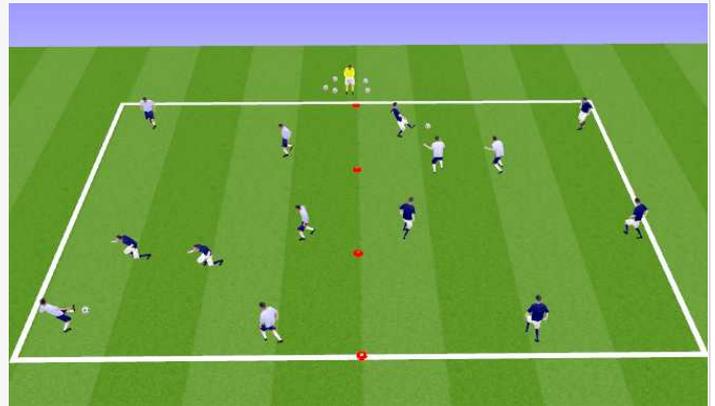
How the activity is played:

- 2 teams. Each team should stay in their own field plus the defender(s) from another team.
- The teams will try to keep possession of the ball without letting the defender(s) from another team win the ball.
- If the defender(s) win 3 times before the defenders from another team, win 3 times, his/her team wins.

Observation: Coaches should have some extra balls, just in case it is needed to be sent to the team that loses the ball and the ball goes outside of the grid.

Variations/Progression:

- You can add more defenders if it is too easy to keep possession of the ball (possession coaching point).
- You can make the offensive team lose a point if the players stay too close to each other (spreading out coaching point).



Activity: Passing & Receiving with pressure and direction

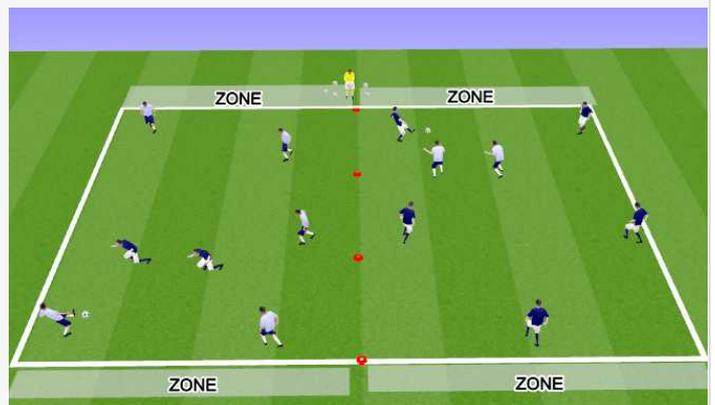
How the activity is played:

- 2 teams. Each team should stay in their own field plus the defender(s) from another team.
- The teams will try to score by stopping the ball inside the zone area.
- If the team score in one zone, they will try to score in the opposite side zone.
- If the defender(s) wins 5 times before the defenders from another team, win 5 times, their team will win.

Observation:

- The coach can request the offensive team to pass 3-5 times before scoring inside the zone (possession coaching points).
- The coach can remove a goal if the offensive team stays too close to each other (spreading out coaching points).
- Coaches should have some extra balls, just in case it is needed to be sent to the team that loses the ball outside the field.

Variations/Progression: You can add more defenders if it is too easy to keep possession of the ball, or increase/decrease the number of passes before scoring inside the zone.



Activity: Scrimmage

How the game is played: Two teams will be formed like a regular scrimmage. However, you could add players to play for both teams.

Observation: Make sure the players stay at least 5 yards from each other. You can demand a "turn over" (give the ball to another team) if you see the team with possession of the ball within 5 yards from each other.

- For U9 - above you can add big goals with GKs! Also, you can play 5 vs. 5 or more.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.

