



Arlington Lesson Plans (3rd & 4th Grade - U9 & U10 Age Groups) - Topic: Passing & Receiving

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)

Passing Technique

Passing Technique:

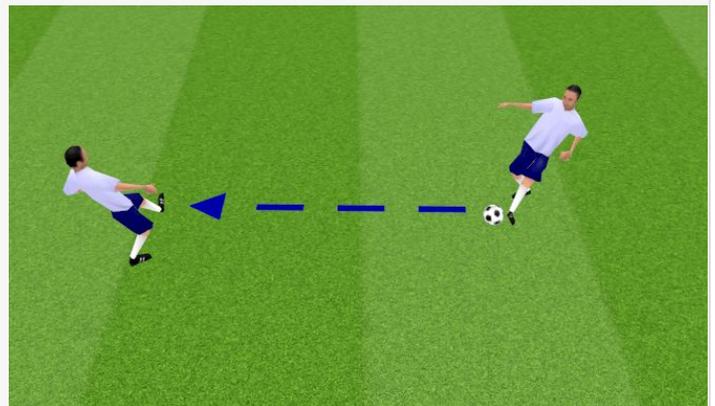
- Face the player that you pass the ball to.
- Use the inside, outside, and/ or top (shoelaces) of the foot to pass short and medium-range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle of the inside of your foot. NUMBER 2
- Plant your non-passing foot next to the ball, pointing your toes toward the player that you will pass the ball to.
- Keep your shoulders and hips square and turn your knee and foot to a 90-degree angle to pass the ball.
- After making contact with the ball, follow through in a passing motion.



Receiving Technique

Receiving Technique:

- Key Word: Cushioning!!!
- Face the player that will pass the ball to you.
- Use the inside, outside, and/ or top (shoelaces) of the foot, thigh, and chest to trap the ball.
- It is better to trap the ball inside of the foot when the ball is on the ground. NUMBER 2
- Try to make contact with the ball in the middle, inside of your foot.
- Plant your non-trapping foot next to the ball, pointing your toes toward the player that will pass the ball.
- Keep your shoulders and hips square and turn your knee and foot to a 90-degree angle to receive the ball.
- Bring the ball as quickly as possible into your personal space.
- Trap the ball in the direction that you want to go and/or pass back.
- The forward with the opposite foot before receiving it.
- Let the ball touch the inside of NUMBER 1.
- Make sure to cushion the ball when having contact with the ball.
- Turn the body when having contact with the ball.



Warm up: Small side games (10 mins)

Number of players required: Full U9 or U10 Team

Equipment: many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 grids of 20 X 20 yards marked with cones.

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small side games".

Variations/Progression:

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



Activity: Passing & Receiving Pattern (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Every group should have a ball. Organize a group of 3 players

Grid requirement: Create make 20 x 10 grids per group of players.

How the game is played:

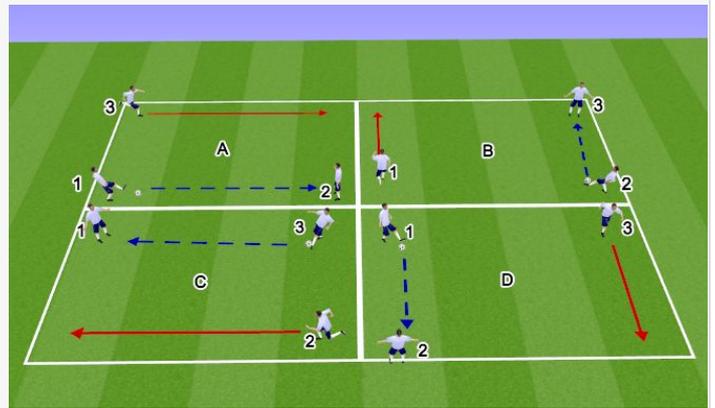
A = Player 1 passes the ball to player 2. When the ball is traveling toward player 2, player 3 should be moving into space.

B = When Player 2 gets the ball, he/she will pass the ball to player 3. When the ball is traveling toward player 3, player 1 should be moving into space.

C = When Player 3 gets the ball, he/she will pass the ball to player 1. When the ball is traveling toward player 1, player 2 should be moving into space.

D = When Player 1 gets the ball, he/she will pass the ball to player 2. When the ball is traveling toward player 2, player 3 should be moving into space.

Variations/Progression: Use right foot, going to the right side and left foot, going to the left side.



Activity: Chain keepaway (10 mins)

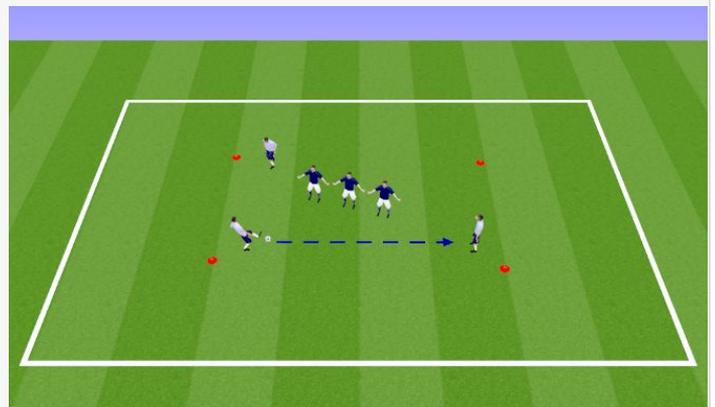
Number of players required: Full U9 or U10 team

Equipment: Every group should have a ball. Organize a group of 6 players

Grid requirement: Create make 20 x 10 grids per group of players.

How the game is played: 3 offense players will play against 3 defenders that will be holding a vest or holding hands (chain). The offense players will try to keep the ball away from the defenders (keep away game). If the ball goes out of bounce or the defenders win the ball, they should switch.

Variations/Progression: Increase or decrease the size of the grids.



Activity: 3 vs. 1 (10 mins)

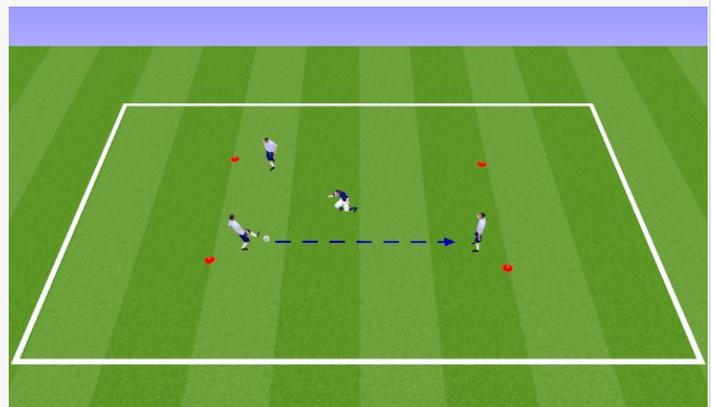
Number of players required: Full U9 or U10 team

Equipment: Every group should have a ball. Organize a group of 4 players

Grid requirement: Create make 20 x 10 grids per group of players.

How the game is played: 3 offense players will play against 1 defender. The offense players will try to keep the ball away from the defender (keep away game). If the ball goes out of bounce or the defender wins the ball, they should switch.

Variations/Progression: Increase or decrease the size of the grids.



Scrimmage (20 mins)

Number of players required: Full U9 or U10 Team

Equipment: many soccer balls. For the 2 goals, if you do not have regular goals, you can use cones or flags as goals.

Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage.

Variations/Progression:

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

