



# 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:

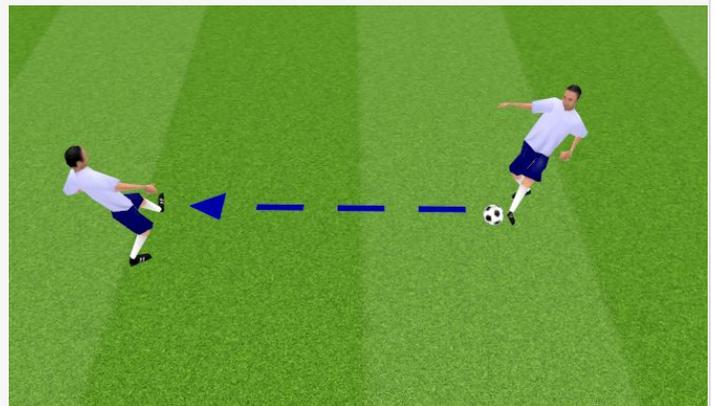
- Face the player that you pass the ball to.
- Use the inside, outside, and/ or top (shoelaces) of the foot to pass short and medium-range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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: Cone Challenge (15 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Every group should have at least 2 balls.

**Organization:** Create groups of at least 4 players per group. Place one ball on top of the cone on the base and another ball the group will be playing.

**How the game is played:**

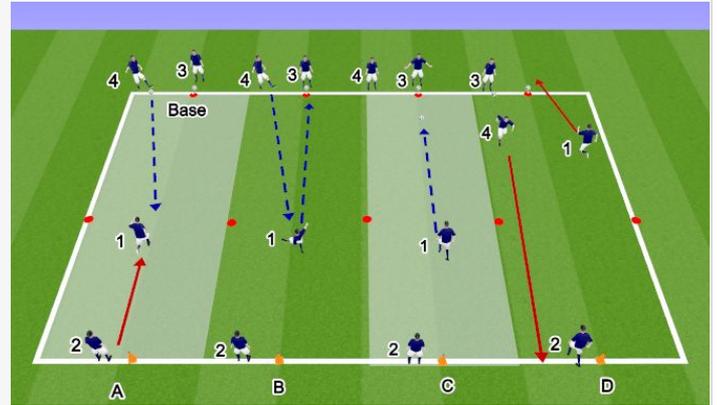
A = Player #4 will pass the ball to player #1 that will be running towards the ball.

B = player #1 will receive the ball before the line of cones and pass towards the ball/cone that is on the base.

C = The player that is passing the ball should try to hit the ball that is on top of the cone. If the player hits the ball, he/she gets a point.

D = The rotations should be from #1 - #2, #3, #4, #1

**Variations/Progression:** Make the line of cones smaller and/or longer.



## Activity: Narrow Path (15 mins)

**Number of players required:** Full U9 or U10 team

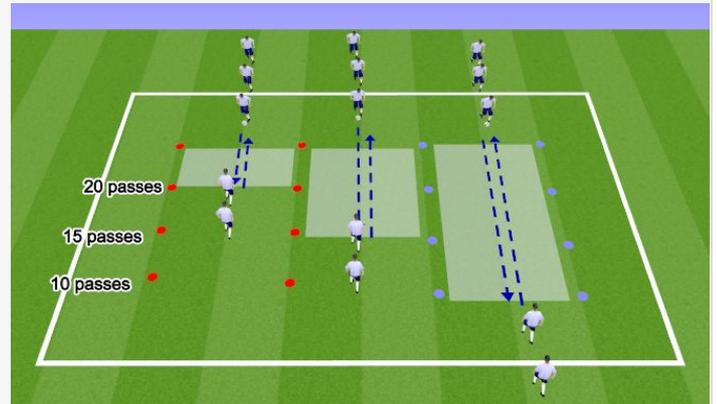
**Equipment:** Every group should have a ball.

**Grid requirement:** Create grids/groups of players. Give about 5 yards from each line of passes.

**How the game is played:** Organize the players in teams. They will try to pass the ball between the cones. The ball cannot go out of bounce and players cannot get inside the grid. The players must pass the ball behind the line of the cones. Players will control and pass the ball. Request them the number of passes that you want them to complete without making a mistake. If a player makes a mistake, they will have to start again. Players can pass the ball and go back to their own line or opposite line. After completing the number of passes required inside the grid, they should move to the next one:

- From 20 passes to 15 passes to 10 passes.

**Variations/Progression:** Make the grid smaller and/or longer. Also, you can request them to go 1 touch passing



## 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

