



ASA Lesson Plans (5th&6th Grade - U11 & U12 Age Groups) - Topic: Passing & Receiving

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Young Member

Description

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Passing Technique

Passing Technique:

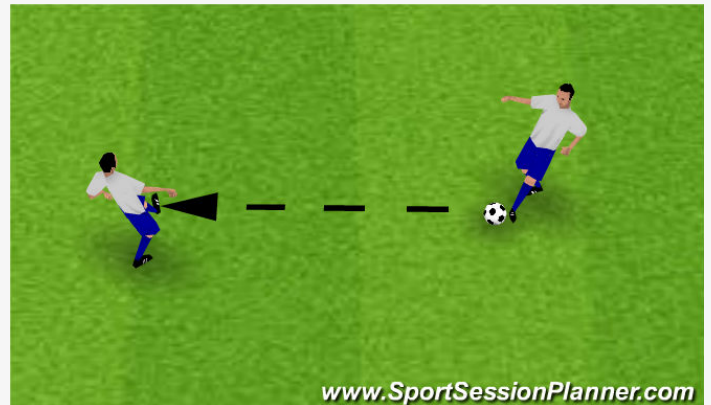
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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 with inside of the foot when the ball is on the ground. NUMBER 2
- Try to make contact with the ball on 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 receive it.
- Let the ball touch the inside of NUMBER 1.
- Make sure to Cushioning the ball when have contact with the ball.
- Turn the body when have contact with the ball.



Warm up: Small side games (10 mins)

Number of players required: Full U11 or U12 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 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: Gate game (10 mins)

Number of players required: Full U11 or U12 team

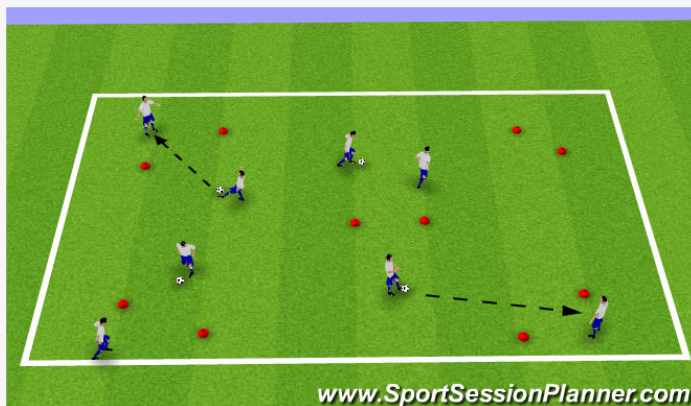
Equipment: Every group/partner should have a ball. Have few cones around to create the gates.

Grid requirement: Create a 40 x 40 grid.

Organization: All players must move the ball inside the grid

How the game is played: The partners will dribble the ball toward the gates. They will pass the ball back and forth between the gates and move to another gate. The group that completes all gates first, wins.

Variations/Progression: Increase or Decrease the size of the gates. Request the players to use right and left foot.



Activity: Gates with 1 defender (10 mins)

Number of players required: Full U11 or U12 team

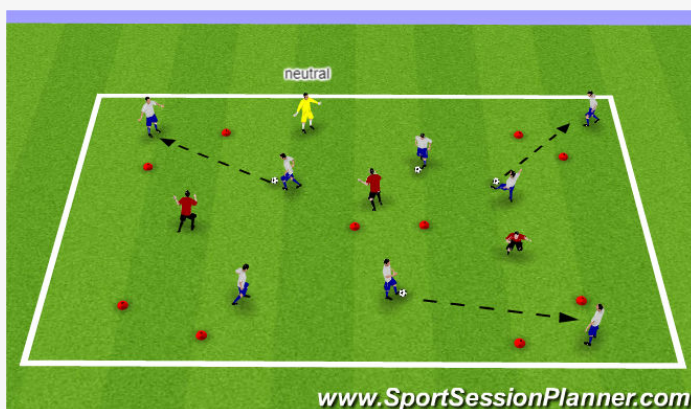
Equipment: Every group/partner should have a ball. Have few cones around to create the gates.

Grid requirement: Create a 40 x 40 grid.

Organization: All players must move the ball inside the grid

How the game is played: The partners (offense players) will dribble the ball toward the gates. They will pass the ball between the gates and move to another gate. Every time the group/partners goes through the gate, they get a point. The defender(s) will try to win the ball or kick out of bounce. You can add a "neutral" player to help the offense players. A coach will give a time limit. The group that has more points wins. The group that have the lower amount of points becomes the defenders.

Variations/Progression: Increase or decrease the size of the gates. Also, you can increase or decrease the number of defenders. If it is too easy add more defenders. However, if it is too hard, decrease the number of defenders. Also, you can add or remove neutral player(s).



Activity: Gate game with defender (10 mins)

Number of players required: Full U11 or U12 team

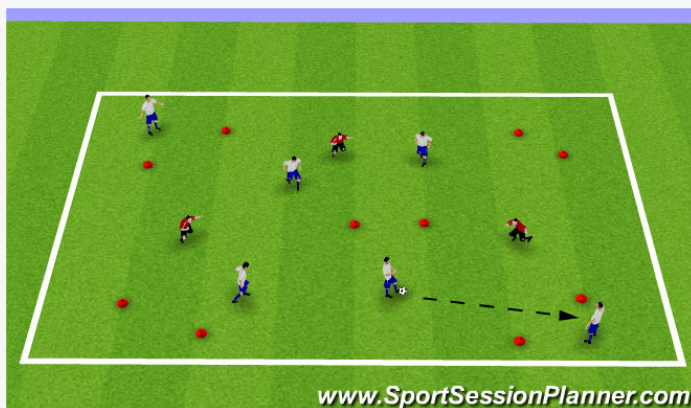
Equipment: 1 ball and few cones around to create the gates.

Grid requirement: Create a 40 x 40 grid.

Organization: All players must move the ball inside the grid

How the game is played: The offense players will keep the ball away from the defender(s) and try pass the ball between the gates. Every time the offense players goes through the gate, they get a point. The defender(s) will try to win the ball or kick out of bounce. A coach will give a time limit for the offense players complete many gates as they can. All players must play defense at least once.

Variations/Progression: Increase or decrease the size of the gates. Also, you can increase or decrease the number of defenders. If it is too easy add more defenders. However, if it is too hard, decrease the number of defenders.



Scrimmage (20 mins)

Number of players required: Full U11 or U12 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 regular scrimmage.

Variations/Progression:

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

