



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:

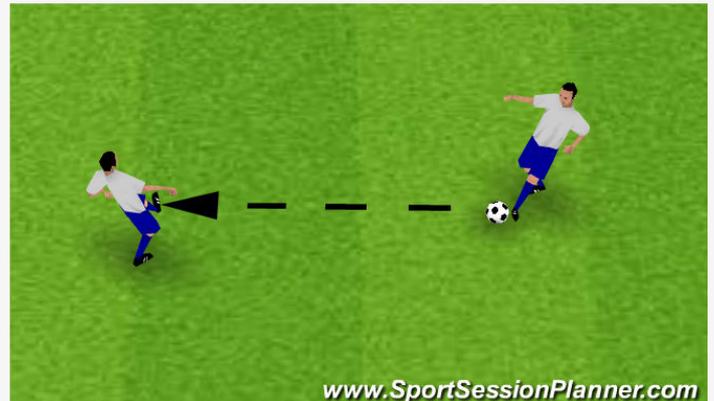
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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: Angle Passes (10 mins)

Number of players required: Full U11 or U12 team

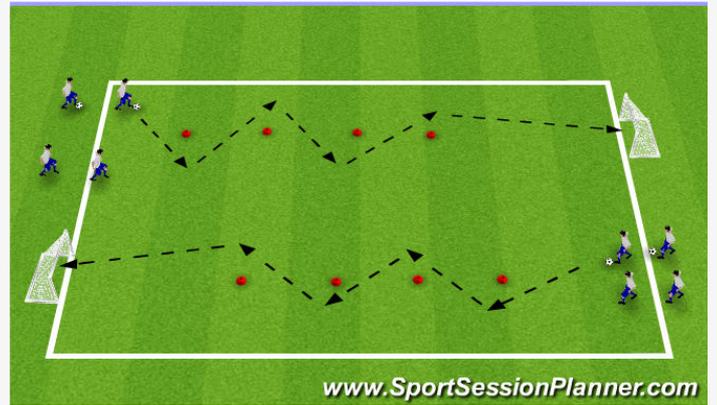
Equipment: 2 pug goals or cones to create the goal. Every group/partner should have a ball.

Grid requirement: Create a 40 x 40 grid with cones. Add few cones to create the lines.

How the game is played: The players (partners) will move the ball between the cones. Players on the right side should use their right foot and players on the left side should use their left foot. When they pass all cones, the player that has the ball will shoot at the goal. Switch lines, side of the passes and the player that will shoot at the goal every play.

Variations/Progression:

- Increase or Decrease the size/space between cones
- Competition between groups.



Activity: 3 vs. 1 (Zone) (10 mins)

Number of players required: Full U11 or U12 team

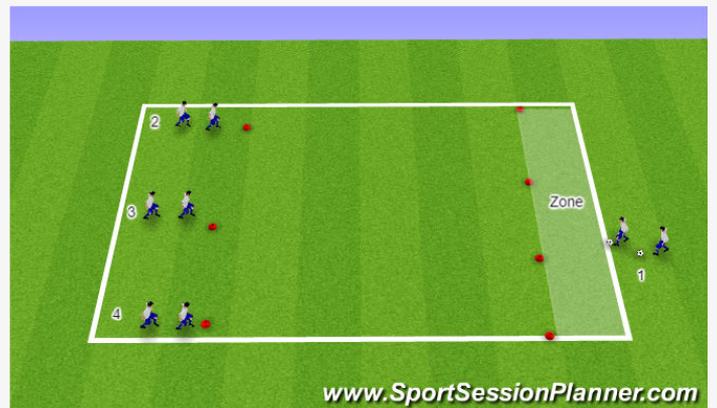
Equipment: 2 pug goals or cones to create the goal. Few soccer balls

Grid requirement: Create a 40 x 40 grid with cones. Add 3 cones for the offense players and few cones to create the zone.

Organization: All players must move the ball inside the grid

How the game is played: The defender will send/pass the ball to any of the offense player. Play 3 vs. 1 (#2, #3, and #4 are offense players against the #1 defender). Switch every play from 1 - 2 - 3 - 4 - 1. The offense player will try to dribble the ball inside the zone. Also, they cannot have more than 3 touches on the ball.

Variations/Progression: Increase or Decrease the size of the field. If it is too each you can request them to have less than 3 touches on the ball or play 2 vs. 1. However, if it is too hard, you can request them to have unlimited touches or play 4 vs. 1.



Activity: 3 vs. 1 (pug goal) (10 mins)

Number of players required: Full U11 or U12 team

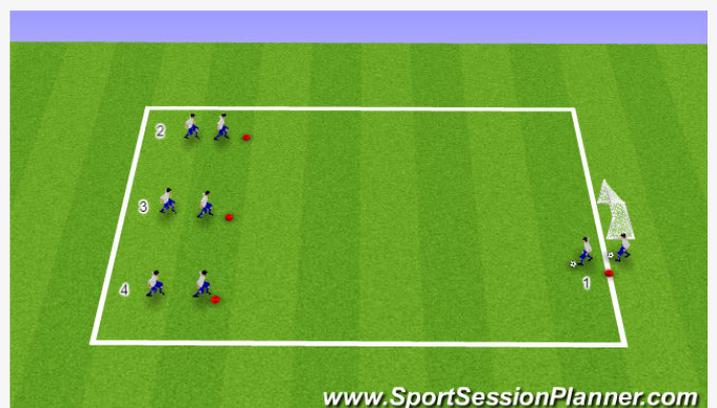
Equipment: 2 pug goals or cones to create the goal. Few soccer balls

Grid requirement: Create a 40 x 40 grid with cones. Add 3 cones for the offense players and 1 cone next to the goal for the defender.

Organization: All players must move the ball inside the grid

How the game is played: The defender will send/pass the ball to any of the offense player. Play 3 vs. 1 (#2, #3, and #4 are offense players against the #1 defender). Switch every play from 1 - 2 - 3 - 4 - 1. The offense player will try to score in the pug goal. If you do not have pug goal, you can use cones or flags.

Variations/Progression: Increase or Decrease the size of the field. If it is too each you can request them to have less than 3 touches on the ball or play 2 vs. 1. However, if it is too hard, you can request them to have unlimited touches or play 4 vs. 1.



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

