



Arlington Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: Passing & Receiving

Category: Technical: Passing & Receiving

Difficulty: Beginner

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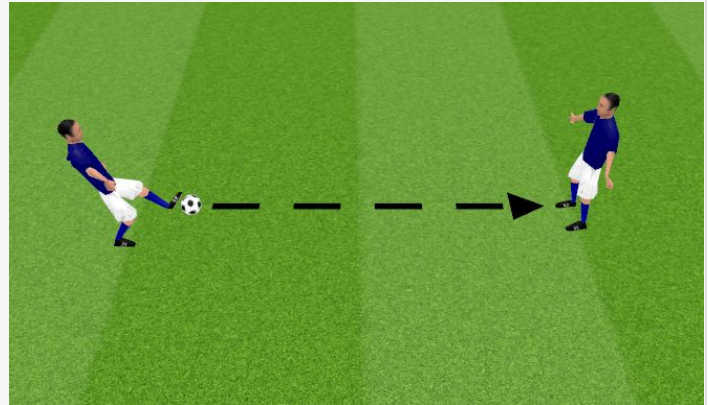
Description

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

Passing Technique

Passing Technique:

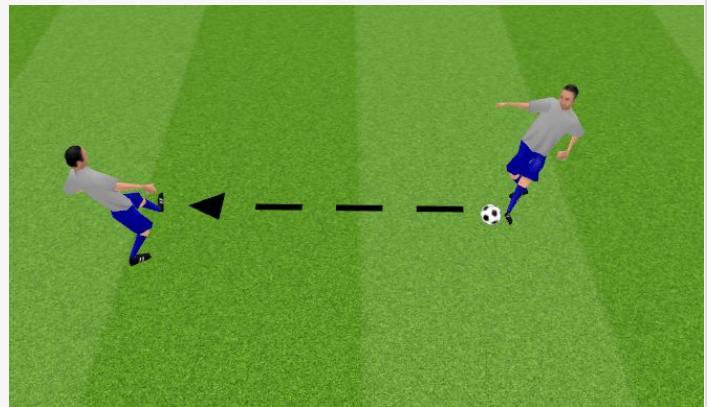
- Face the player that you pass the ball to.
- Use the inside, outside, and/ or top (shoelaces) of the foot to pass short and mid-range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle of the inside of your foot. NUMBER 2
- Plant your non-passing foot next to the ball, pointing your toes toward the player to that you will pass the ball.
- 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)

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: Wall Passes (10 mins)

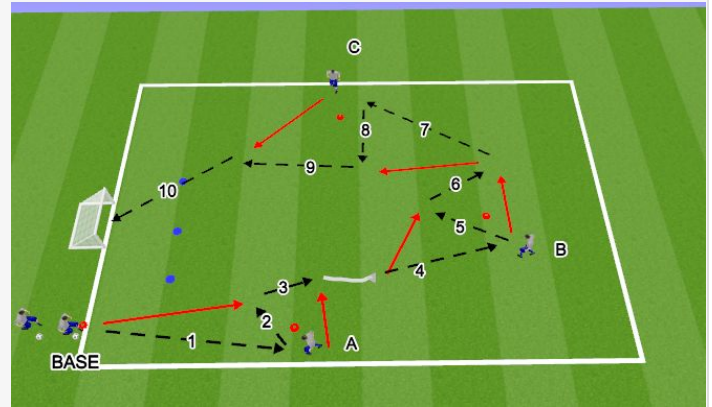
How the game is played: Create 1 - 2 groups. Go from right to left (graph) and after a few minutes move the base to the opposite side of the goal (go from left to right). If you have 2 groups, create the same grid on the opposite side of the field.

Players will pass the ball towards another player's feet and move in the direction that he/she passed (the movement should be from the BASE - A - B - C - BASE). Shoot the ball before the line of cones and move to the end of the line of the BASE. At every cone (A, B, and C), players will connect "Wall Passes" on the cones.

Variations/Progression:

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.

- COMPETITION



Activity: Diagonal Passes (10 mins)

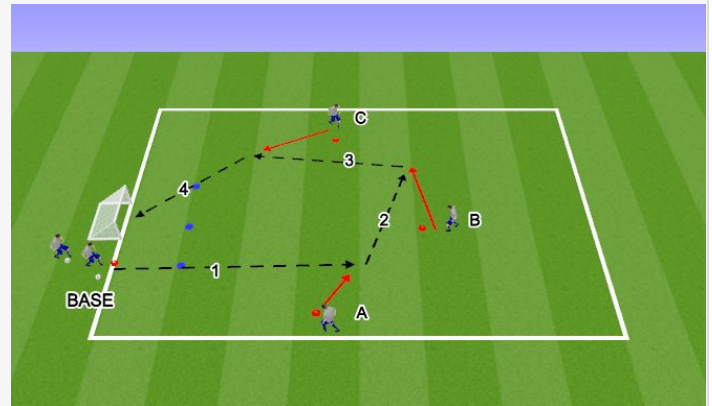
How the game is played: Create 1 - 2 groups. Go from right to left (graph) and after a few minutes move the base to the opposite side of the goal (go from left to right). If you have 2 groups, create the same grid on the opposite side of the field.

Players will pass the ball towards another player in the space and move in the direction that he/she passed (the movement should be from the BASE - A - B - C - BASE). Shoot the ball before the line of cones and move to the end of the line of the BASE. At every cone (A, B, and C), players will move into space to receive a diagonal pass.

Variations/Progression:

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.

- COMPETITION



Activity: 3rd men ball (10 mins)

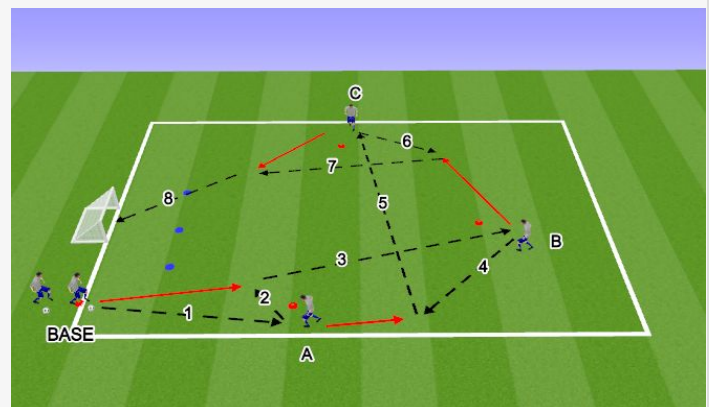
How the game is played: Create 1 - 2 groups. Go from right to left (graph) and after a few minutes move the base to the opposite side of the goal (go from left to right). If you have 2 groups, create the same grid on the opposite side of the field.

Players will pass the ball towards another player's feet and move in the direction that he/she passed (the movement should be from the BASE - A - B - C - BASE). Shoot the ball before the line of cones and move to the end of the line of the BASE. In the cones (A, and B), players will connect "3rd men ball" and in cone "C" they will connect "wall pass".

Variations/Progression:

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.

- COMPETITION



Scrimmage (20 mins)

How the game is played: Scrimmage.

Variations/Progression:

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

