



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

Category: Technical: Passing & Receiving

Difficulty: Moderate

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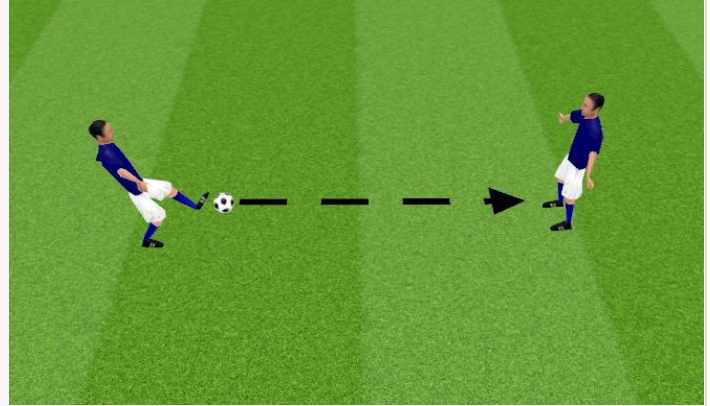
## Description

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

### Passing Technique

#### Passing Technique:

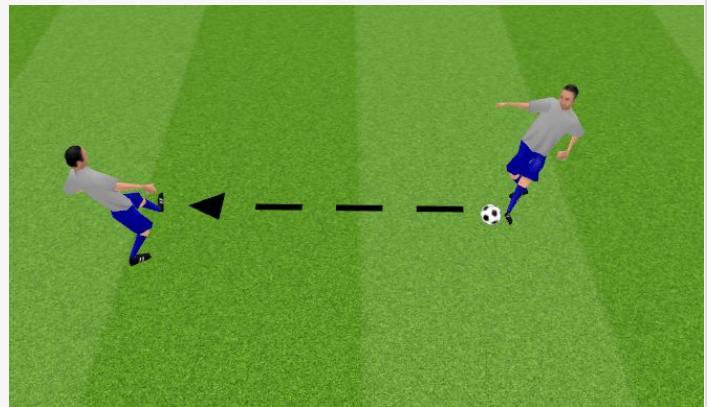
- Face the player that you pass the ball to.
- Use the inside, outside, and/ or top (shoelaces) of the foot to pass short and mid-range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle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

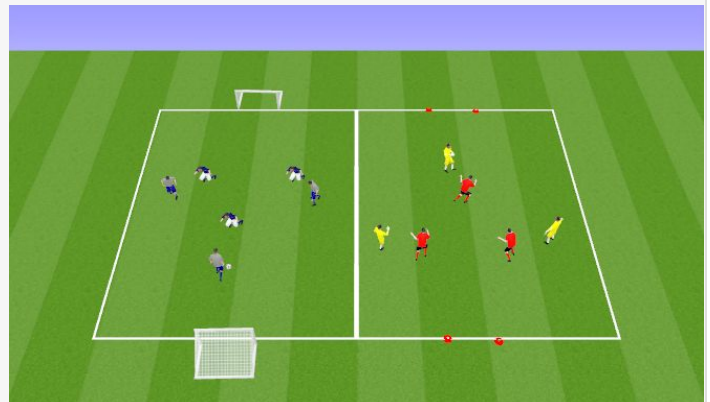


### Warm up: Small side games (10 mins)

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

#### Variations/Progression:

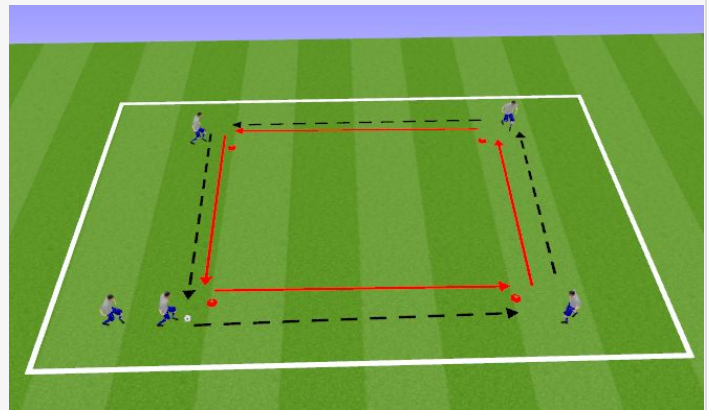
- Competition between the teams
- Implement the topic of the session in the small side games



### Activity: Square Passes (10 mins)

**How the game is played:** The ball should start where there are 2 players on the line. Pass the ball towards the player's feet and follow the pass. Switch side after a few minutes

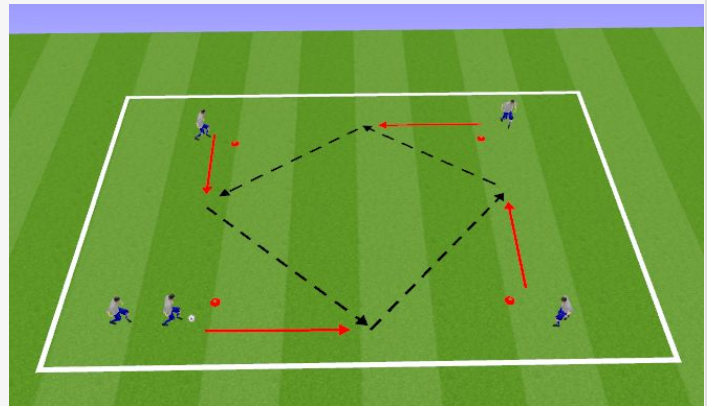
**Variations/Progression:** Use the right foot, going to the right side, and the left foot, going to the left side.



### Activity: Space passes (10 mins)

**How the game is played:** The ball should start where there are 2 players on the line. Pass the ball into space and follow the pass. Switch side after a few minutes

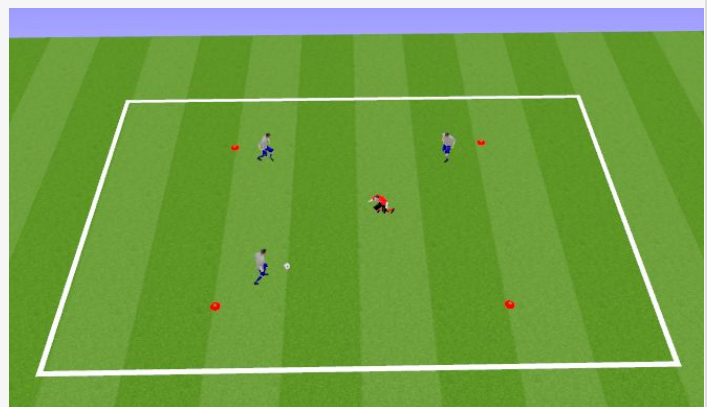
**Variations/Progression:** Use the right foot, going to the right side, and the left foot, going to the left side.



### Activity: Keepaway (10 mins)

**How the game is played:** 3 offense players against 1 defender. The offense players will try to keep possession of the ball and the defender will try to win or kick the ball out of the grid. Switch the defenders every few minutes. Or you can switch when the offensive player makes a mistake.

**Variations/Progression:** Add more or fewer defenders. Example: More difficult (2 vs. 1). Make easier (4 vs. 1)



## 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.

