



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

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

Eddie Lima, Bristow, United States of America  
Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

## Passing Technique

### □ Passing Technique:

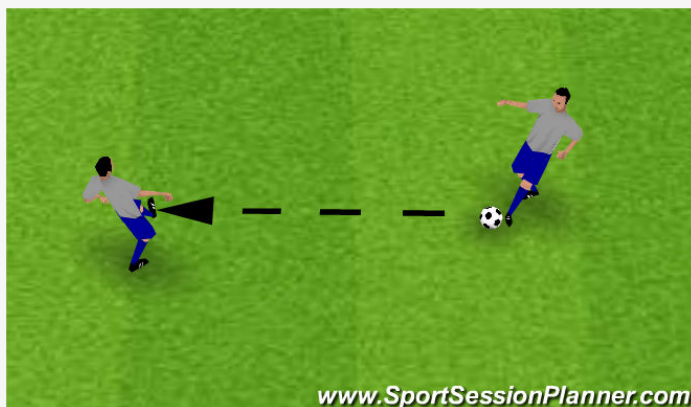
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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 U13 or older Teams

**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: Square Passes (10 mins)

**Number of players required:** Full U13 or older Teams

**Equipment:** Every group should have a ball. Organize group of 5 players minimum

**Grid requirement:** Create make 30 x 20 grids per group of players. You can make bigger if you want to implement from mid to long range passes.

**How the game is played:** The ball should start where there are 2 players on the line. Pass and move from A - B - C - D - A. Switch side after few minutes

### Option 1

Player that is receiving the ball should check to the ball (move towards the ball). The player that is passing the ball should aim towards the receiver's feet.

### Option 2

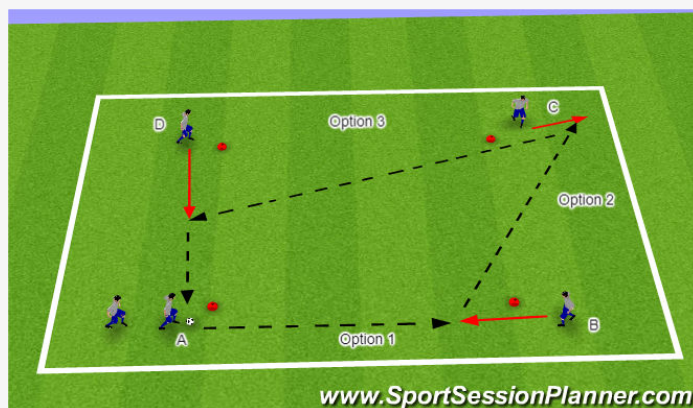
The player that is receiving the ball should open the body facing the direction that he/she will pass the ball next. The player that is passing the ball should aim towards the receiver's feet.

### Option 3

The player that is receiving the ball should move into space. The player that is passing the ball should aim towards the receiver's feet.

### Variations/Progression:

- You can combine option 1 - 2 and/or 3
- Use right foot, going to the right side and left foot, going to the left side.



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

**Number of players required:** Full U13 or older Teams

**Equipment:** Every group should have a ball. Organize group of 5 players minimum

**Grid requirement:** Create make 30 x 20 grids per group of players. You can make bigger if you want to implement from mid to long range passes.

**How the game is played:** Play 3 vs. 1

### Variations/Progression:

Make more challenge to the players = play 2 vs. 1.

Make easier to the players = play 4 vs. 1



## Activity: 4 vs. 2 (10 mins)

**Number of players required:** Full U13 or older Teams

**Equipment:** Every group should have a ball. Organize group of 6 players per grid.

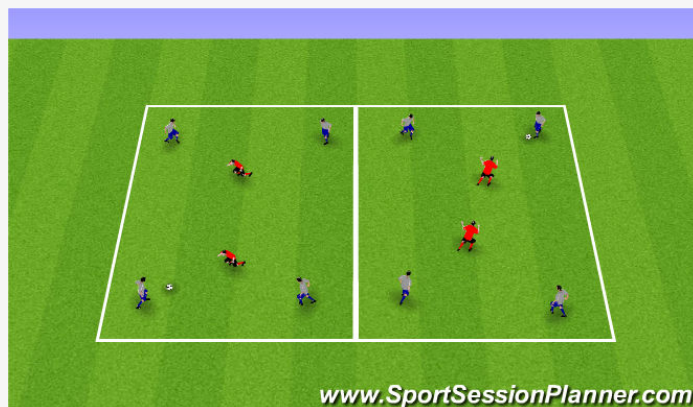
**Grid requirement:** Create make 30 x 20 grids per group of players. You can make bigger if you think that needs more space on the grid.

**How the game is played:** 4 offense players against 2 defenders. The offense players will try to keep possession of the ball and the defenders will try to win or kick the ball out of the grid. Switch the defenders every few minutes. Or you can switch when the offense player make a mistake.

### Variations/Progression:

Make more challenge to the players = play 4 vs. 3.

Make easier to the players = play 4 vs. 1



## Scrimmage (20 mins)

**Number of players required:** Full U13 or older Teams

**Equipment:** many soccer balls. For the 2 goals you can use pug goals or cones.

**Grid requirement:** Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the scrimmage.

**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.

