



ASA Lesson Plans (7th Grade- HS / U13 - HS 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:

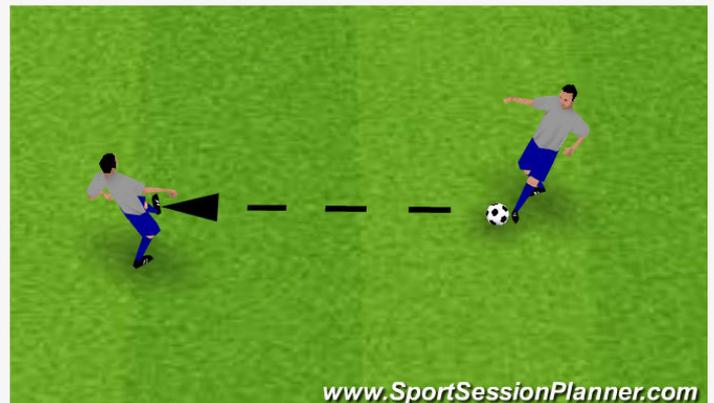
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle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

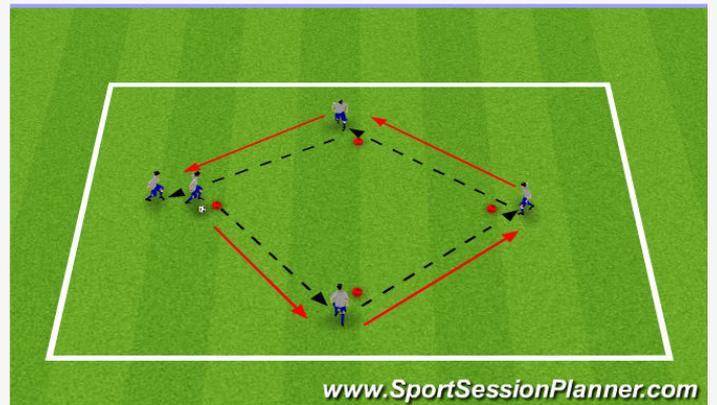
Number of players required: Full U13 or older Teams

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

Grid requirement: Create make 20 x 10 grids per group of players.

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

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



Activity: 3 Options passes (10 mins)

Number of players required: Full U13 or older Teams

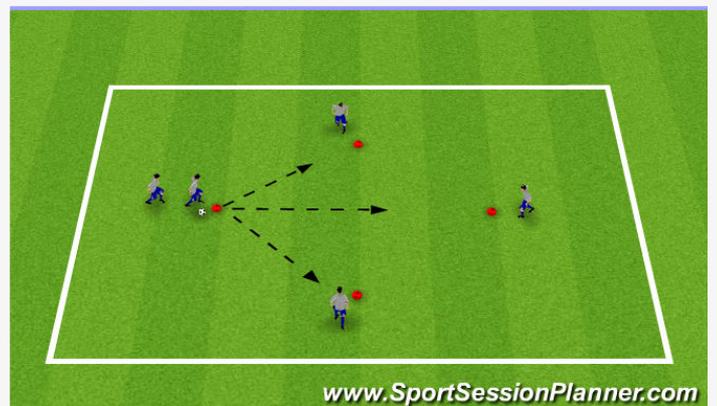
Equipment: Create a diamond with 4 cones with 20 yards apart. Every group should have a ball.

Grid requirement: Create many grids with 5 minimum players per grid.

Organization: All players must move the ball inside the grid

How the game is played: Pass the ball to any player in front (left, right or forward). After passing the ball, follow the pass and go behind the line on the side that passes the ball.

Variations/Progression: Decrease the size of the grid.



Activity: 3 Options passes with Pressure (10 mins)

Number of players required: Full U13 or older Teams

Equipment: Create a diamond with 4 cones with 20 yards apart. Every group should have a ball.

Grid requirement: Create many grids with 5 minimum players per grid.

Organization: All players must move the ball inside the grid

How the game is played: Pass the ball to any player in front (left, right or forward). After passing the ball put pressure on the player that receives the ball. The player that receives the ball will try to pass the ball to another player. If the player that putting pressure does not win the ball, he/she will go behind the line on the side that passes the ball. However, if the player that putting pressure wins the ball, he/she will give the ball back and go behind the line.

Variations/Progression: Decrease the size of the grid.



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.

