



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

Category: Technical: Passing & Receiving

Difficulty: Advanced

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Description

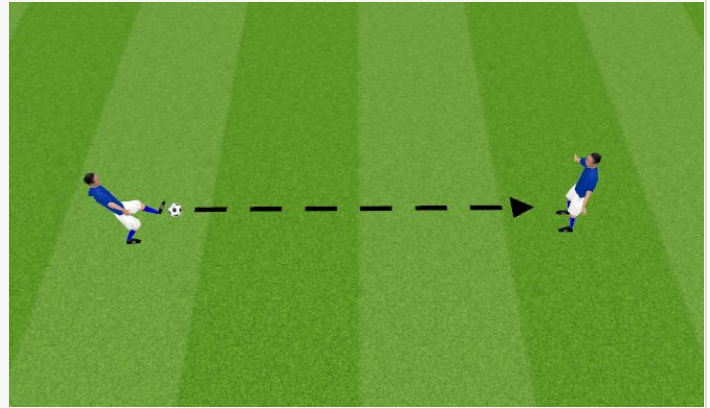
Lesson Plan created by Eddie Lima (Arlington Assistant Director of Coaching Education)

Passing Technique

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.

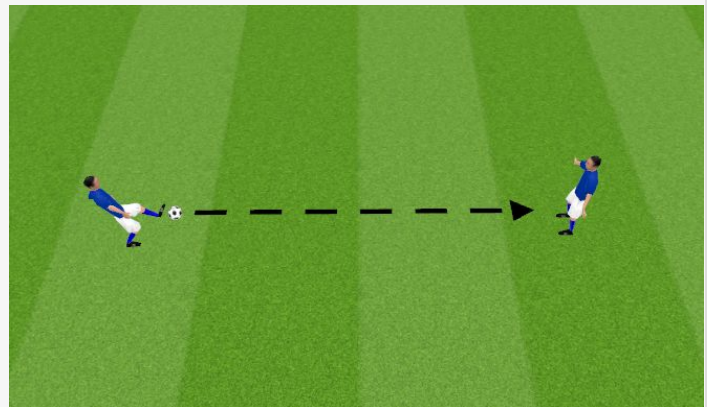


Receiving Technique

Receiving Technique

☐ **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.



Small-sided Games

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

Variations/Progression:

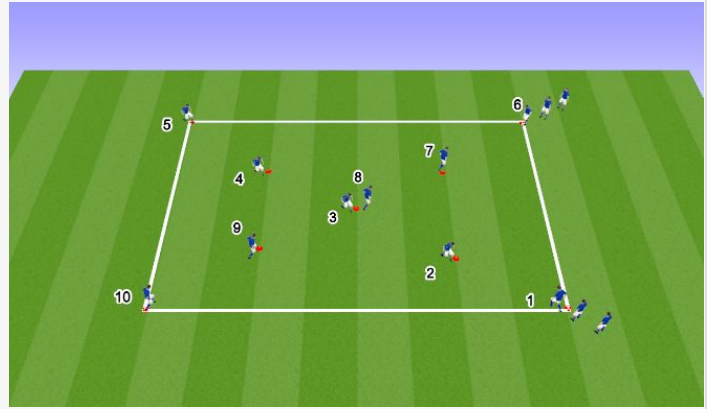
- Competition between the teams
- Implement the topic of the session in the small side games



Organization

Organization of the activities:

- The player's movement goes from 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 1
- Should have 1 player per cone (2, 3, 4, 5, 7, 8, 9, 10) and the rest of the players should be divided evenly on cones 1 and 6.



Short Range Passes

Short-range passes:

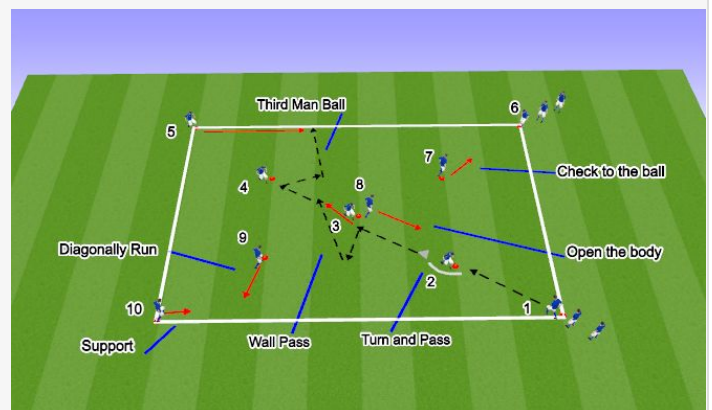
How the game is played: The player's movement and the passes should go from 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 1

Decision Making with the ball options:

- Turn and pass
- Wall pass
- Third-man ball

Decision Making without the ball options:

- Support
- Check to the ball
- Open the body
- Diagonally run

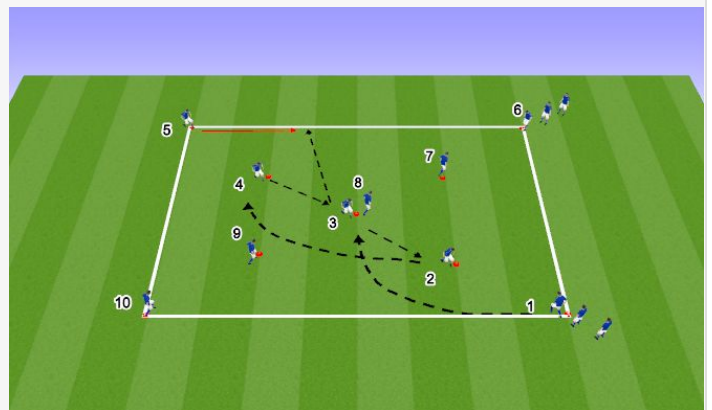


Short and Mid-range Passes

Short, Mid-range passes:

How the game is played:

- The player's movement goes from 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 1
- The movement of the ball 1 - 3. - 2 - 4 - 3. - 5 - 6 - 8 - 7 - 9 - 8 - 10 - 1

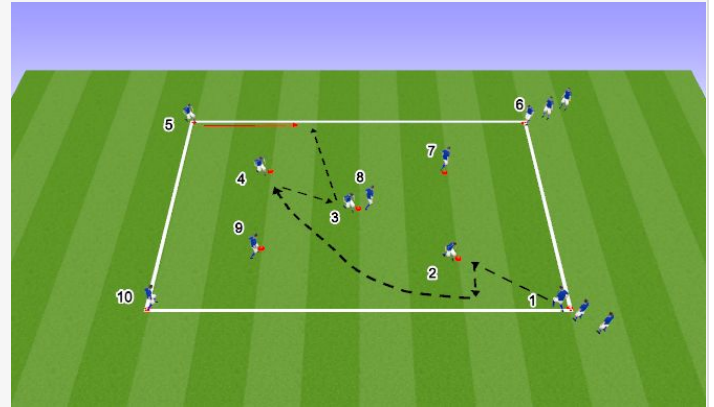


Short, Mid. and Long Range Passes

Short, Mid, and Long-range pass:

How the game is played:

- The player's movement goes from 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 1
- The movement of the ball 1 - 2 - 1 - 4 - 3 - 5 - 6 - 9 - 8 - 10 - 1



Scrimmage

How the game is played: Regular scrimmage

