



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

Category: Technical: Passing & Receiving

Difficulty: Difficult

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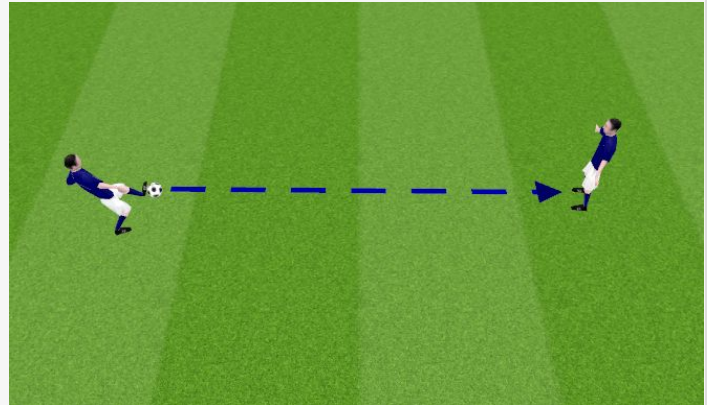
Description

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

Passing Technique

Passing Technique:

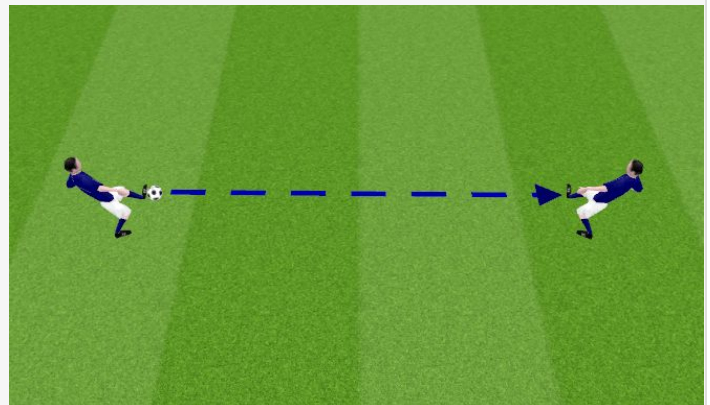
- Face the player that you pass the ball to.
- Use the inside, outside, and/ or top (shoelaces) of the foot to pass short and mid-range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle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

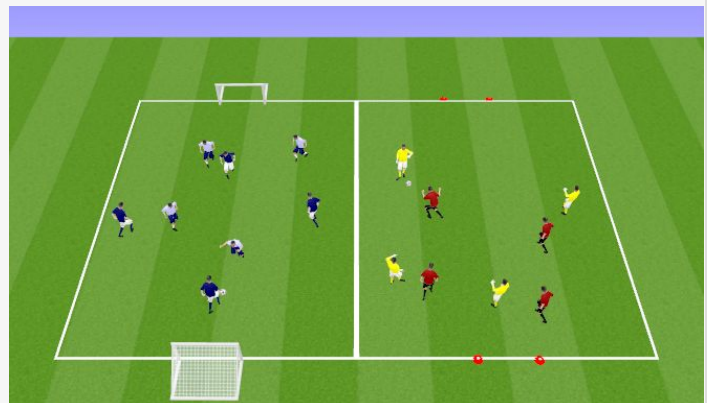


Small-sided games

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



Short Range Passes

Short Range Passes

How the game is played:

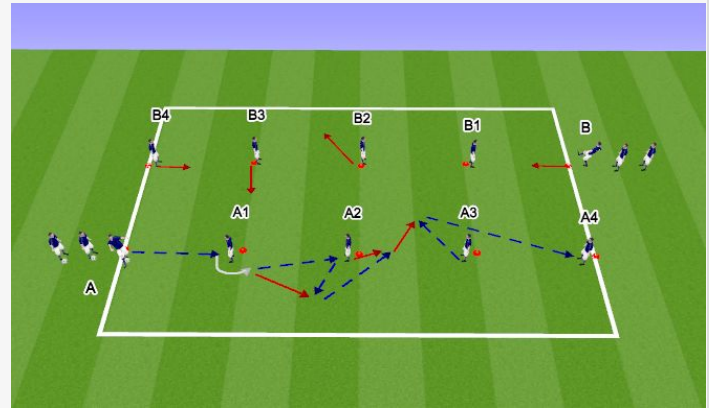
Movement of the ball and the players = A - A1 - A2 - A3 - A4 - B - B1 - B2 - B3 - B4 - A

A = Decision Making with the ball

- Turn and pass (A1),
- Wall pass (A2)
- Third man ball (A3)

B = Decision Making without the ball

- Support (B)
- Move diagonally forward (B2)
- Open the body/ Move wide (B3)
- Check to the ball (B4)



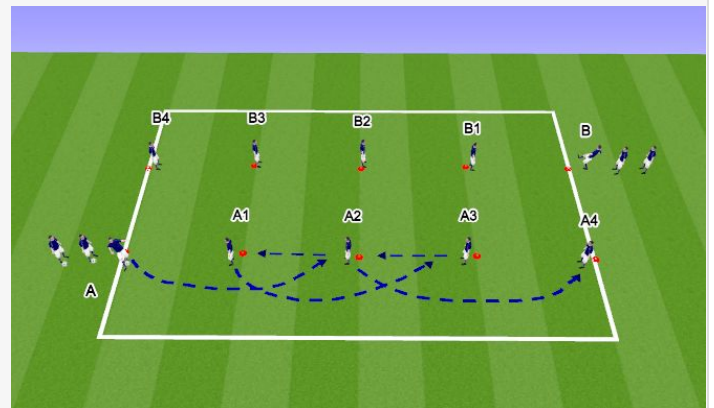
Mid Range Passes

Mid Range Passes ("Lob balls")

How the game is played:

Movement of the players = A - A1 - A2 - A3 - A4 - B - B1 - B2 - B3 - B4 - A

Movement of the ball = A - A2 - A1 - A3 - A2 - A4 - B - B2 - B1 - B3 - B2 - B4



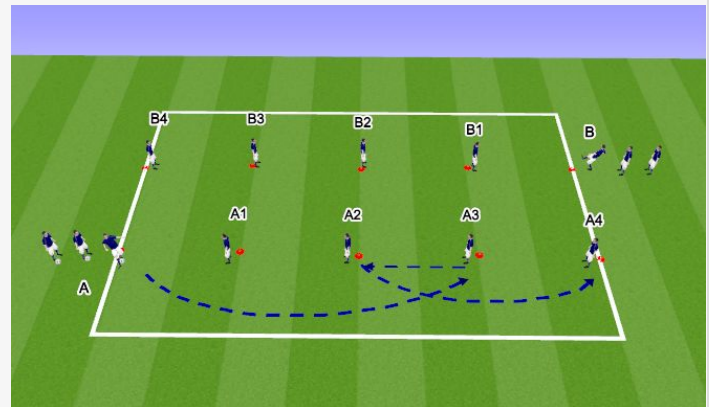
Long Range Passes

Long Range Passes (Driven Balls)

How the game is played:

Movement of the players = A - A1 - A2 - A3 - A4 - B - B1 - B2 - B3 - B4 - A

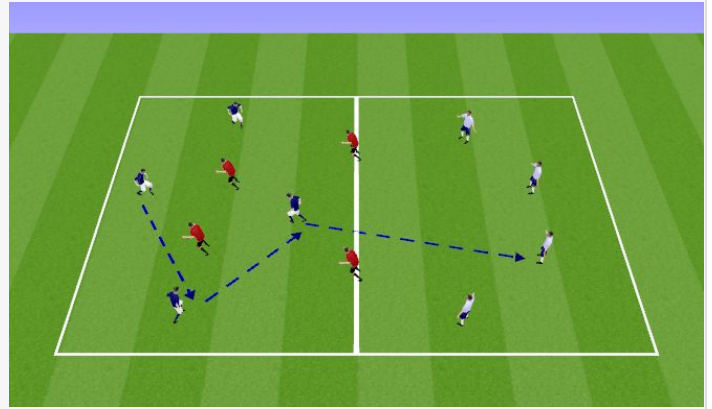
Movement of the ball = A - A3 - A2 - A4 - B - B3 - B2 - B4



Short-range passes

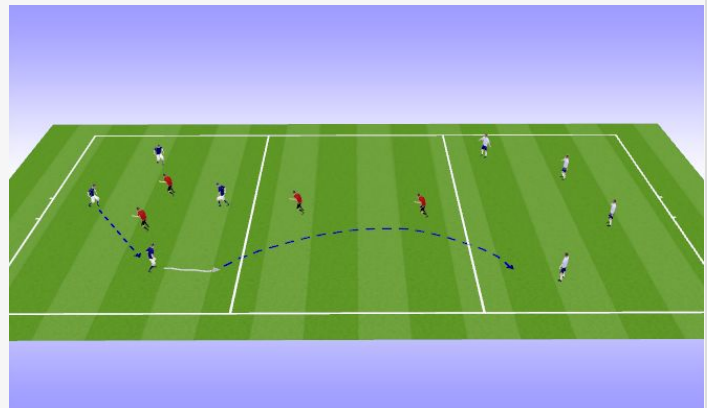
How the game is played:

- Create 3 even teams. Example: 4 x 4 x 4
 - 2 teams will be offensive and 1 team will be a defensive team.
 - Each offensive team will be inside a grid.
 - The defensive team will send players to win the ball inside the grid.
- Example: 4 x 2. The other defensive players will be on the line between the grids. Example: 2 defenders on the line.
- The offensive team will try to connect at least 5 passes before sending the ball to another offensive team (example: Gray).
 - The defenders inside the grid will try to win the ball. If they win the ball, they will try to pass the ball to the other offensive team (example: Red pass to Gray).
 - The defensive players between the grids can intercept the pass from the offensive teams. Example: Blue tries to pass to Gray but Red intercepts the pass.
 - If the offensive team loses possession of the ball to the defensive team and the defensive team was able to pass to another grid, the offensive team that lost possession of the ball becomes defense.



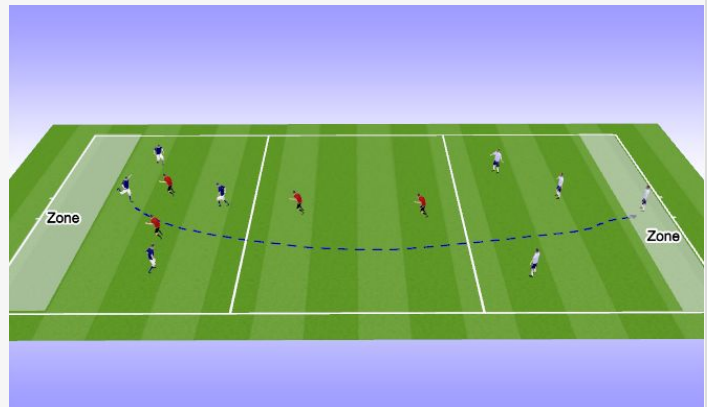
Short and Mid-range passes

How the game is played: The same concept as the previous session but the grid is far apart from each other. There is a gap between the grids where the defensive team can move to win the ball.



Short, Mid and Long-range passes

How the game is played: The same concept as the previous session but when we move the ball from one grid to another the ball must land inside the zone of the opposite side.



Scrimmage

How the game is played: Regular scrimmage

