



### Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

### Passing Technique

#### □ Passing Technique:

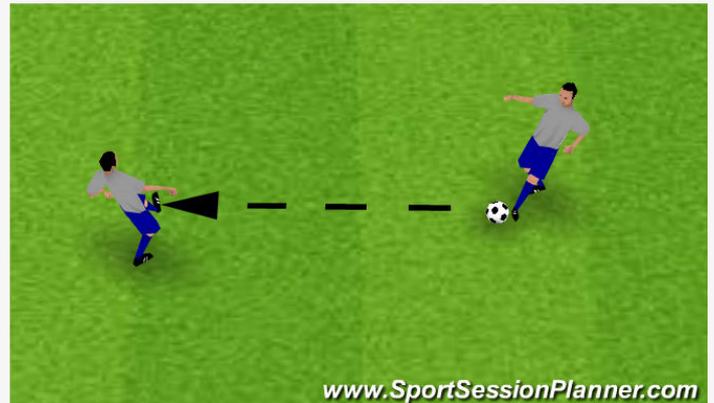
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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 U7 or U8 Team

**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: Group chain (10 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** 2 balls and vests for the defenders

**Grid requirement:** Create 40 x 40 boundaries with cones.

**How the game is played:** The offense players will try to keep the ball away from the defender. If the defender wins the ball or the offense player kick the ball out of bounce, the offense players will join the defender by creating a "chain" (hold hands or hold a vest together). After creating the chain, the defenders will challenge other players but they cannot break the chain any moment. The winner will be the last offense player that has possession of the ball.

**Variations/Progression:** Increase or Decrease the number of balls on the field. if it is too easy have 3 balls playing at the same time. However, if it is too hard, you can have only 1 ball playing for the entire group.



## Activity: Group of 3 players chain game (10 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** All players should have a ball.

**Grid requirement:** Create 40 x 40 boundaries with cones.

**Organization:** Create groups of 4 players max. One group will be the defenders and the rest of will be offense. 1 ball per group of offense players. Example on the graph: Group 1 and group 2 are offense players and group 3 are defenders.

**How the game is played:** The offense players will try to keep the ball away from the defenders that will be holding hands (chain). If the defenders win the ball or one of the offense players kick the ball out of bounce, the group of offense players will switch with the defenders.

**Variations/Progression:** Increase or Decrease the size of the field.



## Activity: Group of 3 players keepaway game

**Number of players required:** Full U7 or U8 Team

**Equipment:** All players should have a ball.

**Grid requirement:** Create 40 x 40 boundaries with cones.

**Organization:** Create groups of 5 players (1 player will be the defender and other 4 players will be offense)

**How the game is played:** The offense players will try to keep the ball away from the defender. If the defender win the ball or the offense players kick the ball out of bounce, the offense player will switch with the defender.

**Variations/Progression:** Increase or Decrease the size of the field or the number of offense players Example: if it is too hard, add more offense players (5 vs. 1). However, if it is too easy decrease the number of offense players (3 vs. 1).



## Scrimmage (20 mins)

**Number of players required:** Full U7 or U8 Team

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

**Grid requirement:** Create a 40 X 40 yard grid marked with cones.

**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

