



ASA Lesson Plans (1st & 2nd Grade - U7 & U8 Age Groups) - Topic: Passing and/or Receiving

Category: Technical: Passing & Receiving
Difficulty: Beginner

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

Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Passing Technique

Passing Technique:

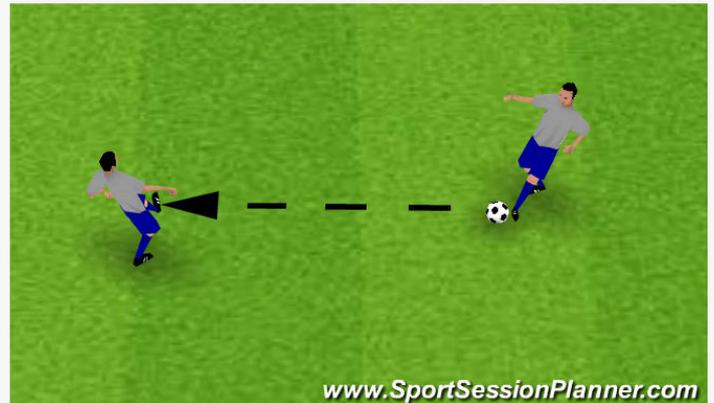
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle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

Number of players required: Full U7 or U8 team

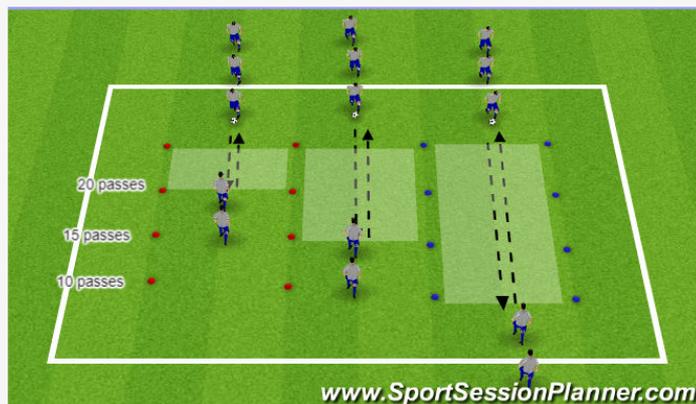
Equipment: Every group should have a ball.

Grid requirement: Create make grids/group of players. Give about 5 yards from each line of passes.

How the game is played: Organize the players in teams. They will try to pass the ball between the cones. The ball cannot go out of bounce and players cannot get inside the grid. Players will control and pass the ball. Request them the number of passes that you want them to complete without making a mistake. If a player makes a mistake, they will have to start again. Players can pass the ball and go back to their own line or opposite line. After completing the number of passes required inside the grid, they should move to the next one:

- From 20 passes to 15 passes to 10 passes.

Variations/Progression: Make the grid smaller and/or longer. Also, you can request them to go 1 touch passing



Activity: Grab soccer with partners (10 mins)

Number of players required: Full U7 or U8 team

Equipment: Few cones to create the line (boundaries). Each player with his/her partner (offense) should have a ball. Make cones lines for the defenders so they cannot cross the lines.

How the game is played: The Partners (offense players) will move the ball from one side to another without letting the player in the middle "crab" (defender) touch the ball. If the defender touches the ball, the offense players will switch with defenders that are staying inside the grid. The defenders cannot cross the line. Should have 2 defenders per grid.

Variations/Progression:

- Use left or right foot.

- Decrease the line/space of the grid.



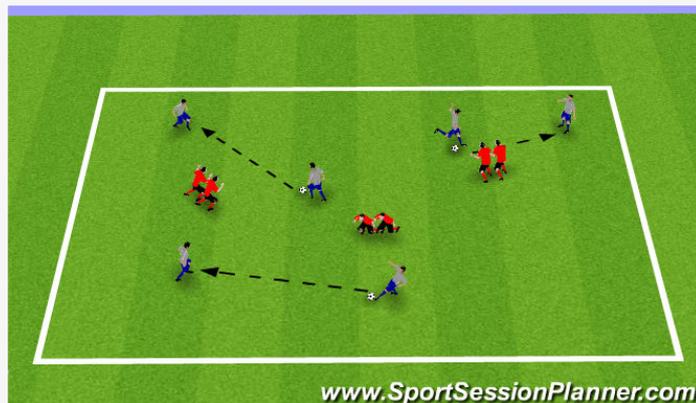
Activity: Chain game (10 mins)

Number of players required: Full U7 or U8 team

Equipment: Create a 40 x 40 grid. Each player with his/her partner (offense) should have a ball. The defenders can hold a vest or hold hands to create a (chain).

How the game is played: Players will move around (gray) and the defenders (red) will try to win the ball. The defenders will be holding a vest/hands together. The defenders cannot "break the chain". Switch after few minutes

Variations/Progression: You can create many chains or 1 giant chain with all defenders.



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

