



# ASA Lesson Plans (3rd & 4th Grade - U9 & U10 Age Groups) - Topic: Passing & 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:

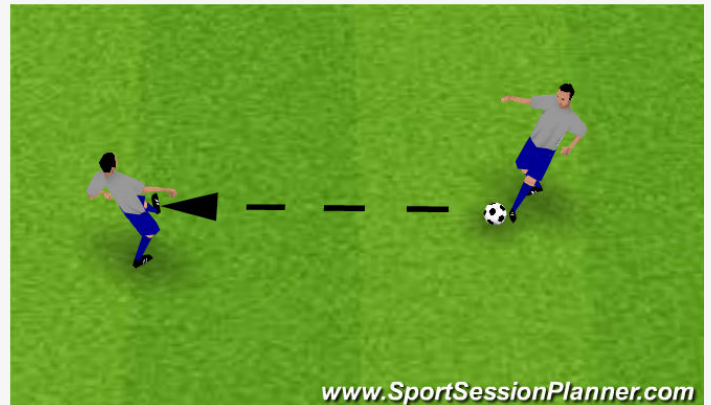
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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: 90 degree turning (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Few cones to create the path (From 1 to 5). Few balls per group. 2 pug goals. If you do not have pug goals you can use cones or flags. If you do not have enough players you can create only 1 group.

**Grid requirement:** The cones should be about at least 10 yards apart.

**Organization:** Create 2 groups. One group going towards right side and another side going to the left side. After a while the groups should switch.

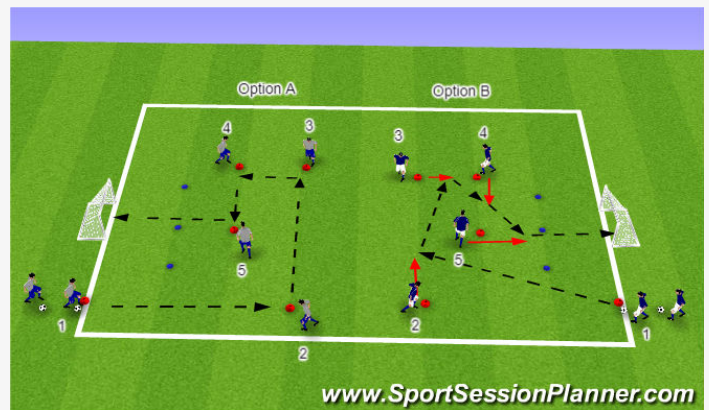
**How the game is played:**

**Option A =** Players will pass the ball towards another player feet and move in the direction that he/she passed (the movement should be from 1 - 2 - 3 - 4 - 5 - 1). Shoot the ball before the line of cones and move to the end of the line "1" again.

**Option B =** Players will pass the ball into space. The player that is receiving the ball will move into space to receive the ball. Players will move in the direction that he/she passed (the movement should be from 1 - 2 - 3 - 4 - 5 - 1). Shoot the ball before the line of cones and move to the end of the line "1" again.

**Variations/Progression:**

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.
- COMPETITION



## Activity: 45 degree turning (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Few cones to create the path (From 1 to 4). Few balls per group. 2 pug goals. If you do not have pug goals you can use cones or flags. If you do not have enough players for 2 groups you can create only 1 group.

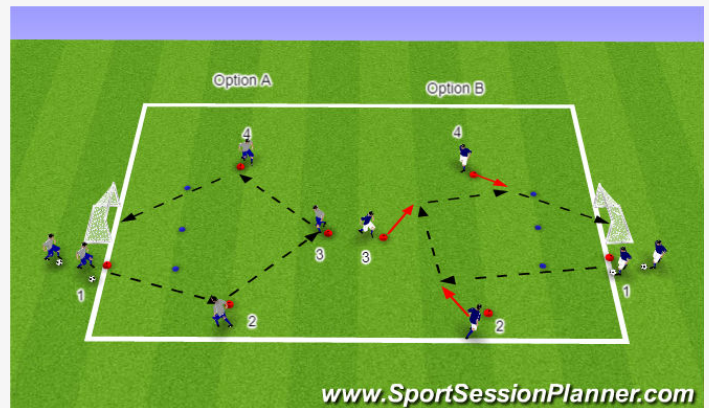
**Grid requirement:** The cones should be about at least 10 yards apart.

**Organization:** Create 2 groups. One group going towards right side and another side going to the left side. After a while the groups should switch.

**How the game is played:** Same idea as previous activity.

**Variations/Progression:**

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.
- COMPETITION



## Activity: 180 turning (10 mins)

**Number of players required:** Full U9 or U10 team

**Equipment:** Few cones to create the path (From 1 to 4). Few balls per group. 2 pug goals. If you do not have pug goals you can use cones or flags. If you do not have enough players you can create only 1 group.

**Grid requirement:** The cones should be about at least 10 yards apart.

**Organization:** Create 2 groups. You can have them after shooting going back to the same line or opposite side.

**How the game is played:** Same as previous activities.

**Variations/Progression:**

- Use Both feet - Right foot going to the right side and left foot going to the left side of the field.
- COMPETITION



## Scrimmage (20 mins)

**Number of players required:** Full U9 or U10 Team

**Equipment:** many soccer balls. For the 2 goals if you do not have regular goals, you can use cones or flags as goals.

**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

