



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:

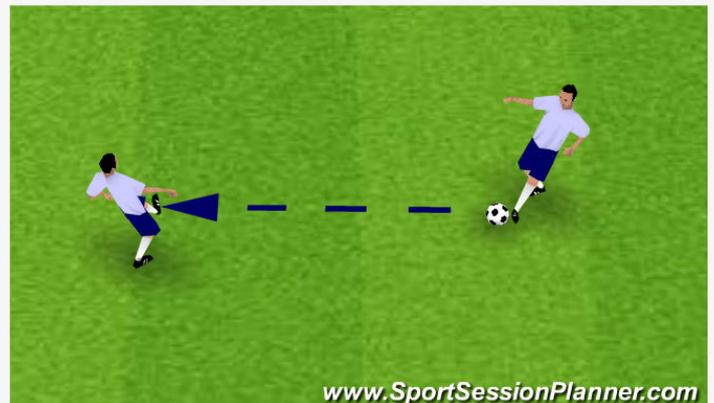
- Face the player that you pass the ball to.
- Use the inside, outside and/ or top (shoelaces) of the foot to pass short and medium range passes.
- The best way to pass the ball is with the inside of your foot because you have more balance and better aim.
- Try to make contact with the ball in the middle 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 U9 or U10 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: Grab soccer with partners (10 mins)

Number of players required: Full U9 or U10 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: Shark game with partners (10 mins)

Number of players required: Full U9 or U10 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 "shark" (defenders) win the ball. If the defender wins 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 at all times. The defenders cannot put pressure inside the shade (Safe zone). They can only put pressure inside their grids.

Variations/Progression: Decrease the size of the "safe zone". So, the defenders have more space to put pressure on the offense players.



Activity: Shark game without boundaries (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Few cones to create the grid. Each player with his/her partner (offense) should have a ball.

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 "shark" (defenders) win the ball. If the defender wins the ball, the offense players will switch with defenders that are staying inside the grid. Should have 2 defenders at all times. The defenders cannot put pressure inside the shade (Safe zone). They can only put pressure inside their grids.

Variations/Progression: Offense players must have 4 passes minimum before reaching opposite side.



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

