

## Passing & Receiving

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Pass options

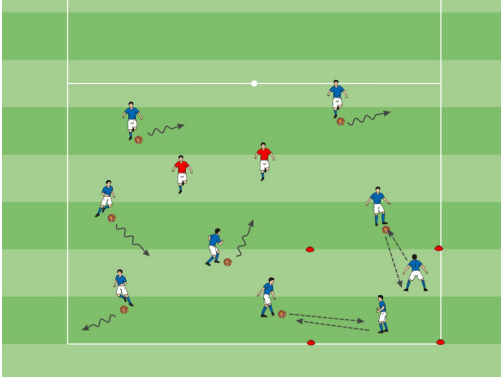
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

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AGE: U7-U8 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



### Freeze Tag

OBJECTIVE: Running with the Ball & Passing!

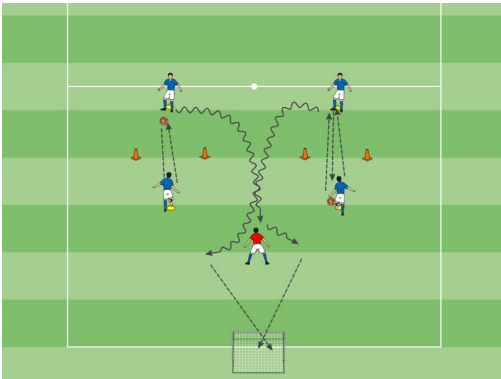
ORGANIZATION: In your half of the field. Assign 1-2 players to be "IT". Everyone but the "IT" players has a ball. Place 5 yard box in 1 corner of your half.

KEY WORDS: Laces. Dribble. Pass. Head Up. Openings. Inside Foot. Plant Foot. Toe Up.

GUIDED QUESTIONS: 1) Where should your plant foot be facing when passing the ball? 2) How do you know if you should pass to a teammate? 3) What are you looking for when trying to avoid being tagged? 4) What part of the foot do we use for accurate passing?

ANSWERS: 1) At the Target/Your teammate! 2) Look. Head up. Communicate to teammates/call for the ball! 3) Space. Openings. Defender ("IT" Players) 4) Inside of the foot!

NOTES: When a player gets tagged they must stand in box in the corner, with their ball in hand & wait for a pass from a teammate before they can re-enter into the game. After they pass ball back to teammate they drop their own ball and return to dribbling. Game ends when everyone is frozen!



### Intro to Passing Game

OBJECTIVE: Focus on Improved Passing & Receiving

ORGANIZATION: Create 1 yard gate. Place 2 cones 2 yards on either side of the gate. Create 2 of these stations.

KEY WORDS: Pass. Dribble. 2 Touches. Inside Foot. Toe Up. Flat. Firm. Accurate. Fake.

GUIDED QUESTIONS: 1) How do you want to hit your pass? 2) Where should you pass to? 3) What should you do with plant foot/striking foot? 4) What can you do to beat defender?

ANSWERS: 1) Inside of foot w/ toe up. Flat & Firm! 2) Teammates feet! 3) Aim at teammate/target. Strike/follow through pass. 4) FAKE. Change Speed & Direction

NOTES: 1 Coach can be "defender" while 1 Coach helps with passing. Rotate in players as defenders to make more challenging. After they attach goal. They can turn and defend next player. Focus is on passing technique but celebrate success!

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?