



Passing & Receiving

Category: Technical: Passing & Receiving
Skill: U12

Pro-Club: Red Bulls New York Academy
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Activator-Warm-up (10 mins)

Organization:

1. 30x20 area (or bigger if necessary)
2. 12 players
3. Three pinnies
4. Five 2x2x2 triangle (or bigger if necessary)

Instructions:

1. Three taggers (players with pinnies) must tag a player not in a triangle.
2. Runners (players without pinnies) can find shelter in a triangle.
3. If a player runs into an occupied triangle, the player previously in there must exit.
4. Runners that get tagged become taggers.
5. Last runner remaining wins.

Coaching Points:

1. Pick head up to look for space.
2. Look to identify position of tagger(s).
3. Ability to change speeds/direction.

Progressions:

1. Start with more/less taggers or triangles as necessary.



Semi_Oposed Technical (15 mins)

Organization:

1. 30x20 area (or bigger if necessary)
2. 12 players
3. Three pinnies
4. Five 2x2x2 triangle (or bigger if necessary)
5. Four players with balls.

Instructions:

1. Same as previous except players must pass a ball into a triangle to "unlock" it before entering.
2. Players receiving the ball must exit the triangle and repeat the process.
3. Taggers look to steal the ball by either intercepting a pass or tackling a dribbling player.
4. Last attacker remaining wins.

Coaching Points:

1. Pick head up to find an available option.
2. Connection/communication - verbal ("ball", "feet") and non-verbal (eye contact, point).
3. Weight and accuracy of pass.
4. Weight and direction of touch - away from pressure, into space.
5. Check shoulder as ball travels (receiving) and while dribbling.

Progressions:

1. Start with more/less taggers or triangles as necessary.
2. Ball cannot leave triangle on same side it entered.



MAIN THEME : OPPOSED (15 mins)

ORGANIZATION:

- (2) 15 x 20 yard fields
- 2x6 players
- 2 goals in each field.

INSTRUCTIONS

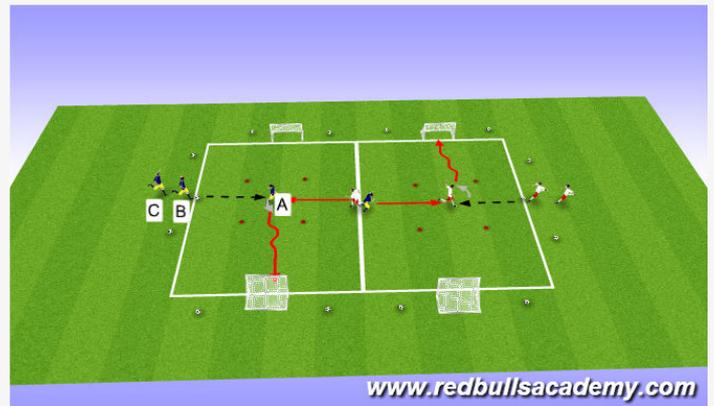
1. Players in the middle must receive a ball, control and move towards one side to score after feinting to the other
2. As the ball is travelling to the player in the middle, a player behind the receiver must defend the attacking player. Trying to prevent the turn.
3. Rotation: C to B, B to A.
3. 10 repetitions on each foot
4. Defender plays for a set period of time, then switches.

COACHING POINTS:

1. Use the right surface to receive the ball inside the foot.
2. First touch to move the ball in a new direction
3. First touch to prepare ball for the next action, a shot on goal
4. Head up for the next action

Progressions:

- P-Vary the source of the pass.
- P-Vary the position of the defender.
- P-The defenders will begin the activity closer to the attackers in the middle, forcing a quicker touch.
- R-Defenders have restrictions, he cannot pressure until after first touch of attacker



World-Cup (25 mins)

Organization:

Players divided into two teams. The teams split up behind each of their goals.

Each team is trying to score in either one of the opposing teams goals.

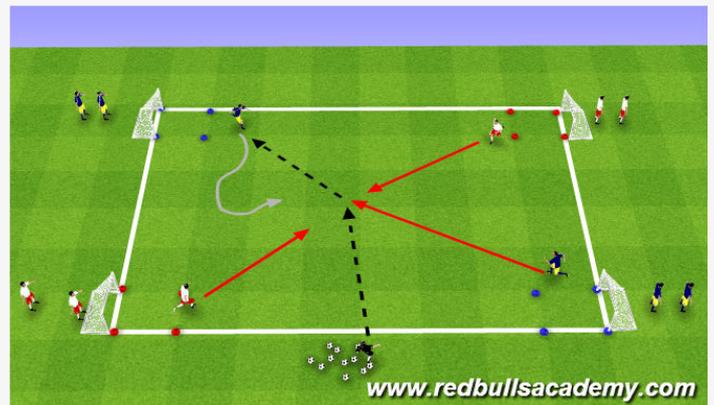
Instructions:

Players leave at the same time on the coaches command, players are trying to score on either of the other teams goals. When a goal gets scored on twice the goal gets flipped over and is out of play, whichever team has their goal/goals up at the end is the winning team.

Coaching Points:

- (1) Strike through the center of the ball
- (2) Plant foot pointed towards the target
- (3) Proper body posture
- (4) Quality first touch for the next action

Progressions:



FREE GAME (25 mins)

Organization:

- 2x15x20 yard of area.
- 2x3v3.

Coaching Points:

Minimum coaching.

Let them play and express their creativity.

And some time making some corrections like : How - When- Why to pass in the side or in depth?

