

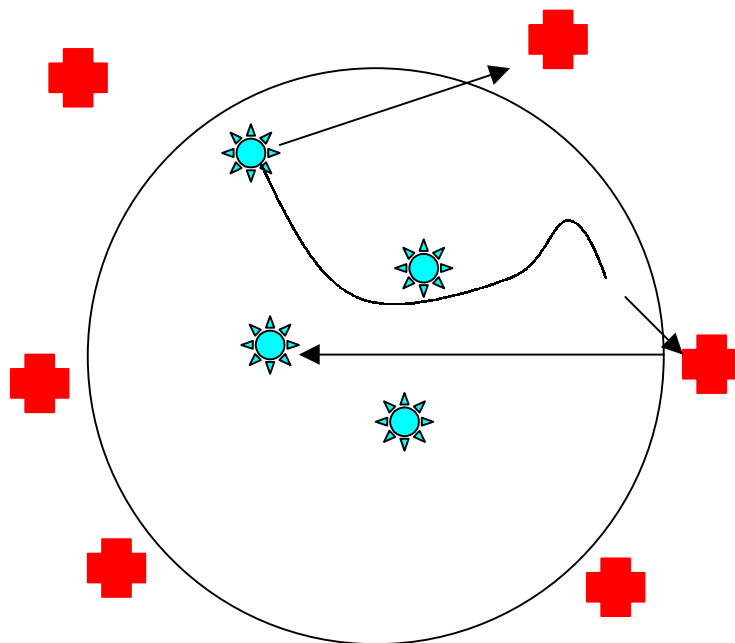
Basic Pass/Receive Game U10: Chaos in the Circle

The following game is used as a warm-up by the U.S. Women's National Team as a way to work receiving skills in a match related type of environment.

Four (4) players are inside a 15 yard diameter circle with the rest of the team outside. Four (4) of the outside players have a ball. The inside players have to run around within the circle and free themselves for a pass coming from the outside.

Initially let them just return the ball to the outside player and then move on to take another pass from another outside player. After they have become relatively proficient at receiving the ball have them Receive it and perform a three touch move and then return it to another outside player.

The quick movements within the circle, the heads up required so that you don't run into a teammate all help to simulate match type conditions.



Basic Pass/Receive Drill U10: Width – Depth - First Touch Away From Pressure

The following drill is a simple pass and move that gets players thinking about width of the field, depth of the field and preparing the ball from a pass with their first touch away from pressure

Set Up and Execution

Start the exercise with four (4) players, one at each corner and a spare player behind each. Use one ball to start. The field should be rectangular (since a

soccer field is rectangular) and so you should adjust it to the passing abilities of your players.

Ball goes down the long side of the field first. Tell your players to think of this as a pass back to a midfielder. The midfielder now wants to play the ball away from oncoming pressure. The first touch *prepares* the ball to her right. The second touch makes the pass to her support player. This switches the point of the attack and widens the field.

The player receiving the ball follows the same pattern... first touch away from pressure, second touch to make the pass. In this case tell your players that they are a midfielder looking to hit a target player, a forward, down the field. This creates depth.

After the players make their passes they follow them, switching their position in the exercise so that everyone plays the midfielder and target player positions



Coaching Points

- Players run after their pass, not jog
- Players MUST two-touch
- Pass to the target player must be driven with the instep.
- Play going both ways so that the players learn to open up both ways and use both dominant and non-dominant foot

Progression of Width – Depth – First Touch Away From Pressure

- Add a center midfielder to the short side of the rectangle.

Without pennies, the last progression would not work as well, but the exercise can remain in the groups of four and just number the players. For fairly young players, just start off with regular inside of the foot passing until they understand their combination responsibilities.

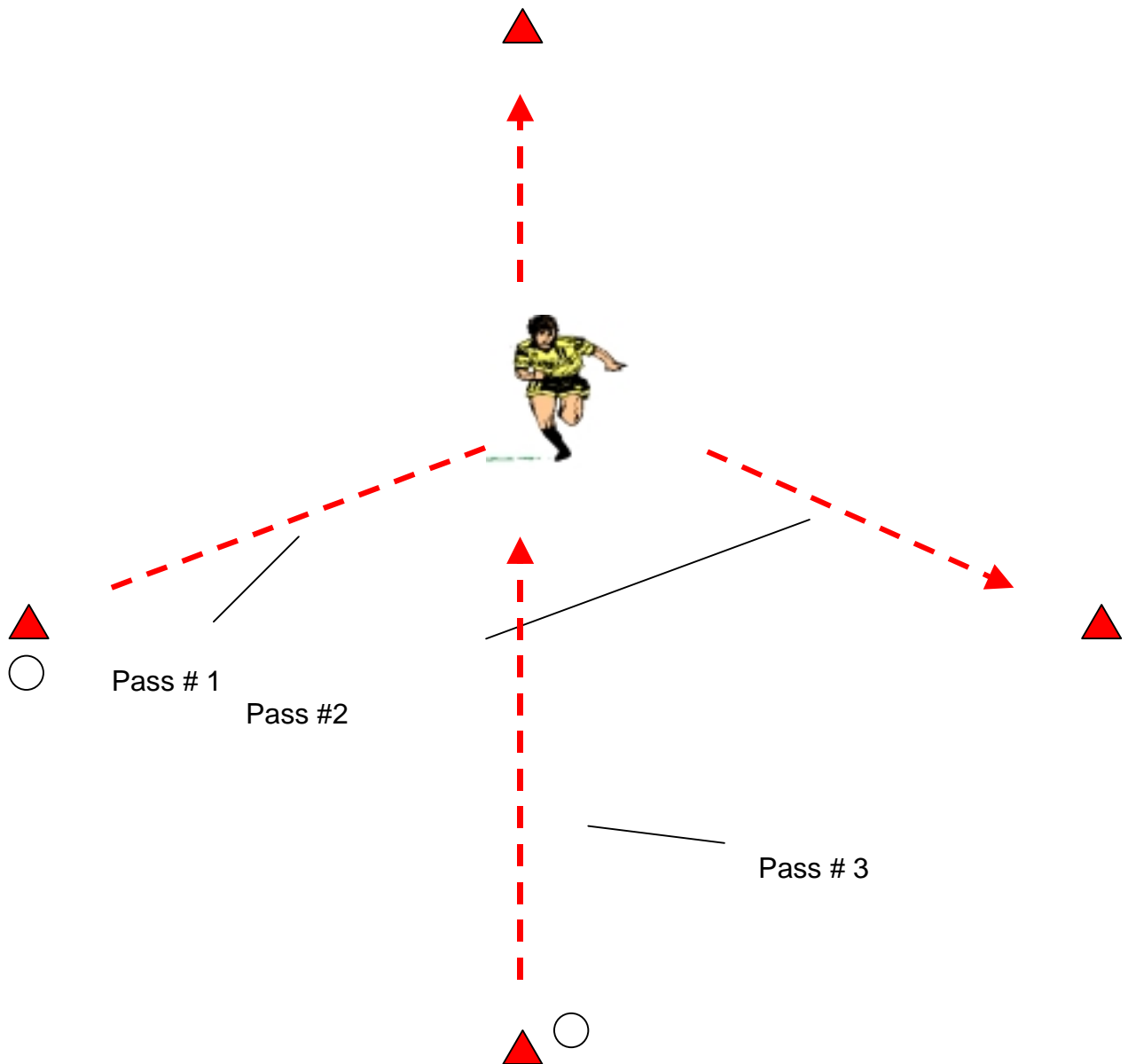
As a side recommendation, the coach should have his passing sequences (and color combinations) worked out on paper. I like to rotate the same techniques down a player to ensure everyone gets a go at it, but that is not extremely important. This can be a great warm-up exercise for EVERY practice and you can effectively incorporate it into the third 10 minutes of a 10-10-10 practice. (see related section later in this manual)

Basic Pass/Receive Exercise U10 : Diamond + 1 – The Midfield Link

This is a passing pattern where a central player has to receive balls from the four (4) points of a diamond using both feet to pass and Receive. It stresses opening to the field (taking the ball on the correct foot) and preparing the first touch away from pressure. It also stresses controlling the ball when it comes head on to you and then turning the ball and hitting a down field target player

Set up and Execution

Two (2) balls to start. One at one support position, the other at one point of the diamond. The “field” is about 15 to 20 yards “point-to-point” depending upon passing skills.



Coaching Points

- Have the support players (passes one and two) in a triangular shape, not square to the central player
- Make sure that the pass is taken across the body opening to the field
- Stress two touch passing, first touch to receive and prepare, second to pass
- Stress technical excellence in this phase because there is no pressure
- Have the player turn the ball both ways (left and right) to play to the target player

- Once the initial two pass sequence is done the midfielder then receives the ball back from the players she has passed to in effect reversing the sequence

Progressions

- Have the player execute a move, like a step over right (or left) as they turn the ball and then pass it
- Put a player behind the central player to provide 50% pressure

Use one ball and change up the pass sequence. You can make it support to midfield to target ,back to other support to midfield to second target. Use what ever pattern you want but use the midfielder to link the support players and the target players.