

Allentown Youth Soccer Club



Providing Soccer Opportunities for Inner-City Youth of Allentown

COACHING OUTLINE

Team Name: _____

Color: _____

Date: WEEK # 3

Objectives: Passing, Receiving, Control
MOVE # 2

Captains: _____

- Review week # 2 - SHIELDING/MOVE # 2.
 - Warm-up Activity (see Below).
 - Main Activity # 1 then main activity # 2.
 - Main Activity # 3 - Move # 2 - STEP OVER.
 - Final 40-45 minutes - split team up and play vs teams from other colors.
- * PLEASE GO OVER DETAILED NOTES LISTED ON PASSING, RECEIVING/CONTROL, STEP-OVER TO DEMO FOR THE KIDS

WARM-UP ACTIVITY

Stepping mines

Actions

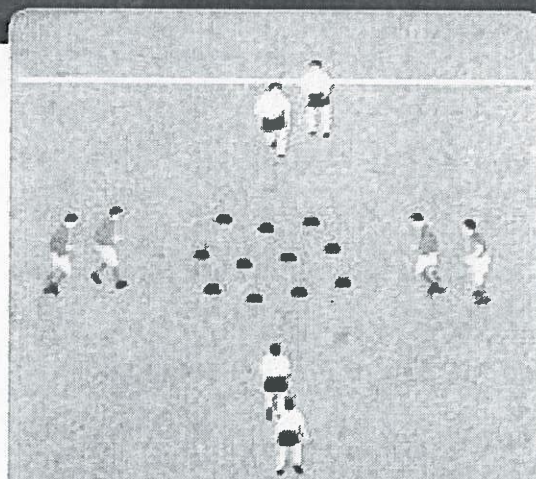
players must attempt to get across the coned area.

The players must side step the other players and use quick feet to avoid touching the cones on their way across.

The practice works continuously for a set period of time.

Progression

Give them a ball and have them dribble across the area.



What to shout:

- "Imagine stepping on hot ground"
- "Quick tip tap shuffles with feet"

Passing

Learning the technique of passing and applying it in game situations is a necessity for all young players.



SIDE FOOT PASS – Playing the ball along the ground with the inside (or the outside) of the foot is the most widely-used pass in the game. This technique is the easiest to learn and simplest to execute. The pass is used in all areas of the field and is effective over distances of five to 25 yards.

Position:

Body shaped to allow foot to turn out; a slight sitting-back posture to open hips; note arm positions.

Coaching Points

Constant practice will improve the quality of passing techniques. However, the following coaching points should be taken into consideration when applying these techniques to the game itself.

1. **WEIGHT OR PACE OF PASS** – The pass should be played with the right amount of weight (pace) to either the feet of the receiver or the space into which the receiver is running, so that the receiver is able either to control the ball easily or play the ball comfortably with one touch.
2. **ACCURACY** – It is important that all passes are made accurately to “feet” or into “space.”
3. **TIMING OF THE PASS** – The player in possession of the ball should not pass the ball if the intended receiver is not looking at the ball, is not yet ready, or is not moving into space to receive the ball comfortably. A poorly-timed pass often results in loss of possession of the ball.
4. **TIMING OF THE RUN** – The player making a run to receive a pass should ensure that the player in possession of the ball has the ball under good control, is ready to make the pass and is looking up and aware of his teammate. Not only is a poorly-timed run a waste of energy, but also it could result in a loss of possession.
5. **SUPPORT** – It is vital that the player in possession of the ball has immediate help from his teammates. The more options a player has to pass the ball, the easier it is for him to keep possession.

TO A SPACE

The game of soccer is a game of space—space between people, space between the goalie and the goal posts, space between defender and attacker. Your passing players must often be looking to pass the ball into an AREA rather than directly to a man. This is passing into space. (The corresponding skill for the receiver is **RUNNING INTO SPACE**.) Remember, the receiver knows what space he/she is going to run into, the defender doesn't. This is one of the advantages to having possession of the ball: your passer must understand space, practice passing into it, and realize how important it is.

OTHER PASSING RULES

1. The foot doesn't lie. Whatever direction the foot is facing is the direction the ball will go.
2. Receivers can do more harm than good by yelling for the ball.

How often do you hear players yell for the ball, have it passed to them, only to see it lost? The fact is that if the offensive player hears the yell, so does the defensive player. Your players must pass **ONLY WHEN THEY ARE READY**.

PASSING SKILLS

Now let's look at the different types of passes and how to teach them.

PUSH PASS—The most frequently used pass in the game today is the push pass. The rules for teaching and practicing this pass are:

1. The ankle must be locked.
2. The kicking foot is turned sideways to the ball.

PASSING

There's a saying in soccer that if you can't pass, you can't play soccer. That statement is true. There is nothing more frustrating to a soccer team than having a player standing in front of the goal, wide open, ready to score a winning goal, only to have the passer not reach him or miss him with the ball.

The Rules: YOUR PLAYERS MUST BE ABLE TO PASS THE BALL TO A MAN, OR TO A SPACE—AND WITH PROPER PACE.

Let's see what this means:

PROPER PACE . . .

Proper pace means that the ball is passed in such a way that the receiver may **ONE TOUCH** the ball. He/she may pass or shoot the ball without gathering it in and stopping it, kicking it on immediately. But a ball that is passed too softly (hospital ball) could hurt your teammate (collision may result because the defender can get there just as quickly as your teammate) and usually result in loss of possession too. A ball struck too hard (the bullet) usually results in the teammate not being able to gather the ball. Needless to say, one-touching the ball is almost an impossibility. **TWO TOUCHES**, which means just what it says—touching the ball twice (gather, kick)—is frankly how most players play a pass. Of course, it must be practiced. We'll deal with receiving later on.