



# U11/12 Passing and Receiving

Category: Tactical: Possession

Difficulty: Moderate

Howard Rushton, CG, United States of America

## Description

### Controlled Pass

#### Organization:

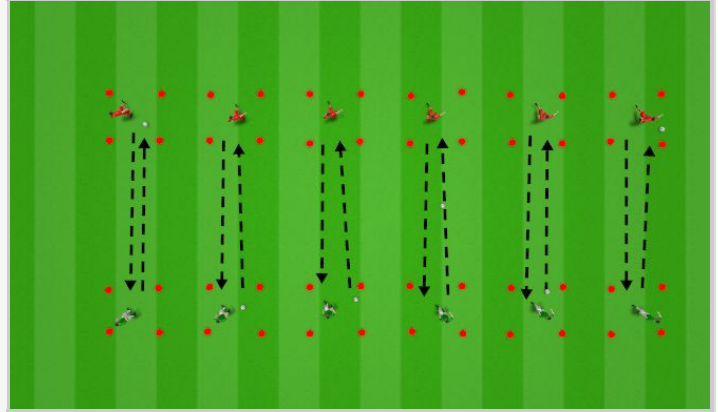
- Box size of 2 x 2
- 10 yards Between Box
- 12 Player (1 player each box)
- 1 ball per pair

#### Instructions:

- Ball passed to the opposite box = 1 point
- Ball received and kept inside of the box = 1 point
- Who has the most points wins

#### Coaching Points/Questions:

- Push pass along the ground
- Use the inside of your foot
- Speed of pass
- Locked ankle for passing
- Use the inside of the foot to control the ball when receiving



### Triangle Hunt

#### Organization:

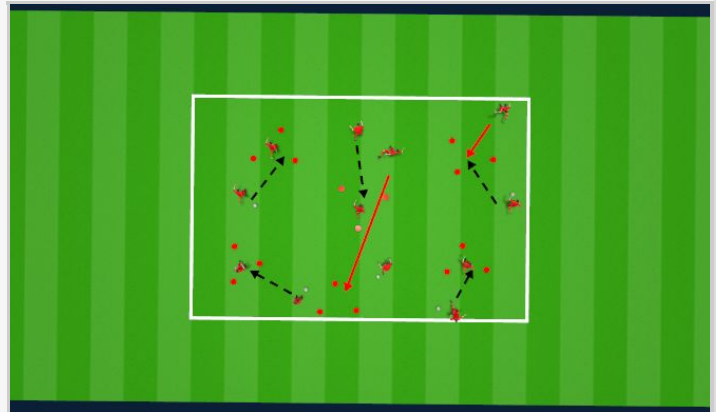
- 30 x 20
- 12 Players
- 6 Balls
- 6 Triangle (2 x 2 x 2)

#### Instructions:

- Receive the ball inside the triangle = 1 Point
- Dribble out of the triangle and find someone to pass to
- Once you have passed find a new empty triangle to receive a pass
- Don't use the same triangle two times in a row
- Go for 1 to 2 minutes per round

#### Coaching Points/Questions:

- Focus in passing and receiving
- Making quick decisions
- Head up, survey the field



## 4 vs 4 + 4

### Organization:

- 30 x 25
- 4 vs 4 + 4
- 4 small Goals
- 2 x 10 minute games

### Instructions:

- 4 neutral players
- 4 Goals (1 each side of the field)
- A minimum of 6 passes before you can score
- Each Goal after 6 passes = 1 goal, 10 passes and goal = 3 goals

### Coaching Points/Questions:

- Focus in passing receiving and create openings
- Minimum of touches (2 or 3 maximum) receive the ball, pass the ball
- Movement

### Progressions:

- Minimum of 10 passes before you can score

### Regressions:

- Minimum 3 passes before you can score



## SSG

### Organization:

- 35 x 25
- 6 vs 6
- 2 goals

### Instructions:

- Scrimmage

### Coaching Points/Questions:

- Focus in passing and receiving
- Remind them of the quick decisions that they were making
- Lots of movement

