



North Carolina Youth Soccer Association



Name: NCYSA State Instructional Staff

Topic: How & When to Pass & Receive

<p>TECHNICAL WARM UP</p>	<p>ORGANIZATION Three Team Passing - Split players into three teams of 4 - Start in 1/2 grid (30x20) 1. Free Passing - pass/move (3 balls) 2. Passing within team 3. Passing within team – trying to split other teams</p> <p><i>Passing Variations</i> Left/right foot Instep/Low Driven</p> <p><i>Receiving Variations</i> Change Angle Front/back foot</p>	<p>KEY COACHING POINTS Accuracy of Pass Weight of Pass Pass to feet/space Use of Different Surfaces of Foot</p> <p>Selection of receiving surface Awareness of Space Body position</p>
<p>SMALL NUMBER ACTIVITIES</p>	<p>2 v 2 + Targets – Possession Game - 1 min games - Target players = 2 touch max</p>	<p>Disguise of Pass Body Position Correct Supporting Position</p> <p>Tactical Application - Awareness of Space/Teammates/Opponents</p> <p>Speed Of Play</p>
<p>SMALL SIDED GAMES - DIRECTIONAL</p>	<p>4 v 4 (+2) to Targets Score goal by playing to one target player and then the other in one possession then def become targets</p> <p><i>Progressions</i> Touch Limits</p>	<p>Accuracy and Quality of Pass Speed of Play Supporting Positions - penetration</p>
<p>EXPANDED SMALL SIDED GAME (6 V 6)</p>	<p>Game: 5 v 5 + GK</p>	<p>Safety v Risk Look for penetration first Selection of pass – to feet or space Speed of Play - Possession</p>
<p>COOL DOWN</p>	<p>Players jog and stretch at the end of practice</p>	<p>Focus on major muscle groups</p>



North Carolina Youth Soccer Association

Name: NCYSA State Instructional Staff

Topic: How & When to Pass & Receive

