



Settling/Passing u12

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Juggling Warm Up (5 mins)

Give players 5 minutes on their own to juggle.



Ball Toss (10 mins)

Each player has the ball in their hands and will attempt to perform the skill demonstrated. Players should be jogging around the area while performing each skill

1. Player tosses the ball about head high and before the ball bounces the player uses their laces to settle the ball on the ground. Make sure they are trying with both feet.
2. Player tosses the ball head high and on the short hop the player uses the inside of their foot to settle by pushing it across their body. Touching the ball from the outside in.
3. Player tosses the ball head high and on the short hop the player uses the outside of their foot to settle the ball and touch away from their body. Touching the ball from the inside out.
4. Player tosses the ball head high and on the short hop the player uses the sole of their foot to push the ball out in front of them.

Spend about 5 minutes on each technique.



Diamond Passing

Set Up

Make two diamonds that are 10 yards top to bottom and 10 yard side to side. Have multiple players with the soccer balls at the bottom of the diamond with one player at each of the other cones.

Instruction

Players will pass to the right with their right foot and follow their pass. After a 3-5 minutes switch to going to the left and using their left foot.

Coaching points for Passing:

Pointing your plant foot towards the person your passing to
Using inside of the foot, toe up, ankle locked, pendulum swing

Coaching points for Receiving:

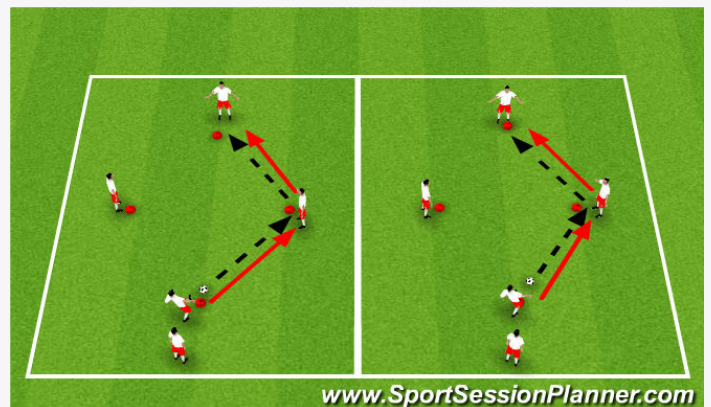
Using inside of the foot, toe up, ankle locked

Giving with the ball to take the pace out of it

Open up hips so player can receive the ball and take a first touch toward the player they will be passing to.

Progression:

1. Turn it into a game where the first team to go around to the right 10 times wins.
2. Introduce two touch, receive and pass.
3. Play same game, but now two touch



Diamond Passing 1-2

Instruction

Players will pass to the right and perform and give and go, or 1-2 at every cone. Players will still follow their pass to the cone to the right. After a 3-5 minutes switch to going to the left and using their left foot.

Coaching points for Passing:

Pointing your plant foot towards the person your passing to

Using inside of the foot, toe up, ankle locked, pendulum swing

Coaching points for Receiving:

Using inside of the foot, toe up, ankle locked

Giving with the ball to take the pace out of it

Coaching Points for Layoff:

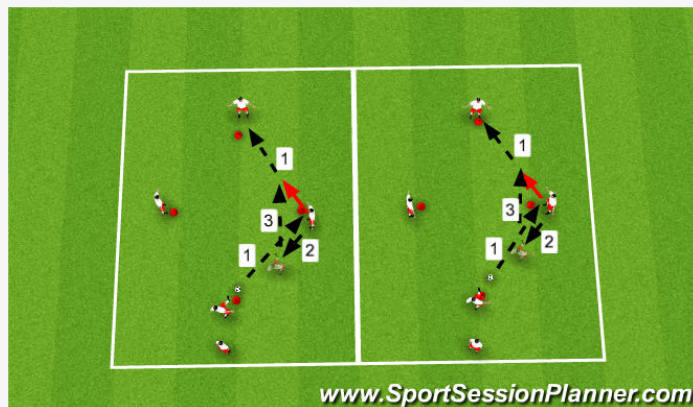
Closing the space so its a quick 1-2 around the cone.

Taking the pace out of the ball, keeping it on the ground

Can it be one touch

Progression:

1. Turn it into a game where the first team to go around to the right 10 times wins.
2. Introduce two touch, receive and pass.
3. Play same game, but now two touch



Diamond Passing 3rd man

The third man combination is similar to the 1-2 but now instead of the ball being played back to the same player that layed the ball off, now the ball is played to the third man.

The whole sequence is a layoff to a ball played across the diamond.

Players will still move in a counterclockwise direction when going to the right.

Coaching Points

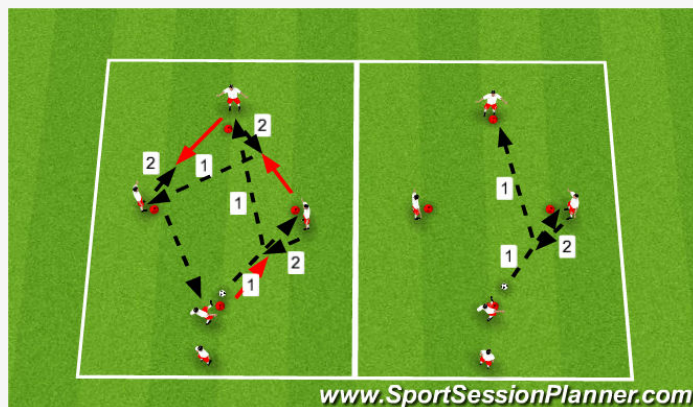
1. Closing down the space for the layoff so that it is a short layoff followed by a longer ball across the diamond.

2. Communication.

3. Changing the weight of our passes. Longer ball can be hit harder than the layoff ball.

Progressions

1. Can the touches be limited to 2 touch or 1 touch



4v4 to Targets

Set Up

30x20 grid

Instructions

4v4 with 4 targets between each set of cones in the corners.

Teams can score at any goal and targets play back to the team that played them the ball.

1 point for finding a target and 1 point for 3 consecutive passes.

Play 3 minute games then switch the teams in the middle.



4v4 Directional

Set Up

Same space. Divide the field into thirds for this portion. Teams are now only attacking two targets at one end.

Instructions

All players must be in their attacking 2/3 when they score or it does not count. This is to enforce everyone staying connected. Play 3 minute games then switch teams so there are new targets.

