



Gr 2 Week 5 Academy Session

Category: Technical: Passing & Receiving

Difficulty: Beginner

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

Description

Review (10 mins)

Organization:

Each player with a ball

Key Set Up space: 10x10 space, let's see if they can dribble in the smaller space

Instructions:

Players dribble in the area and perform the turn the coach calls out.

Coaching Points:

Keep your head up

Find the space to dribble into

Review from last week: pull back, inside cut, outside cut, cruyff turn, step over and turn, L turn

Stop and Go, scissors, fake right go left/fake left go right

Progressions:

1. Use weaker foot only

2. When coach raises their hand players need to dribble quickly to one of the corners. This is to help players pick their head up.

Progression:

Now: We must see: Immediately following our change/s of direction techniques.

Players must demonstrate a change of pace.

Ask your players. Once we change our direction, can we get to that open space quickly?

Coaching Point: With a change of direction, we must immediately get to a new open space quickly, as we want players to use the change of direction to get away from pressure, and use change of pace to get to a new open area of the field.

Demonstration: Should simply include a change of direction technique, immediately followed by a change of pace, which includes 3 or 4 quick Laces Dribbling to open space.

Skills to include:

Messi touches(laces touches)

Inside cut

Outside Cut

Pull back

Step fake right, go left

Step fake left, go right

Scissors



Passing.First Touch Review

Set Up

2 small triangles about 8-10 yards apart

Instructions

1. The ball is passed across and in between the first two cones.

The receiving player takes their first touch straight ahead back between the cones and passes the ball back between the opposite cones. Players stay on the same side the whole time and rotate after each pass.

Coaching Points

1. Passing technique using the inside of our foot while the ball is moving, plant foot pointed towards the target, head down when we make contact.

2. Receiving technique- give the ball a little bump with the inside of the foot to direct it forward through the cones without it being too far. We can't swing our leg at the ball when we receive it. We need a light touch to take the pace out of the ball and direct it in the direction we want to go.

3. Knees bent and on our toes is very important for both so we can adjust accordingly to the pass or our first touch

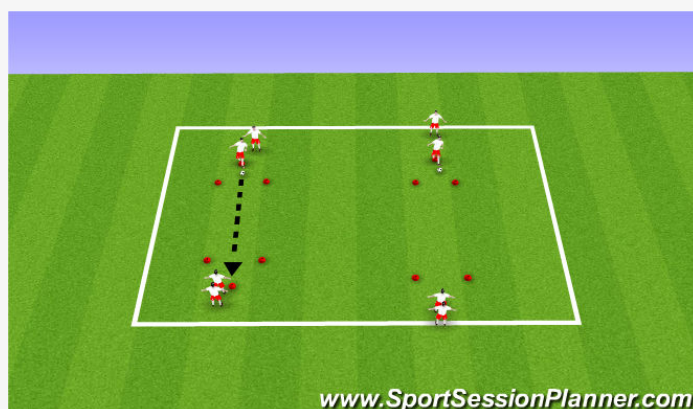
Progression

Same as before but now players will take a directional first touch towards one of the cones at an angle and then pass the ball back across through the cones.

Coaching Points

1. Use the same points listed above

2. The angle of our body needs to change so that we can direct the ball in the correct direction.



Pass and Turn (15 mins)

Set Up:

2 groups

4 players per group

split them up among the blue cones and one player between each gate

Instructions: Player with the ball passes to the player between the gate. That player takes a receiving touch to turn and dribbles to the top of the diamond to the next player so he/she can then pass to the next player in the opposite gate. Players follow their pass so they are in the gate after they pass the ball.

Coaching Points:

-Good passing technique with toe up, ankle locked, plant foot beside the ball and plant foot pointed towards the target player

-Appropriate power behind the pass

-Can we make eye contact with the person receiving the ball before we pass it?? How quickly can we do this?

- First touch by the player in the gate, they should have their body opened up so they can see who is passing them the ball and where they want to dribble once they receive it.

- Good first touch/receiving touch using the inside of the foot

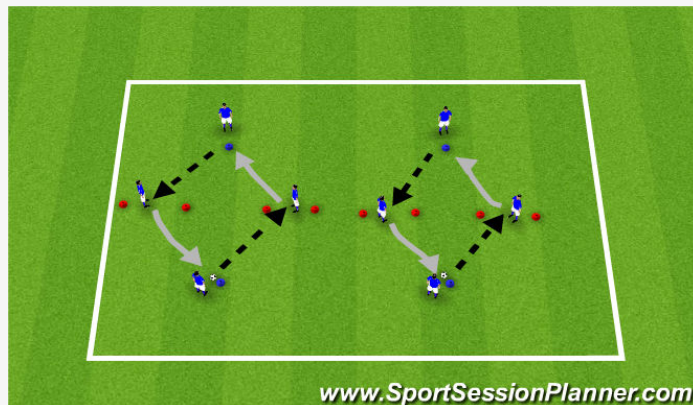
-Can we receive the ball with our front foot?

- Messi dribbles when dribbling to the next player

Progressions:

-Switch directions so they need to use their opposite foot to receive the ball

*You can make this into a race once players are understanding the technique and flow of the activity.



1v1 Corners (10 mins)

Set Up

20x20 grids.

2, 4 yard boxes in each corner

For this week let's have the defenders start to the side so that the ball is played in at an angle. This opens up a lot of space for players to take a first touch away from the defender. Players may still pass to either corner, but with a good first touch the corner opposite of the defender should be the best option.

Instructions

The blue team takes 3-4 touches and passes the ball to white. It is a 1v1 and players score by passing to a teammate or coach that is standing inside the squares at the corners. If blue wins the ball they can go score by stopping the ball on the opposite endline.

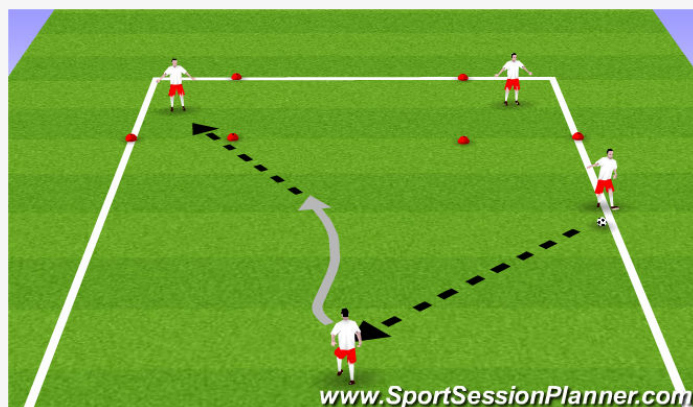
Play 3 minute games then have teams switch.

Coaching Points

1. Good passing technique using the inside of the foot, head down looking at the ball, and plant foot pointed towards the target

2. Good first touch technique with the inside of the foot nudging the ball in the direction we want to go

3. Can we start to understand when to pass. We want them to pass when the defender gets close(commits), not necessarily right after they make their first touch and the attacking player has space to dribble.



2v1 (15 mins)

Set Up

2v1 to Endzone Target

Instructions

Same concept as 1v1 but now it is a 2v1 and only one player is acting as a target inside a coned off endzone. If the defender wins the ball they can dribble to the opposite endline for a goal. Play until a goal is scored or the ball goes out of bounds. Defenders will still pass the ball in from a side not straight on. The player in the endzone must stay inside the endzone but they can move anywhere inside the endzone.

Coaching Points:

1) Taking space on the dribble until the defender commits

2) Keeping our spacing so we can find a pass to our target

3) Passing and moving to where we can get the ball back

4) Importance of first touch to push the ball in the direction we want to go

