

St. Mary's Youth Soccer Training Series

Topic: Receiving Ground Balls
Age/Level: All
Type:

→ Run Pass ●~ Dribble

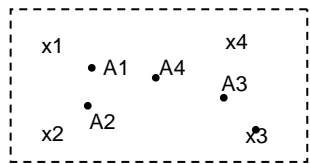


Notes:

This session is designed to progress the players through a session that covers receiving ground balls.

Thanks to Amy Herndon

Progression: (Warm-up)
 Exercise: Pass to a Partner
 Time: 15-20 Minutes



In a 15x20 grid, divide players into 2 even teams. Pair them up with 1 ball between 2 people. First, allow passing to anyone without a ball. Next, allow passing to alternating colors. Next, require passing where the ball must be received from a partner outside of the square, then brought back in to find the partner on the outside. Incorporate stretching.

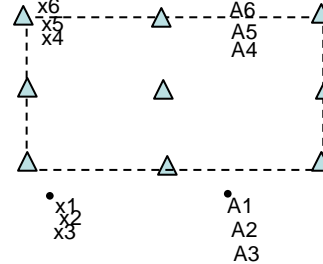
Progression: 2
 Exercise: Passing Technique
 Time: 20-30 Minutes



In the same grid as the warm-up. Still use partners from different teams.

1. Receiving from the partner outside of the grid, work on presenting the surface and getting behind the path of the ball. Then progress to first touch, emphasizing keeping the ball moving instead of stopping it at the feet, guiding the ball in an angled direction instead of striking it, and keeping the ball close using a slight cushion.
2. Passing with the partner inside the square while 1 pair roams to add slight pressure, emphasize feeling and checking for pressure. Key points are to use hands to feel for pressure and to head check before receiving the ball to be aware of pressure and space, then positioning the body between the defender and the ball if pressure is felt, and keeping the ball as far away from the defender as possible.
3. Remove 2 balls and allow open passing inside the square to anyone without the ball. Focus on opening up by letting the ball cross the body to see a larger view of the field and see more options, plus having a plan ahead of time to position the body to allow opening up as the ball is received.

Progression: 3
 Exercise: Passing Shuttle
 Time: 10-15 Minutes

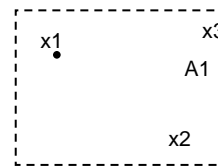


Using the same grid from before, but splitting it in quarters, divide players by penny colors into 2 passing lines. After each pass, players switch lines and the receiver takes the ball with them. Focus on first touch and being aware of pressure. Progress through receiving with the inside of the foot, then the outside.

Step 2: The passer becomes front side pressure to force an angled first touch. The receiver should plan and move the ball to the side, depending on pressure.

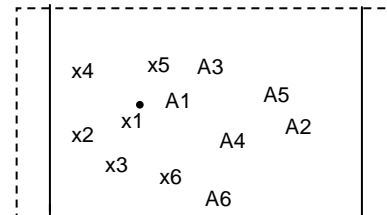
Step 3: Add rear pressure by allowing the next person in line to give passive pressure. The receiver must plan the first touch by feeling and seeing pressure.

Progression: 4
 Exercise: 3v1
 Time: 10 Minutes



In a 10x10 grid, play 3v1 keep-away. Focus on opening up and seeing the field.

Progression: 5
 Exercise: 6v6 Match
 Time: 15-20 Minutes



In a 30x45 grid, play 6v6 with no goalies. Goals are scored by passing the ball into the zone. Place the scoring zone in the grid.

Look to see if players are following key elements stressed in the session. Add GK's and finish to Goal