

St. Mary's Youth Soccer Training Series

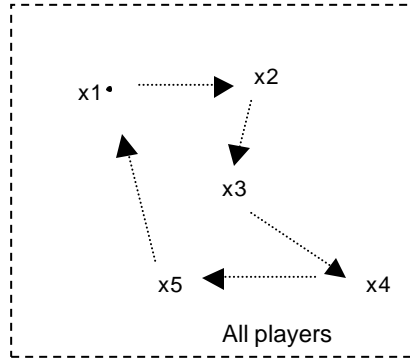
Topic: Passing/Receiving
Age/Level: ALL
Type: Technical

→ Run → Pass ●→ Dribble



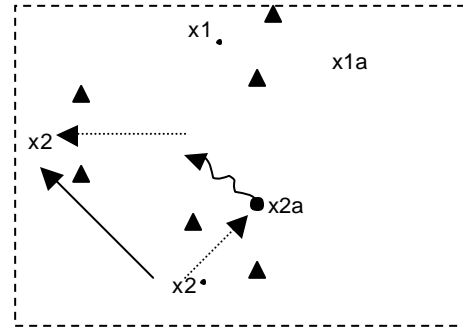
Notes: This session is designed for all levels of play. Fitness, Tech. Training and learning the game in small sided games is the emphasis. Let the kids play, for the younger levels don't worry so much about every touch being correct, but don't let them continue doing wrong. For upper level players you can stop session, make a Coaching point, demo, and play on. Emphasis on accuracy/pace change.

Progression: 1 (Warm-up)
 Exercise: Numbers Game
 Time: 15 Minutes



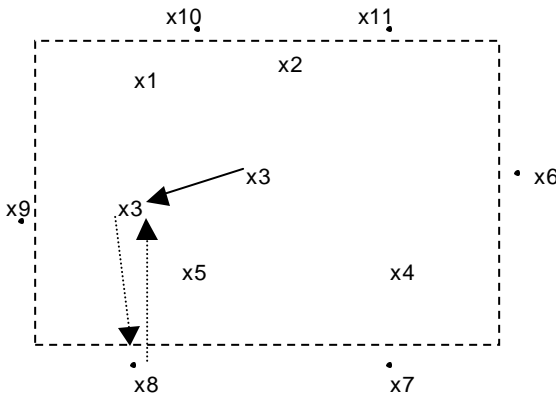
Give each player a number, In a grid 20x20, each player Will pass the ball to player w/ Next number (i.e. 1-2, 2-3, 3-4...), All players must be moving in grid. **Variations to consider:** add a 2nd ball ½ way thru a sequence. Add cones Outside the grid and have players Sprint around them after pass (change Pace is emphasis), adding a second Grid and have them change grid and Start another passing sequence.

Progression: 3
 Exercise: Target Passing
 Time: 15-20 Minutes



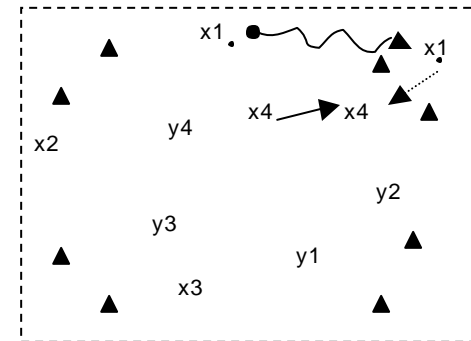
Split the team into pairs, place cones inside the grid 30x40 ~ 2 yds apart Randomly to create 8-10 gates. Players will pass to partner within grid area and thru gates for goals. (Ex: x2 passes to x2a then runs to next set of gates, x2a dribbles to area to pass back to x2.) **Variations to consider:** Take away Gates for fewer number, makes them Really have to focus to score as others will be trying to go thru same gates.

Progression: 2
 Exercise: In/Out Drill
 Time: 15-20 Minutes



Split the team in ½, place ½ inside the grid 20x30, & ½ outside the grid w/balls. All players must be moving in grid checking To the players on outside and asking for The ball, players pass ball to inside players, Inside players pass it back to same player. Make sure players using both feet to pass. (Ex: x3 Makes run to a ball, x8 passes to x3, x3 passes Back to x8) **Variations to consider:** add a box in center & Make players run thru box after pass. Have Players receive ball, turn and pass to different Outside player. Use your imagination & add Other variations with touches, angles, chipped Balls etc. Stay simple w/ younger players, get Creative and more difficult with more adv. Player.

Progression: 4
 Exercise: 4 Goal Game
 Time: 20-30 Minutes



Split the team into teams of 4, If you don't have numbers, use neutral player to play with both teams. Have each team in different color. Set up 4 goals with cones in corners of grid 30x40, 2 yds. Teams will play to score by passing ball thru gate to teammate or neutral player & ball being received under control. Rotate teams in after each goal (Ex: x1 dribbles behind cones, passes to x4 for goal. Goals can be scored in either direction. **Variations to consider:** Use extra players outside grid as extra passing options for players inside.