

## **RECEIVING IDEAS**

All PASSING drills can be used for the receiving drills by just changing the FOCUS. (please see the Passing drill ideas).

Receiving a ball on the ground is different than receiving a ball in the air. When receiving a ball on the ground, the following points should be considered:

- **Keep your eye on the ball.**
- **Choose which foot to receive the ball with (this may depend on the location of the defender).**
- **Receive the ball with one foot with the toe pointed up (ankle locked).**
- **Don't stop the ball. Instead, prepare it for the next action: shot, dribble, pass or to play away from pressure.**

Receiving the ball in the air is a skill that involves six major phases:

- **Keeping your eye on the ball.**
- **Reading the flight, speed and direction of the ball.**
- **Deciding which body part will control the ball (foot, thigh, chest or head).**
- **Getting the body in line with the direction of the ball.**
- **Preparing to receive the ball by presenting the body part to the ball.**
- **Cushioning the ball with the body part to slow it down and preparing for the next touch.**

Trapping the soccer ball is simply cushioning the impact of the ball by moving that part of the body back, and/or to one side at the time when the soccer ball is about to make contact with that part of the body.

Most important part in doing any soccer drills for youth, is the constant presence of thought to concentrate, and attempt to control the soccer ball on the first touch, moving it in the direction you want to go.

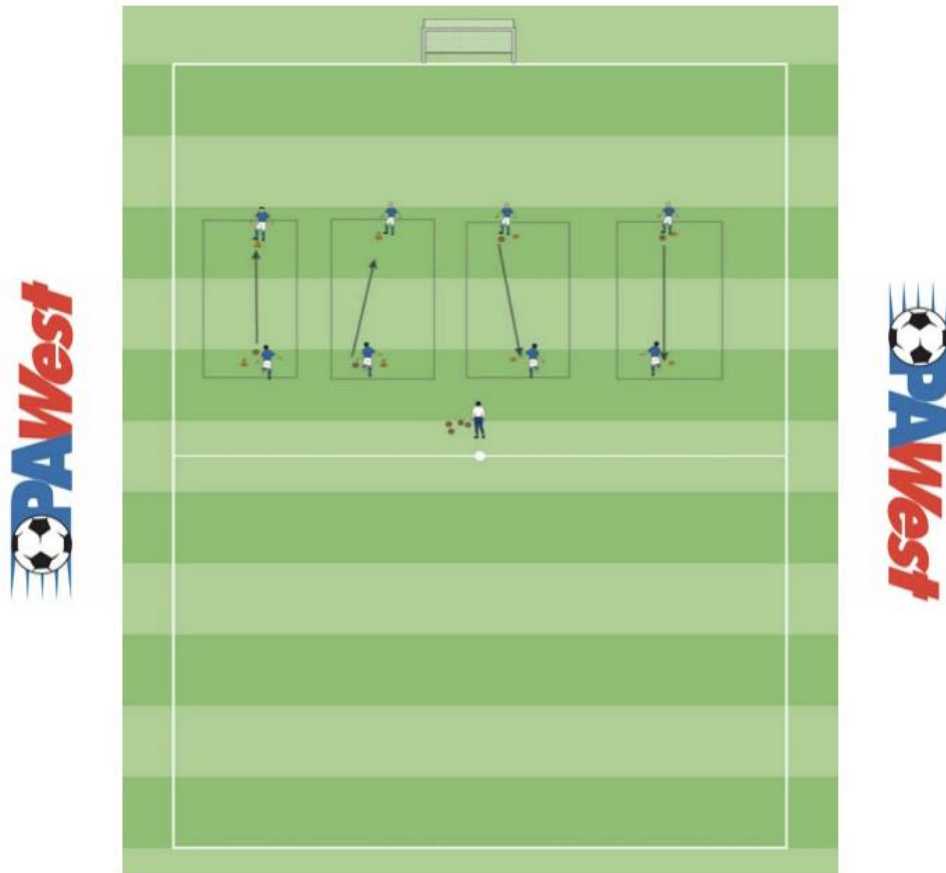
## 4v4 Passing and Target (U7-U8)

**Objective:** Improve Accurate Passing and Passing Technique

**Player Actions:** Pass/dribble

**Key Qualities:** Read game/make decisions, Optimal technical, Focus

Terry  
Babatunde  
Eguaeje Ed. D.



**Organization:** Players in pairs across from each other separated by two cones that are 10-15 yards apart and 5 yards wide. In one group, players pass to each other, then move the ball around the cone and pass back to their partner and the other group try to hit their partner cones.

**Notes:** Count how many times you hit the cone. Players will be moved between groups/grids. 4 Players work on passing and receiving.

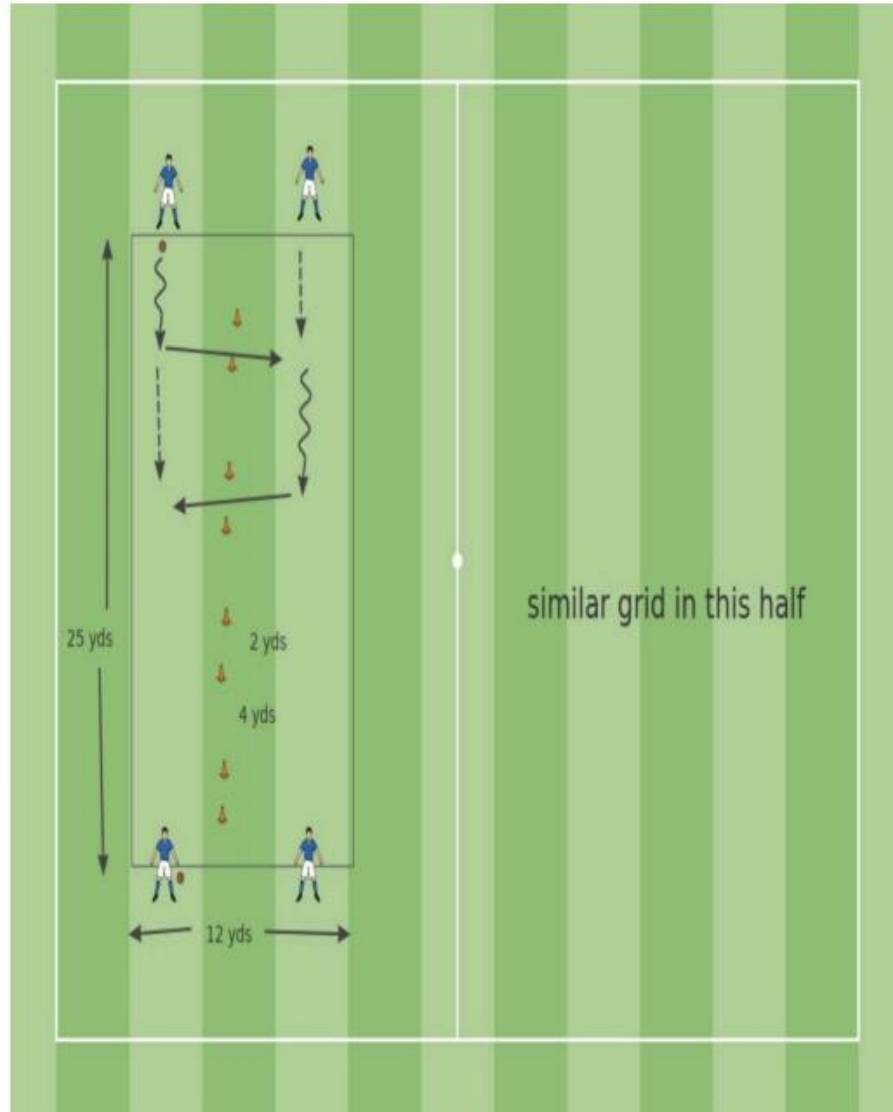
## 4v4 Social Distancing the Gates Game (U7-U8)

Jacob  
Daniel

**Objective:** Work on dribbling and passing while maintaining social distance

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical



**Organization:** Two grids of 26 by 12 yds. 4 players in each grid positioned as shown at both ends. One pair starts by dribbling into grid and passing to each other through the 2 yard gates. When they get to the other end, they turn and repeat skills as they return to their original position. The second pair does the same thing when the first pair is done.

**Notes:** Can vary kind of passes. Can progress to contest to see which pair completes their round fastest.

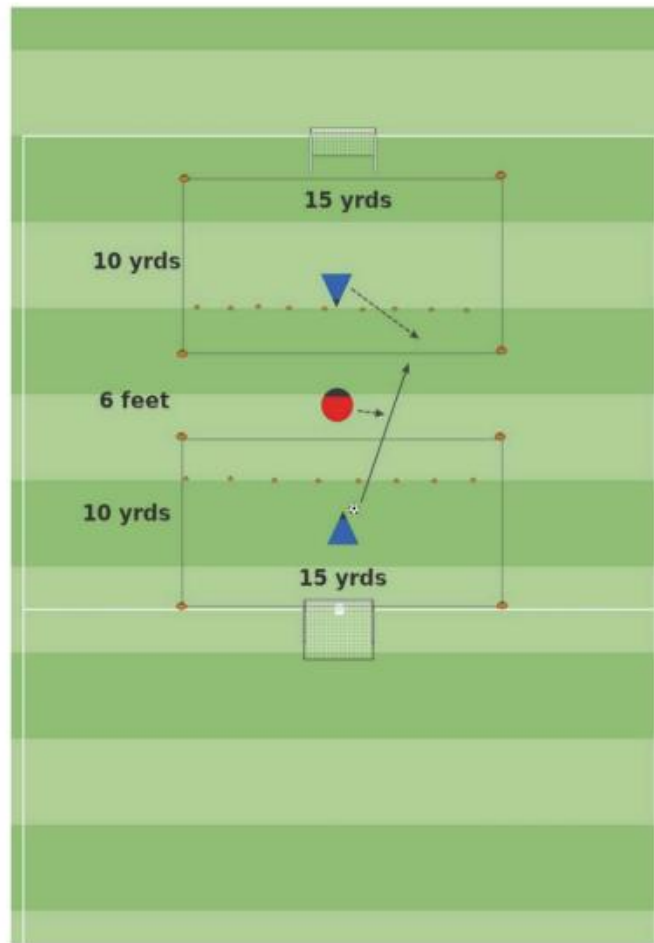
## 4v4 2v1 for the 4v4 Game Model (U7-U8)

Auke  
Wiersma

**Objective:** Improve the players ability to move off the ball and to find and create openings

**Player Actions:** Spread out, Pass options

**Key Qualities:** Read game/make decisions, Initiative, Optimal technical



**Organization:** Create two 10 x 15 rectangles with a 6 feet space in between. This space is occupied by the defender. The attacking blue players pass the ball back and forward to generate points. When the defender wins the ball, he/she can score on the small goal. The spaces between the squares are 6 feet wide. The attackers are not allowed past the cone line (social distancing requirement). Rotation of players: defender moves to the right side of the field. Attacker 1 moves into the defensive position. Attacker 2 takes the spot of attacker 1 by moving to the opposite side of the field by walking over on the left side of the field. Once attacker 2 is in position, the defender moves to the attacker 2 spot.

DEFENDER CAN BE A CONE! OR A COACH! Stay 10 feet away from players.

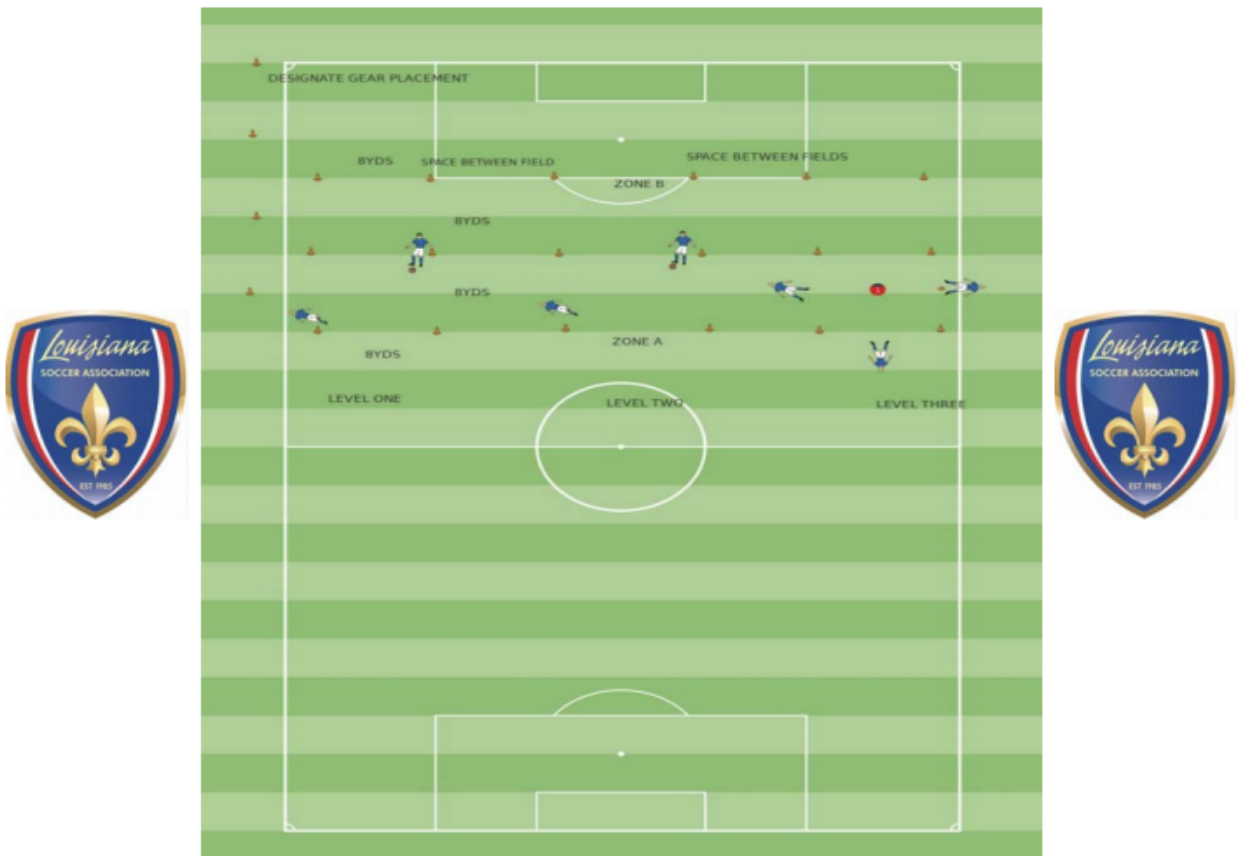
## 4v4 Share the Ball (U7-U8)

**Objective:** Passing and Movement

**Player Actions:** Pass options

**Key Qualities:** Read game/make decisions

Bryan  
Thorp



**Organization:** Pre-session PPP- sanitize all equipment. Refrain from contact during greetings. Set cones to designate where players can leave equipment. ESTABLISH CHANNELS - 8X16 YARDS WITH AT LEAST 6 FT BETWEEN CHANNELS.

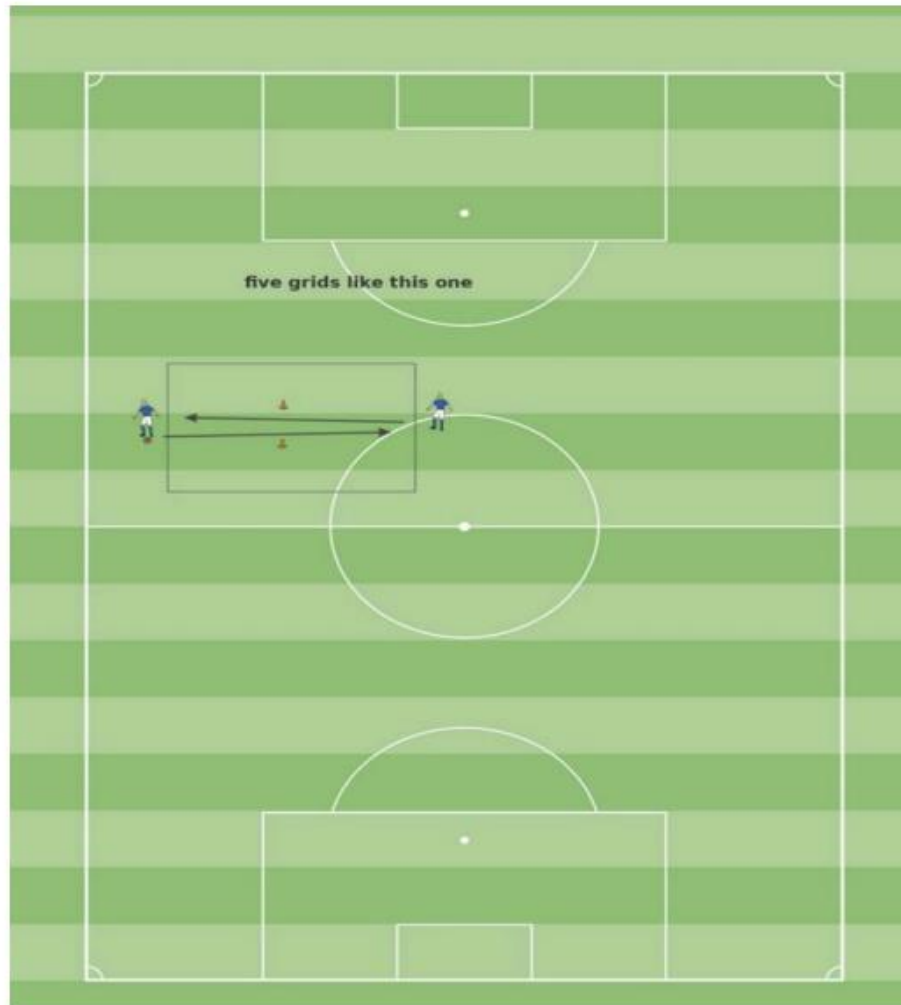
**Notes:** LEVEL ONE- TWO PLAYERS, ONE BALL- HOW MANY PASSES IN 30 SECONDS? CAN YOU PASS AND DRAW LETTERS IN THE GRID, EX. LETTER "W", USE TIME AND SHAPE TO INCREASE PASSING REP'S LEVEL TWO-TWO PLAYERS ONE BALL INVOLVE ZONE B- CAN YOU DO TWO SHORT PASSES IN ZONE A, THEN ONE LONG PASS INTO ZONE B? REPEAT. THREE SHORTS PASSES, ONE LONG? LEVEL THREE- THREE PLAYERS PLAY KEEP AWAY - ATTACKING PLAYERS ARE ON THE OUTSIDE OF THE GRID, MUST MOVE, AND PASS THROUGH GRID TO KEEP POSSESSION. ALTERNATE AFTER 1MIN/ 90SEC Post-session PPP- do not allow players to contact each other nor contact the equipment. The coach collects and sanitizes cones. WHEN SWITCHING DEFENDERS- DO NOT SHARE VESTS-SUPPLY A NEW VEST FOR EACH.



# 7v7 Social Distancing 1v1 Passing Contest (U9-U10)

Jacob  
Daniel

**Objective:** Improve passing and receiving  
**Player Actions:** Pass/dribble  
**Key Qualities:** Optimal technical



**Organization:** 10 players divided into pairs, each pair in a 10 by 15 yards grid. Players pass to each other through a gate which is 2-3 yards wide. If one player misses the gate, the other player gets a point first to get 10 points is the winner. Passes must be on the ground. If a pass was made in the air, no one gets a point and receiver restarts passing sequence. Players cannot enter the grid but can move laterally outside the grid with good players can make it one touch passing, with intermediate players make it two touch max.

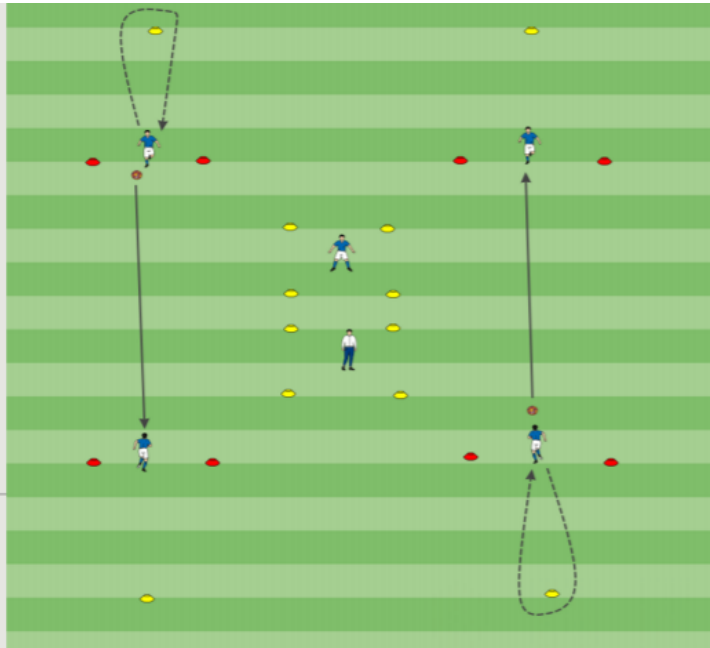
### Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and run around the cone and await the pass back while the other player follows the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

#### Coaching Points

- Head Up
- First touch and weight of pass
- Lock the ankle and plant foot
- Accuracy of pass

Time: 15-20 Minutes



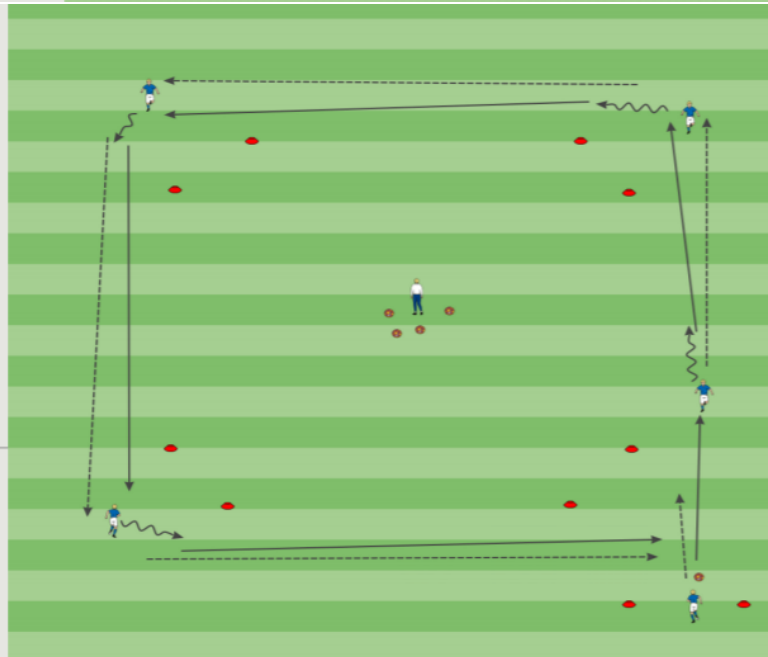
### Passing Activity

- Players pass and follow their ball to next area
- They check in and check away
- Follow the pattern of passes
- Start with 1 ball and then add another ball to be more dynamic and more touches
- Switch direction to all work on left foot

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



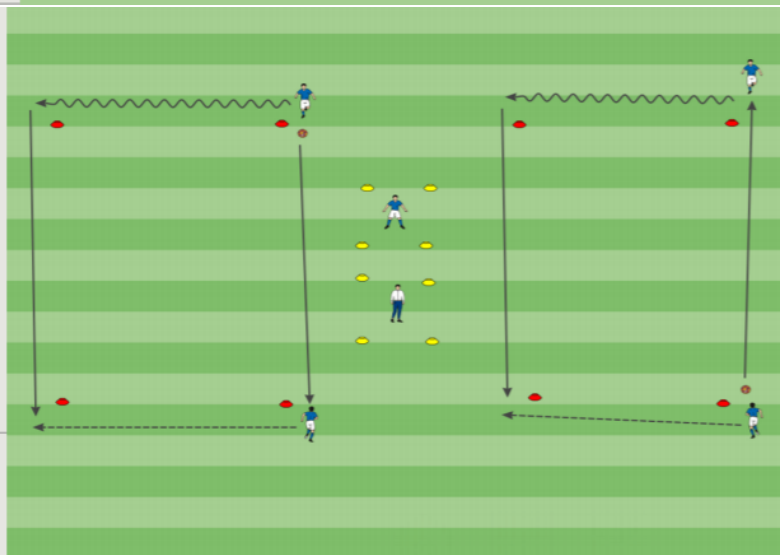
### Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and dribble to other side and follow the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

#### Coaching Points

- Head Up
- Lock the ankle and plant foot
- First touch and weight of pass
- Dribbling for speed using the laces
- Small touches and accuracy

Time: 15-20 Minutes



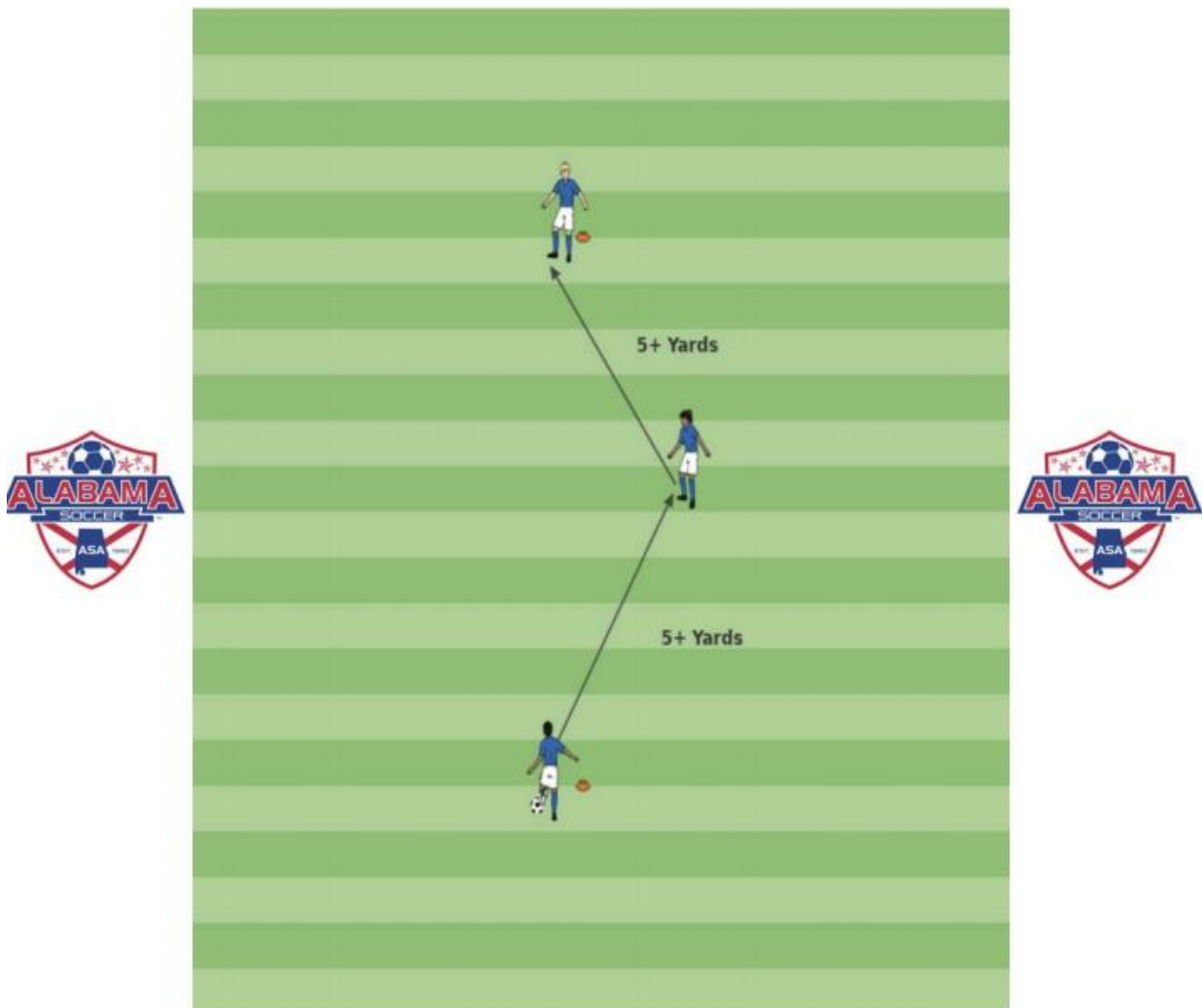
## 9v9 Open Up Passing (U11-U12)

**Objective:** Improve ability to receive and pass

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical

Kevin  
Laux



**Organization:** Place 2 cones a minimum of 12 yards apart. One player stands on each cone with another player in the middle offset to Attacking form a triangle One player on a cone starts with the ball and passes to the player in the middle who receives with their far foot, receives & turns/opens their body toward the other player then passes to that player. Repeat of a set number of repetitions or timeframe.



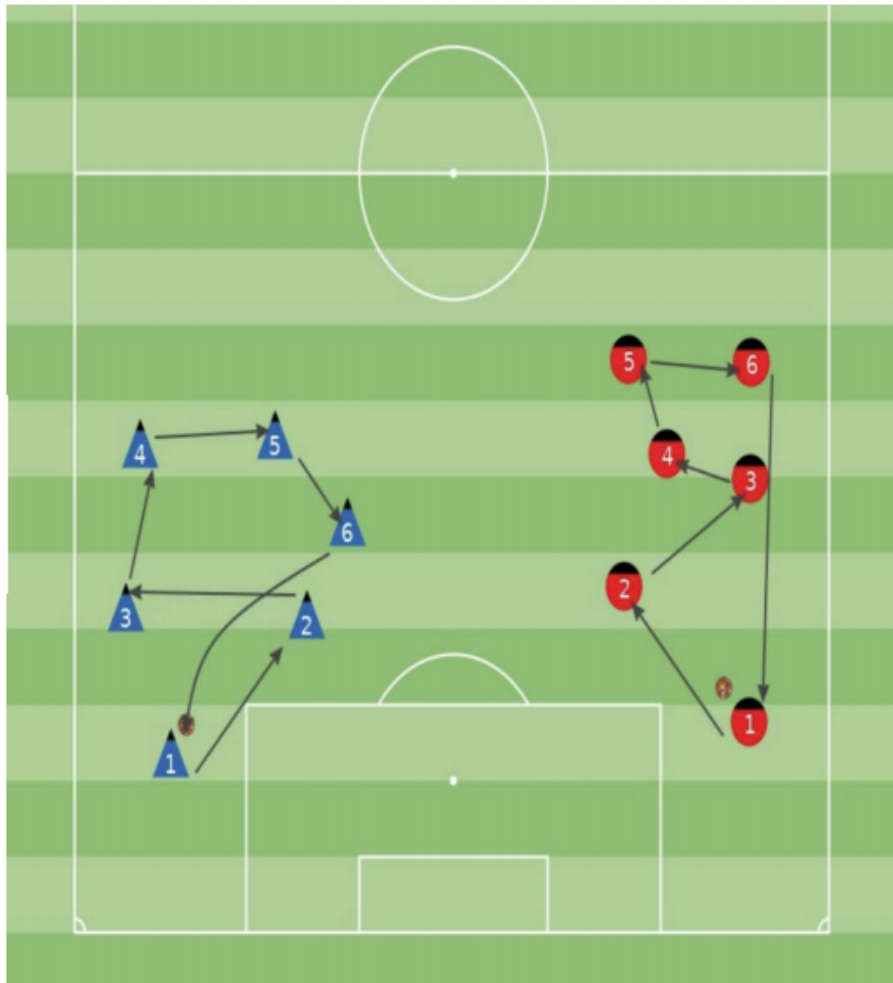
## 9v9 Numbered Passing (U11-U12)

**Objective:** Improve ability to receive and pass

**Player Actions:** Pass/dribble, Spread out, Create passing options

**Key Qualities:** Optimal technical

Skyler  
Bell



**Organization:** Groups of 4-7 players, with each player given a number. Players pass in number order. The image here is of the 2 major issues you'll have: either they will be in a circle or they won't have put any thought into moving into the line of sight of the player before them. The groups don't even need to have their own space, but can go invade the space of other groups. They should work to vary the distances between players so some passes are longer, some are shorter. **RULES:** 1) ball cannot stop moving. 2) players cannot remain in the same spot. Keep moving! (side shuffle, back peddle, run forward, etc) **ADD AS YOU PROGRESS:** 3) use opposite foot from your last pass. 4) no turning\* (this is the most important rule, as it forces the players to know which way they want to play and make their run facing that way, as well as the next player must be aware and make their run into the line of sight of their teammate). 5) no talking (make them LOOK)

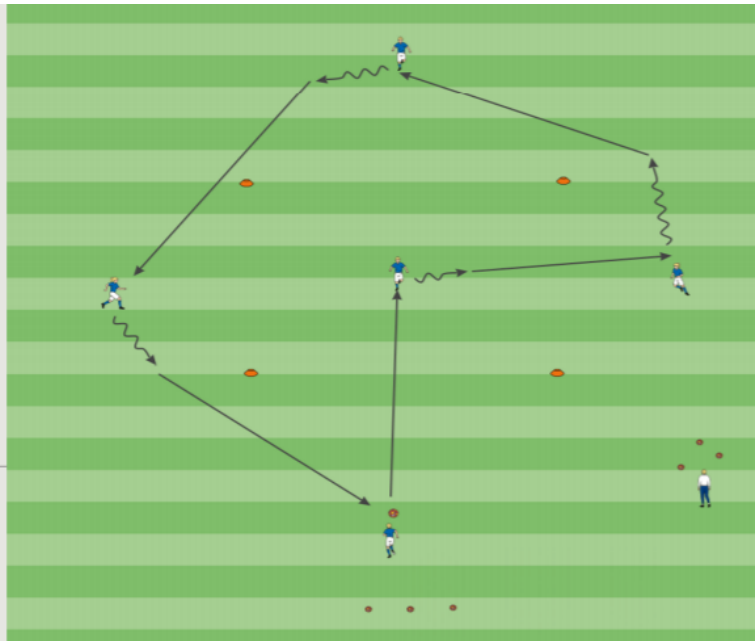
### Passing Activity

- Players continue to move in their area
- They check in and check away
- Follow the pattern of passes
- Change players as there are different versions of receiving the ball
- Switch direction to all work on left foot

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



### Passing Activity (Short Short Long)

- Player in center provides a one touch back for player to make long pass to teammate
- Player in center moves left and right to provide support to both groups
- They check in and check away
- Change players as there are different versions of receiving the ball
- When player controls ball they will quickly pass to teammate who is closest to them and then follow the same going the other way

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes

