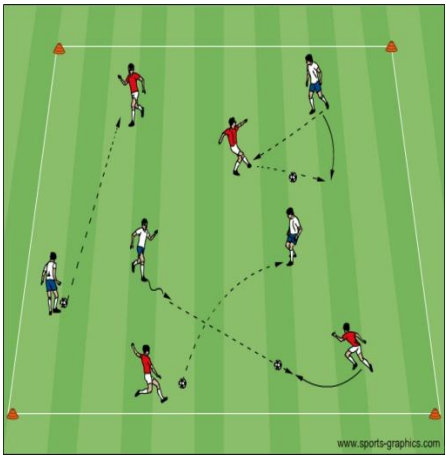
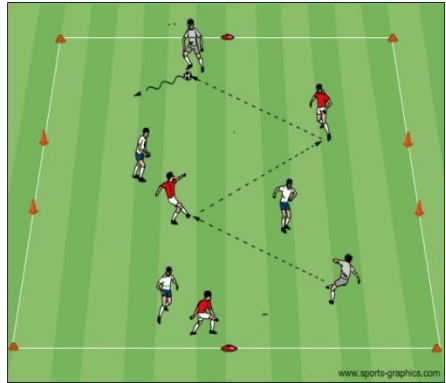
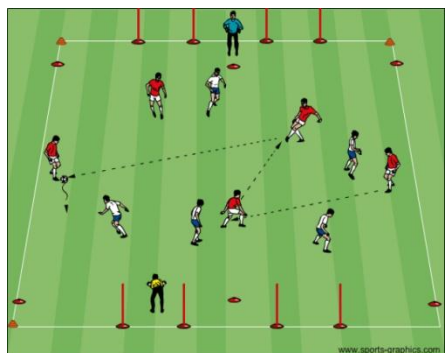


## Topic: Passing and Receiving – Possession with a Purpose

**Objective: To improve the players' ability to know where and how to possess the soccer ball and to recognize when opportunities open up for the attack**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Passing and Moving:</b> Split the players into two groups, one with the ball and one without. The players with the ball must find a player without the ball. Coach: Place the following conditions on the players:</p> <ul style="list-style-type: none"> <li>➢ Do not stop the ball when receiving it</li> <li>➢ Receive, dribble the ball, and pass</li> <li>➢ Take a long 1<sup>st</sup> touch away from traffic and pass</li> <li>➢ Receive, turn away with the ball, and pass</li> </ul>	<p><b>Passing:</b></p> <ul style="list-style-type: none"> <li>• Toe up (inside) or down &amp; turned in (outside)</li> <li>• Placement of non-kicking foot and good balance</li> </ul> <p><b>Receiving:</b></p> <ul style="list-style-type: none"> <li>• Keep feet moving before ball arrives and go to it</li> <li>• Keep ankle of receiving foot locked and body behind ball</li> <li>• Eye on ball at instant of reception</li> </ul> <p><b>Communication:</b></p> <ul style="list-style-type: none"> <li>• Verbal and visual</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>3v3+2(1) Neutral to One Goal:</b> In a 30x40 grid, two teams will play to score and defend the small 4 yard goals at the end-line. The team in possession will be able to use the (1) 2 neutral players in order to keep the ball versus the three defenders. <b>Coach:</b> Change neutral players every so often. You can also play with passing restrictions such as:</p> <ul style="list-style-type: none"> <li>➢ Attacking team may score after completing 4-5 passes in a row</li> </ul>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Players in good supporting positions <ul style="list-style-type: none"> <li>○ Options close and far</li> </ul> </li> <li>• Speed of play</li> <li>• First Touch – Directional</li> <li>• Recognizing when to keep the ball or attack</li> <li>• Clear communication (demand the ball)</li> </ul> <p style="text-align: right;"><i>Time 15 minutes</i></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>5v5 or 6v6 +GK's to Four Goals:</b> In a 40x50 yard grid, two teams of 5 or 6 players and a GK each play to score and defend two goals. The goals are set on the 40 yard line. The GK on each team can help the possession by playing with his/her feet.</p>	<ul style="list-style-type: none"> <li>• Supporting shape and balance for team in possession</li> <li>• Change of rhythm to exploit opportunities to penetrate</li> <li>• Movement and timing support</li> <li>• Recognizing when to keep the ball or attack</li> </ul> <p style="text-align: right;"><i>Time 20 minutes</i></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	