

MTYS Coaches Clinic – Week 2

Passing

- Quickest way to move the ball around field
- Ball is always faster than the player / runner
- Inside of foot – line up behind the ankle in the arch
- Outside of foot passing – bad habit – only when necessary
- Stepping into the pass for leverage
- Hitting down on the ball for ground passes , under ball for air – Equator
- Hips decide the direction of the pass
- Dribble when space is available / dribble towards available space / Pass when under pressure

Passing for possession

- Ok to introduce at this age but not a primary objective
- Passing forward is primary, side/horizontal is secondary, passing back is last option
- Quick turn and easy to learn at younger ages

Receiving the pass

- Also inside of the foot. Begin to phase out “step on ball” to stop
- Cushioning the ball with inside foot as it is received
- Receiving with balance – players should not be flat – up on feet with balance, relaxed touch
- Avoid outside of foot

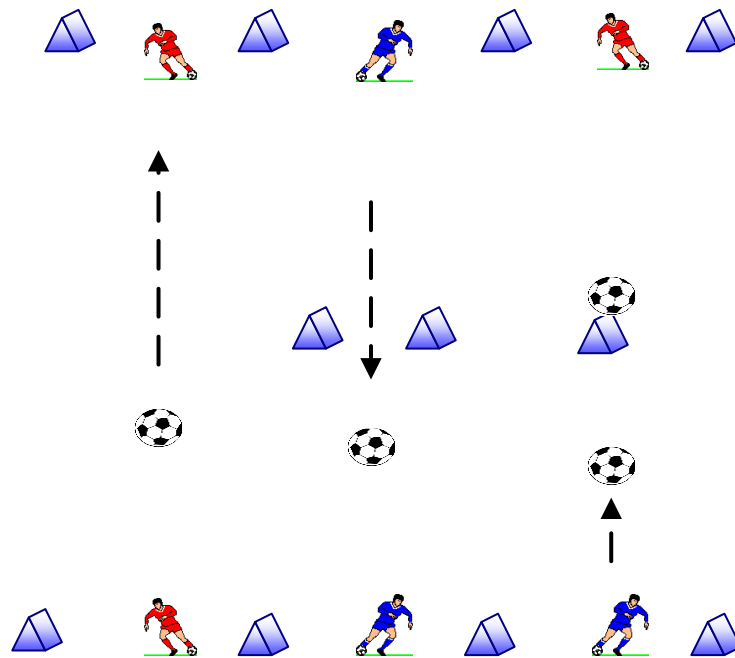
Activity 1 – Passing in lanes with progressions

Basic passing work with progressions. High repetitions is the main goal, use progressions after a good number of repetitions and proficiency is beginning to show.

Primary foot can be used for passing, begin to introduce use of both feet later on in season.

Progressions as follows:

1. Passing in open lane – stress all the fundamentals – foot surface, hitting down on ball, hip direction, pace
2. Passing between gate – passing for accuracy – hip direction most important
3. Passing to knock ball of cone – introduce element of competition



Activity 2 – Brazilian Circle

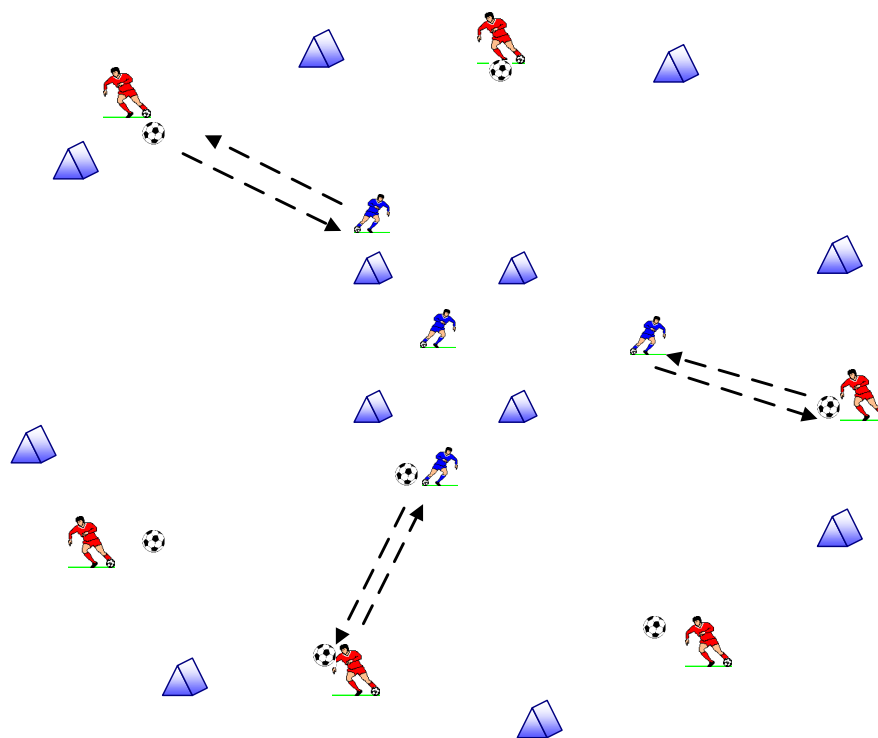
Brazilian Circle is versatile and can be used for a number of skill building activities. In this scenario, we are using Brazilian circle to work on Passing/Receiving and (via progressions) dribbling.

Create a large circle - scaled to the age/number of kids. Put a cone box in the middle. Split your team into two even squads. Position half the players around the circle and half inside the box.

Players on the outside of the circle have balls to serve to inside players. At start, players run out of the box and receive passes from outer players. After receiving and passing back, players run back through the box and out to find another server. Play continues for 1-2 minutes before switching outside players to inside and inside players to outside.

Progressions:

1. Two touch passing and receiving
2. One touch passing and receiving (higher difficulty)
3. Receive pass, turn and dribble through box and pass to server without ball
4. Place 1-2 defenders inside box – players receive passes and try to dribble through the box while defenders try to stop them. If players make it through, they pass to a server without a ball and repeat. Defenders attempt to kick balls away from dribblers before they can get through the box.



Activity 3 – Passing in Sequence / Possession

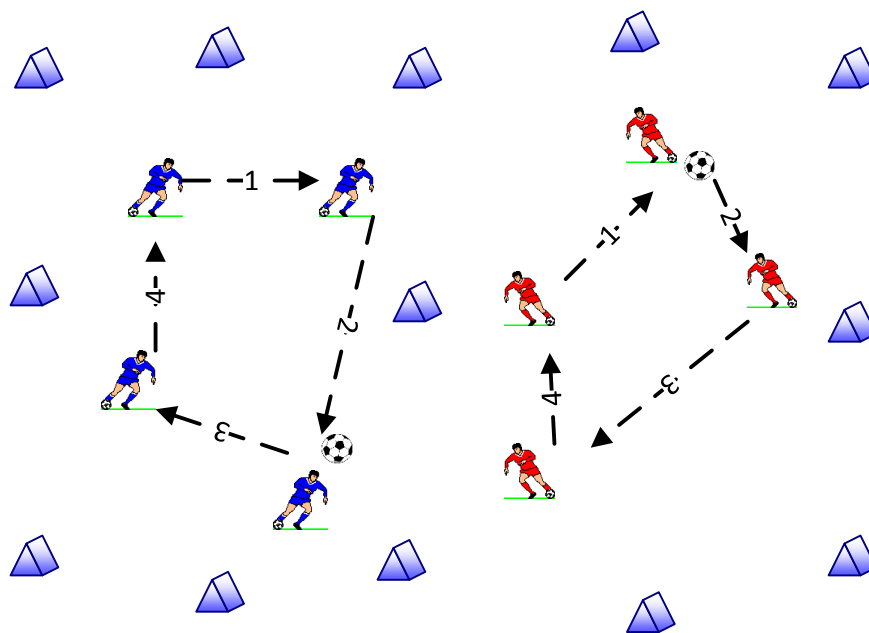
Activity used to develop passing to dynamic targets as well as passing with on field movement.

Create two connected boxes and size according to number of players – larger boxes for larger number of players, smaller for smaller number. Or size boxes for length of pass – larger for longer passes, smaller for shorter passes.

Assign numbers to each player in sequence – 1,2,3,4,etc. Begin by passing the ball in sequence from 1 to last number and back to 1. Continue until you can see some continuity. Players should be static / stationary at first.

Progressions:

1. Players begin moving freely throughout the boxes and continuing to pass in sequence
2. Change the number sequences - 2,4,6,1,3,5 , etc
3. Open passing – no sequence required
4. Switch boxes on command - when trainer call SWITCH, players must move as team into the other box by passing and continue passing when arriving in other box
5. Keep away - call a number of a player (i.e. 2) and that player must leave their box and move into the other team's box and try to dispossess. Players attempt to pass and keep possession. First team to lose possession loses and players return to their original box and continue passing until another number is called.



Activity 4– Passing and Shooting

Great warm up / pre game activity as well as popular player activity because of the shooting aspect.

Divide players into 4 groups. Station players on either side of the Goal with soccer balls, and at the top of the Goal box on either side.

Players near goals play passes out to the first players at the top, players at the top receive, setup and shoot into goal. Passing players run to the top of the box (on the outside) and shooting players run around the goal after shooting and become passing players.

