



Juniors Passing begining/end of the run

Category: Functional: Midfielder
Difficulty: Moderate

Am-Club: Boise Timbers Thorns
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Description

A basic introduction to passing to space or feet

Warm up andi intro (20 mins)

Organization of Session

30x40 space per group of 15
cover the surfaces of the foot, begin to incorprate moves into combonations,
Introduce passing to feet vs passing to Space,

Key Points

During the intro to passing, we are looking for them to understand that playing to feet is to keep possession and buy your TEAM time, often a product of playing the way your facing. Playing to space is to penetrate an area on the field, usually looking to go forward.

Coaching Points

Weighting the pass,
playing the ball to where they are now, or where they are going to end up, to do this players must read the body language of the player they are passing to,
EVERYTHING DONE WITH INSIDE OF FOOT!!!



Ajax squares (15 mins)

Organization of Session

12 x12 square per 5 players
playing the ball to feet as one player checks, then playing the ball into space

Key Points

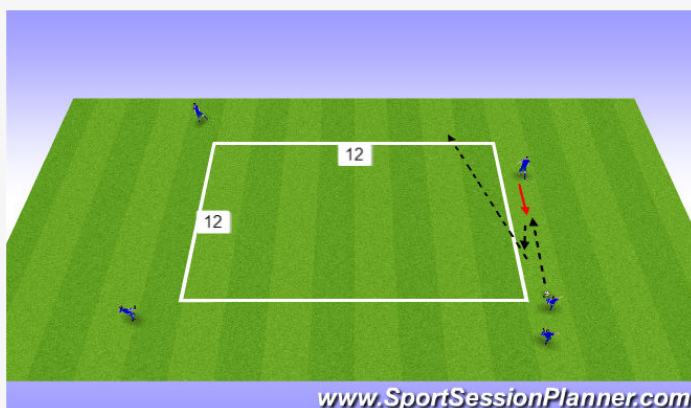
looking to continue the focusing of passing to feet and moving off the ball

Body shape should direct passer where the ball should be played

Coaching Points

dropping the ball should be done with the inside of the nearest foot to the box. passing to space should be done with the nearest foot as well.

EVERYTHING INSIDE OF FOOT



Endline play (20 mins)

Organization of Session

space 20x30 (short wide field increases passing options and shows proper spacial options)

4v4 plus neutral players, 2 players stuck on endline object is to play the ball from one side to the other using passes to space or feet.

routinely switch endline players so that everyone may play

Key Points

playing to feet or to space,
starting positions and body shape

Coaching Points

are players asking for the ball with visual cues? audio cues? in space or to feet?



4v4 to goals (20 mins)

Organization of Session

30x40 size

4v4 plus 1 to goals

Key Points

regular soccer rules, using starting positions to show width and depth

Coaching Points

look for the opportunity to correct passing choices and movement

