



# Mass Youth Soccer Skills Academy

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## U11 Week 2 - Passing

### **Main Coaching Points:**

- locked ankle
- toe up (inside) or down & turned in (outside)
- eyes on ball at instant of contact
- follow through to partner
- strike ball solid through the middle
- knees bent and balanced
- placement foot pointed to target and parallel to ball
- pay attention to proper weight and timing

1) **The Mixer - Warm-up**---2 players per ball. Free space. Players facing each other approximately 5-10 yards apart, passing back and forth, 1-2 touch. Feet and ball are always active. Either player can move the other player by angling a pass away from him. As their partner moves to control the ball, the passer moves quickly to support their partner by squaring up to him. The passing continues 1-2 touch again developing a rhythm until someone decides to move his partner again. This warm-up activity encourages repetition of passing and moving and supporting your teammate. The players must decide to 1 or 2 touch the ball depending on the pace of the pass directed to them. *(15 minutes)*

2) **Numbered Passing**---Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. Try to add balls to add challenge to the activity. Stress proper passing technique as well as having receiver's show for the ball and communicate. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 touches. *(15 minutes)*

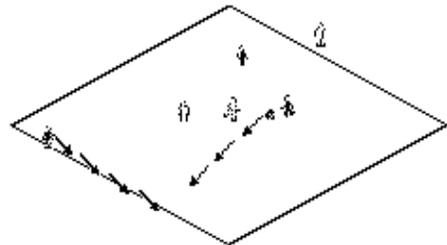
3) **Small Sided Scrimmage**---Create fields based on playing numbers and size of area. Reinforce passing technique and the speed of the pass (proper weight and timing is essential). *(25 minutes)*

4) **Cool Down and Review**---Ask players to teach you the technical coaching points to insure complete understanding in the group. *(5 minutes)*

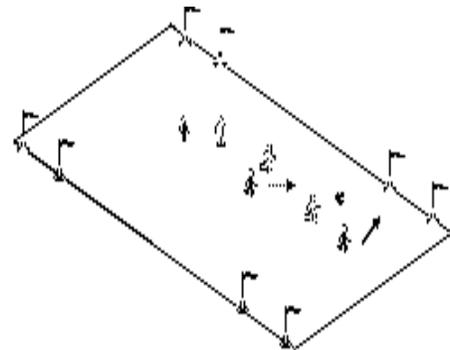
# Mass Youth Soccer Skills Academy - Instructor's Guide

## Optional Activities:

1) **2v2 to targets**---In a 20x20 yard grid, two teams look to play to a target player on opposite sides of the grid. If they play to the target and receive the ball back, they look to switch directions and play to the other target player. If they just play to one target it counts as 1 point. If they play to two consecutive targets without losing possession it counts as 3 points. Target players must constantly move along their line to show for the ball. Every three minutes rotate the players.



2) **3v3 to 5v5 to four goals**---In a 20 X 25 yard grid place small goals (3 yards wide) near each corner. The goals are set up along the 25 yard lines for extra width in the attack. Play a 3v3 match. Each team attacks the 2 goals opposite them and defends the 2 goals behind them.



3) **4v2 (Timed Possession)**---In a 15 x 15 yard grid, have two teams of 4, 6 or 8. Each team is color-coded...one team in Blue and one team in Red. Place six (6) soccer balls outside the grid at one corner for the coach to serve. The Blue team starts with 4 players inside the grid as the attacking team (extra players rest). The red team forms two (2) single file lines centrally on one side of the grid and outside the grid. The coach designates an assistant coach to be timer. The game begins when the coach serves a ball into the grid. The timer starts the clock at this point. When the ball is served into the grid, the first two (2) red players enter the grid and try to knock the ball out of the grid while the Blue team attempts to keep possession of the ball. When the ball is knocked out of the grid by the two (2) Red players, they must get back into their lines on the outside of the grid. The coach then serves in the 2nd ball, and the next two (2) Red players enter the field and try to knock the ball out. The clock keeps ticking. This activity continues for six (6) balls. Each time a ball is knocked out of the grid, two (2) new Red players enter the field. When the last ball is knocked out, time is stopped! Roles are switched...The Red players now become the possession players and the Blue players become the defenders. This game is fast paced, fun and challenging. The coach can easily manipulate the game by changing the number of players in the grid, changing the size of the grid, and/or using more or less soccer balls.

