



CYA Week 3: Session 1: Passing and Receiving (U9-U11)

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Description

SAQ

Juggling Challenge on arrival (15-20 min)

Organization:

1. Two lines of equal numbers.
2. 10 x 15 Yard Area.

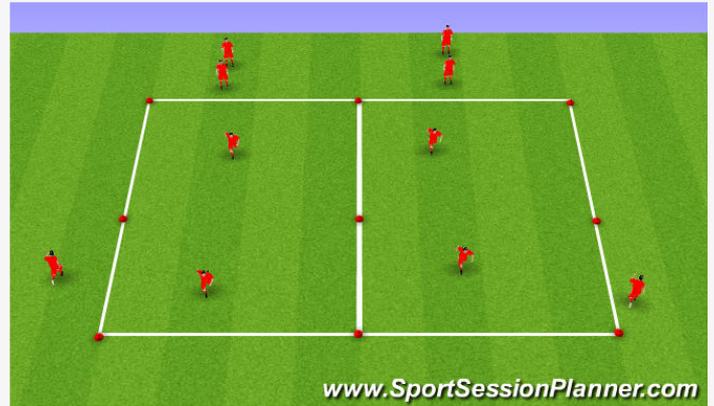
Instructions:

1. Players do dynamic stretches and coordination movements through the middle and jog on the way back.
2. Next player in the line goes as soon as the player in front gets to the middle cones.

Coaching Points:

- Quality of movement

Progression;- 1v1 races



Technical

Organization: (10 min)

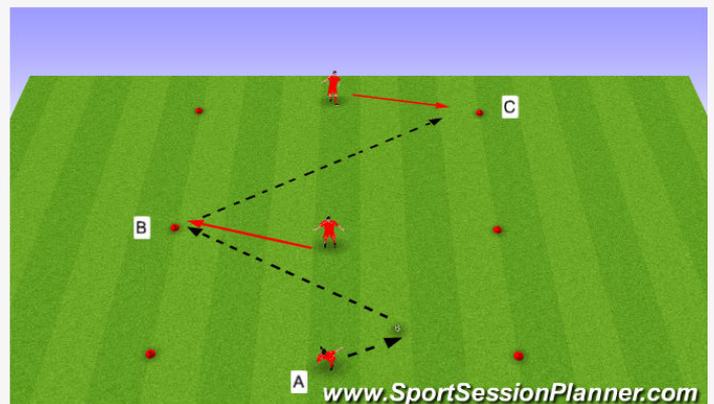
As above

Instructions:

First player takes a touch out of their feet to either side. Middle player and target react to this touch to form a triangle. A plays to C who opens up on their backfoot and finds C. C brings the ball back to line one and the process repeats.

Coaching Points:

- Quality of touch to open lane
- Middle player check away to open lane to target
- Target movement to find lane
- Communication (hands and voice)
- Body shape (open)
- Quality of pass (find backfoot)
- Quality of touch to set up next pass
- Eyes up, connect with teammates
- Speed of play.



Semi-opposed

Organization: (15 min)

Set up as above

Instructions:

Play begins with player on ball taking a touch out of his feet to one side or another. Target reacts to make passing lane whilst defender blocks it. Middle player checks away and receives ball, opens up and finds target.

Rotation: Passer - Defender - Receiver - Target

Coaching Points:

- Good touch out of feet and head up.
- Movement of target to create passing lane.
- Movement of middle player to check away - open body.
- Communication
- Quality of pass - back foot.
- Break line and beat defender with first touch

Progressions:

- Defender presses receiving player to add pressure. If defender gets really tight them beat them with a touch inside.



Fully Opposed

Organization: (15 min)

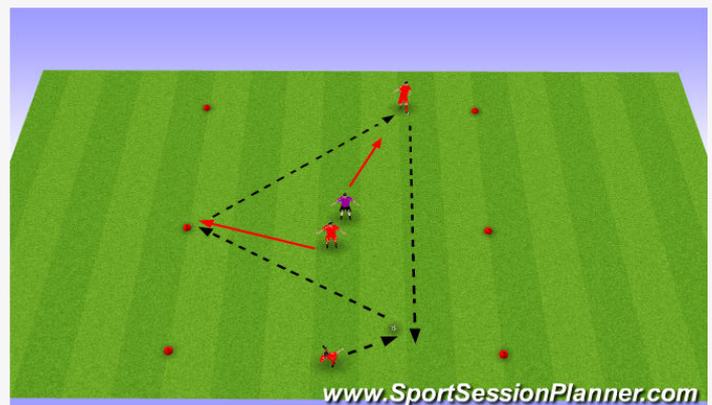
As above

Instructions:

Exact same rotation as before but defender is now fully live. Attackers score 1 point each if they can get the ball to the end target, doubling their score to 2 points if they can get the ball to the target and back again. Targets are limited to 2 touch and must stay on their endlines. If defender wins the ball and can dribble over the endline then they get 2 points.

Coaching Points:

- Good touch out of feet and head up.
- Movement of target to create passing lane.
- Movement of middle player to check away - open body.
- Communication
- Quality of pass - back foot.
- Break line and beat defender with first touch



Small Sided Game

Organization: (20-25 min)

3v3 game - 3 teams - Winners stay on

Coaching Points

- Making space as a team
- Body open to see the field
- Decision making on first touch



