



CYA Week 3 Session 1: Technical: Passing and Receiving (U16-U19)

Category: Technical: Passing & Receiving
Difficulty: Advanced

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Description

- Players continue to improve their quality of pass
- Players continue to improve their quality of support
- Players continue to improve their communication
- Players continue to improve their positioning
- Players continue to look up and play quickly with minimum touches...

TECHNICAL DEVELOPMENT (15 mins)

Organization:

- 3 grids of 12 x 15 yards
- 3 teams of 4.
- 1 ball on each grid

Instructions:

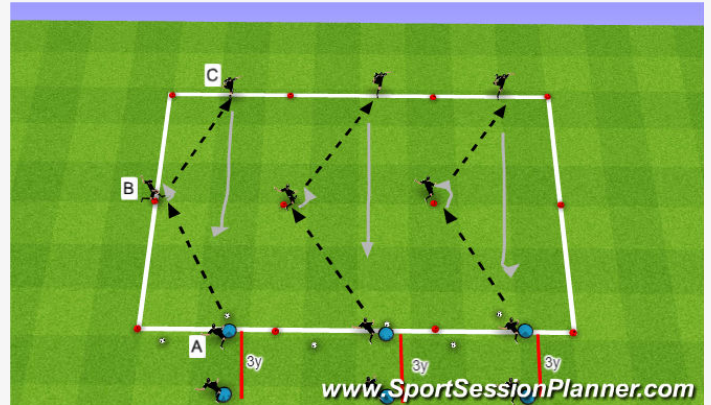
A passes to B and B passes to C - C dribbles up and passes to the next player A
 Rotation : A becomes B - B becomes C and C becomes A
 Detail: B switches spot with C once C makes his 1st touch.

Coaching Points:

1. Ball contact: Inside foot
2. Quality of pass
3. Observe the target.
4. Non kicking foot pointed at target.

Progressions:

B,C combine for a wallpass



Learning Objectives

	Technical Players continue to improve their quality of pass.
	Tactical Players continue to improve their quality of support
	Physical Movements off the ball.
	Psychological Be aware of your role as a support once the ball is passed.
	Social Communication

TACTICAL DEVELOPMENT (30 mins)

Organization:

Same as previous

Instructions:

A Passes to B - B passes to C - C receives it dribbles up and pass into goals.
 When coach calls play - Players start at the same time - 1st player scoring gets the point.
 Set up time of play or goals scored (1st team to 5) .
 Engaging and challenging players and keep the tempo and energy high : 5 second to pass into small goals.

Progression: Can 2nd and 3rd player combine for a wallpass before shooting?

Coaching Points:

1. Ball contact: Inside foot



2. Quality of pass
3. Observe the target.
4. Non kicking foot pointed at target.

CONDITION GAME (30 mins)

Organization:

3 Teams of 4

4vs4 inside the field and 4 end zone supports

Instructions:

Players combine to reach their supports players.

The goal is to reach respectively 2 supports from different end zone.

If a team reach 2 supports of different zone without losing the ball, they could get 2 points.

Team that gets more points in 3 minutes of play stays inside and plays versus the support team

Team that lost becomes supporting players.

Coaching Points:

1. Quality of 1st touch
2. Quality of pass
3. Quality of movement : timing of movements...
4. Right decisions making...

Progressions:



Screen 4

Free Play 2 Teams on 1 off, winner stays on (20 min)

-Find coaching points in the flow of the game. Limit stoppages but reinforce the sessions topics.

-Supporting Target Player

-Simple Combinations

-Quality of passing

-Receiving with body open to the field

