



[CYA] Week 1 Session #2: Passing & Receiving

Category: *CoVID-19 (Social Distancing)
Difficulty: Moderate

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Individual-Young Member

Description

Warm Up & Tech (25 mins)

Warm up.

1. Ball/player - Dynamic movements, ball mastery, juggling, body weight exercises, etc within each players own box.

2. 1-2-3 touch Partner Passing AROUND the ball on the cone. Avoid knocking the ball off the cone - pass AROUND the ball and through the front edge cones of your partners box. Variations:

- Receive ball w/inside of foot in front or wide to same side and pass with inside of same foot.
- Receive ball w/inside of foot across the body and pass with inside of opp. foot.
- Receive with outside of foot and and pass with inside of same foot.
- 3 Touches: 2 fast touches - 3rd touch is a pass.

- Can Repeat the Above - instead of passing with the inside of the foot - switch to striking the ball ball with Laces.

CP's: Look up before passing, when using more than one touch, take your first touch to enable you to play AROUND the cone on the ball ("defender"). Have a purposeful first touch. Execute receiving, looking up and passing with Speed, Proper passing technique and weight of pass.

Whoever knocks the ball down - must put it back on the cone - with their FEET - no hands!

Repetition / Practice Phase - up to 2 - 3 minutes or so for each variation. Then Compete!

Competition Phase - Keep Score.

- 1. Vs. Partner - Every successful pass into partners grid = 1 pt. -1 if you knock the ball off the cone.
- 2. Work as Pairs vs. other Pairs = Every successful pass into partners grid = 1pt. , -1 if ball gets knocked off
- 3. Work as a team - All Players in Row A vs. Row B. Add their points together - from a distance!

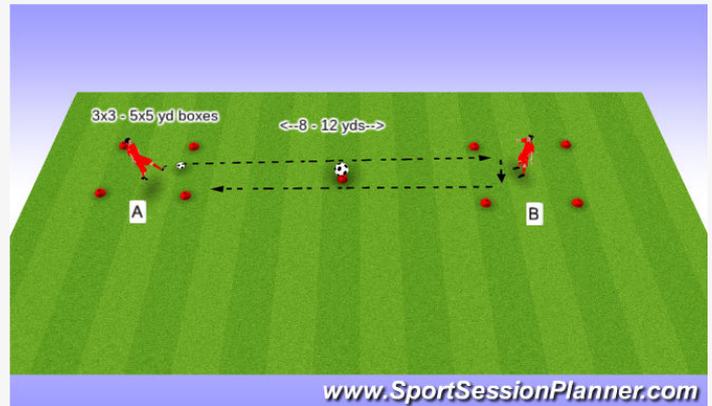
3. NOW - Try to knock the ball off the cone - may need to push to the back edge of their grid to increase the passing distance. a) Can be a Dead/Stopped Ball b) Now Ball must be moving...

Always replace ball using feet - not hands - whoever knocks it down, puts it back up.

Prepare the ball then 1. Pass with inside of foot (Right then left) 2. Strike with Laces (Right then left).

Play for time 1 - 3 minutes. Player with the most points (knocks the ball off the cone the most wins).

Ladder tournament. Winners move right, non-winners move left.



Screen 2 (15 mins)

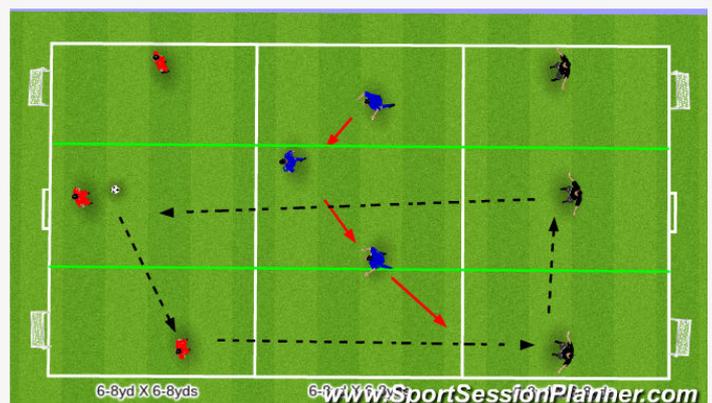
3 Zones - Looking for Penetrating Passes.

3v3v3 or 4v4v4 (or Combination of depending on # of Players)

Start by clearly defining spaces that each player can be in...then can progress to an open space with players being aware of their space / surroundings - teammates and opponents to remain social distanced and in good angles and distances of support.

1st Round: Defending teams stays X amount of minutes - 2 - 3...then rotate so all teams defend.

2nd & 3rd Rounds: Keep points. Team in possession gets 1 pt for each successful penetrating pass through the defensive zone. Defenders can score by scoring in either of the 4-6 (2 or 3 on each endline) counter goals once the win possession. Can impose a 10-15 second time limit for counter goals to be scored.



Screen 3 (20 mins)

SSG (20 min)

2v2, 3v3 Tournament

- *Decision making of when to pass, dribble or shoot
- *Look to split defense
- *Good angles & distances of support

