

# “East Bound and Down”

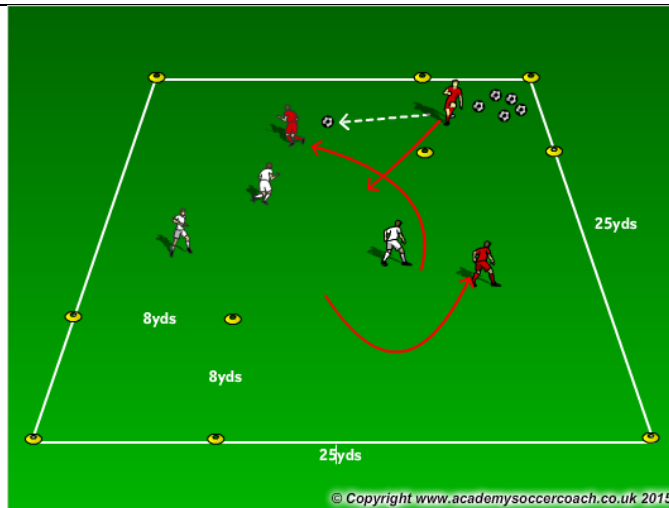
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Passing & Receiving

**Primary Objective:** To build confidence in team play and other team members by requiring pass plays in order to achieve goals.

**Duration:** 10 minutes

The Basics



## Organization

A 25 yard square grid, with 8 yard square goals or bases at two corners, one filled with balls. Separate group into two teams.

## Activity

At the coach’s signal, the red (attacking) team attempts to score points by moving balls from the goal in one corner to the goal in the other corner within 2 minutes. The white (defending) team tries to prevent them from succeeding. Balls that go out of bounds are not put back into play. Attacking team wins if they score 10 points. After two minutes, reset and switch roles (attack/defense)

- All attacking players should be involved in the play (player making initial pass should leave goal to help in attack)
- Multiple balls can be in play at once.
- Ball must be played out of first goal area via pass.
- Defending team is not allowed inside either goal.
- Dribbling ball into opposite goal counts as one point.
- Passing into opposite goal = 2pts
- Leading pass into goal for player who isn’t yet inside goal area = 3pts

Coach Pts

- Encourage communication
- Encourage movement off the ball (width and depth), overlapping paths
- Encourage leading passes
- After receiving ball, encourage players to dribble ball into space (even if the only space available is backwards), using those moments to look for passing/scoring opportunities

<b>Mods</b>	<p>If attackers are struggling to put balls into play from first goal, allow dribbling out of goal.</p> <p>If attackers struggle to penetrate, give attackers a 1-player advantage (3v2 or 4v3).</p> <p>If attackers are succeeding too easily, allow only 1 ball in play at a time. Also, reduce goal size.</p>
<b>Progression</b>	<p>None</p>