

“Fast Box”

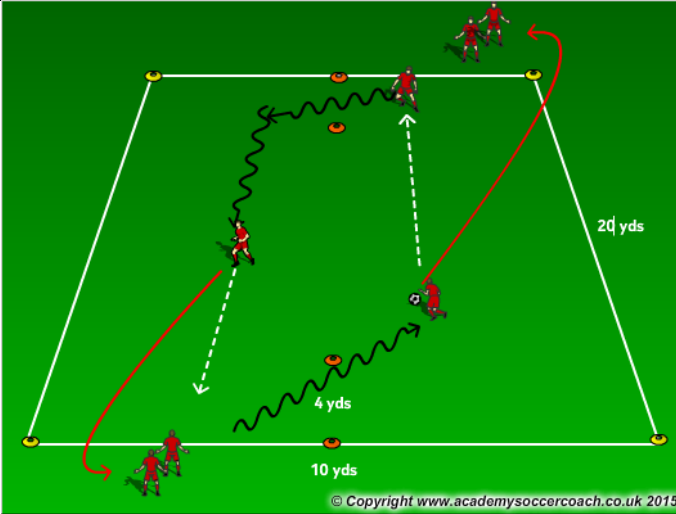
East Central Soccer District Academy Curriculum

Curriculum Topic: Passing and Receiving

Primary Objective: To practice passing, positive first touches and build confidence in receiving passes in different ways, imprint moving to the ball to receive it, and executing passing/receiving actions with speed.

Duration: 10 minutes

The Basics



Organization

A grid that is 20 yards long by 10 yards wide with two 4 yard gates down the middle of the grid, as shown. Split group into 2 teams, 1 ball per team, each team at the opposite endline.

Activity

At the coach’s signal, first player for each team dribbles through the near gate, dribbles midway through the grid, then delivers a pass to the next waiting player of the opposite team. The passer joins the back of that team’s line. The receiver directs the ball with their first touch through the near gate, dribbles the ball to the midpoint of the grid and the process repeats.

Challenge players to execute as many cycles of passes as they can in a minute.

Change direction of ball (CCW/CW) every 2 minutes.

Coach Pts

- Encourage receivers to call for the ball (and for passers to NOT pass the ball until it is called for).
- Teach proper receipt of ball, wide foot at mid-ball, “kiss” ball to cushion it in.
- Encourage proper passing technique; wide foot at mid-ball, toe out, ankle locked.
- Encourage receipt of ball with the inside of the proper foot (the proper foot is the one that is furthest from the incoming pass, as receiving with this foot provide the most options should a split-second decision need to be made).

Mods

This activity is simple in its basic structure, not requiring modification at its most basic level, but is nearly limitless in the potential for modifications and progressions to challenge even the highest skill levels.

Progression

1. First minute – no restrictions.
2. Progression 1: Insist on receipt with inside of correct foot, single touch to the midpoint of the grid, then pass (3 touches total).
3. P2: 1st touch with outside of foot
4. P3: Move waiting players back 2-3 yards from endline to help imprint moving toward the ball to receive it.
5. P4: Use non-dominant foot for all touches.