

“Number Cycle”

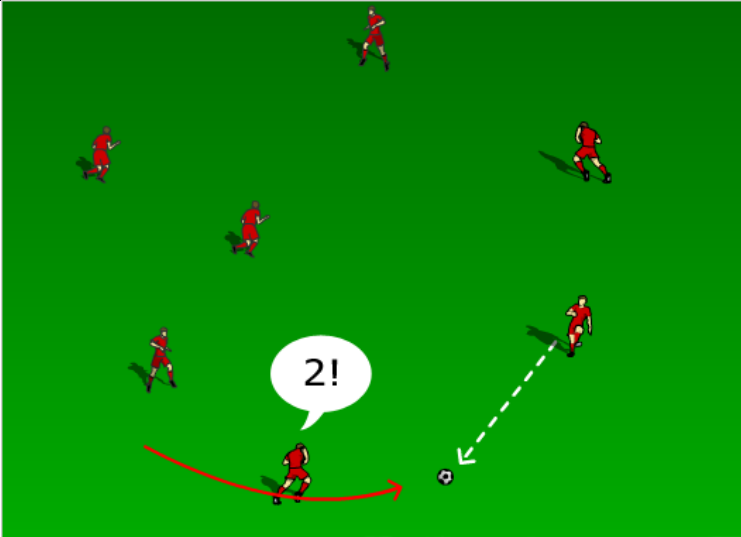
East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To improve the timing and execution of passing and learn the importance of timely communication.

Duration: 10 minutes

The Basics



Organization

Group stands in a large (25' diam) circle.

Players count off around the circle beginning at 1 so that each player has an assigned number.

1 ball.

Activity

At the coach's signal, all players begin to move/jog around, across the area, around it, change direction, etc. Player #1 starts with the ball, and the next player in sequential order calls out her number, and the ball is passed to her. Each player calls out their number and receives the ball until the end of the cycle is reached, and begins again at 1.

If a player receives a pass out of order, start again at 1.

If the ball goes out of the activity area, start again at 1.

See how many cycles the group can get through in 1 minute. (Be patient if this takes several tries.)

- Stress importance of timely, loud communication. Next player in order should be calling out their number prior to passer even receiving ball so passer can adjust their trap to prepare to make the pass.
- Good passing technique; wide foot, toe out, ankle locked.
- Passes should lead player, not force player to stop and wait for it to arrive.
- No matter the quality/location of the pass, player should go to the ball to receive it.

- If the group struggles to get through a single cycle after several tries, let the last person in the sequence begin with the ball and work backwards through the order.

After group masters activity with unlimited touches:

1. Every receipt/pass must be 2-touch
2. Odd numbered players pass 2-touch, even numbered players pass 1-touch
3. Even numbered players pass 1-touch, odd pass 1-touch
4. Every receipt/pass must be 1-touch

Coach Pts
Mods
Progression

