



# “Outside-In”

## East Central Soccer District Academy Curriculum

**Curriculum Topic:** Passing & Receiving

**Primary Objective:** For players to use passing and creativity to create advantages, opportunities for goals.

**Duration:** 10 minutes

### The Basics



### Organization

A 25yd x 25yd grid with four goals placed in the middle of grid along the diagonals of the grid. Each goal is 4yds across.

Teams are lined up along one endline, coach between them with a supply of balls.

### Activity

Coach serves ball into the middle of the grid and players from each team (2v2, 3v3, 4v4) rush into the grid to take possession of the ball and try to score.

Goals can only be scored from outside the 4-goal area, but within the 25yd-square grid. However, goals can be defended from the inside out, running through a goal to defend it. A goal cannot be scored by passing from inside-out and then immediately outside-in.

If a player is standing in the goal defending it (like a goalie), the attacking team must find another goal to attempt a score.

- Encourage players to move wide/spread out, movement off the ball, overlapping, and making leading passes to create opportunities to score.

- If one team is stronger than another, reduce stronger team's size by one (or increase weaker team's size by one).
- If teams are struggling to score, eliminate the “goalie” rule above.

1. 2v2
2. 3v3
3. 4v4
4. Also:
5. Require goals be scored on 1-touch passing shots.
6. 3-touch maximum.

Coach Pts

Mods

Progression