



“Pairs Cones Progression”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To build confidence in different methods of receiving and distributing passes through repetition

Duration: 10 minutes

The Basics		<p>Organization</p> <p>Split group into pairs, cones set 10 yds apart for each pair.</p> <p>1 ball per pair.</p>
	<p>Activity</p> <p>Begin with each player standing just in front of her cone, and practice mastery of delivering and receiving a pass. Wide foot, toe out and up, ankle locked for pass, Once basic pass and receive are mastered, move to progression. Run each progression 2 times, one minute each. Skip to harder variations if it’s an advanced group, or re-run simpler variations if the group is more novice.</p>	
	<ul style="list-style-type: none"> • Wide foot, toe out and up, ankle locked when delivering pass. • Plant foot pointed at target. • NO toe passes. • NO laces passes. • Wide foot cushioning ball with a soft “kiss” for receipt/trap. • Proper pass “weight” (not a dribbling pass, but not a rocket ball, either) • Encourage calling for the ball. 	
	<p>None</p>	
	<p>Progression</p> <ol style="list-style-type: none"> 1. Pass w/ non-dominant foot. 2. Receive with 1 foot, touching to other foot for return pass (2-touch). Encourage speed by having a race to see how many iterations can be done in a minute. 3. Receive pass, make a move around own cone, return pass. 4. Both players start on same side of cones, in front of their cones, player with ball dribbles ball behind and around cone, delivers pass. Receiver moves toward ball to receive, executes turn, dribbles around own cone and passes back to teammate (who has now moved to other same side of his own cone to receive). 5. Criss-cross – like above, but passer sends a leading pass to teammate, who must run behind cone to receive, stop and turn, then deliver leading pass to teammate who must do the same. 	
Coach Pts		
Mods		