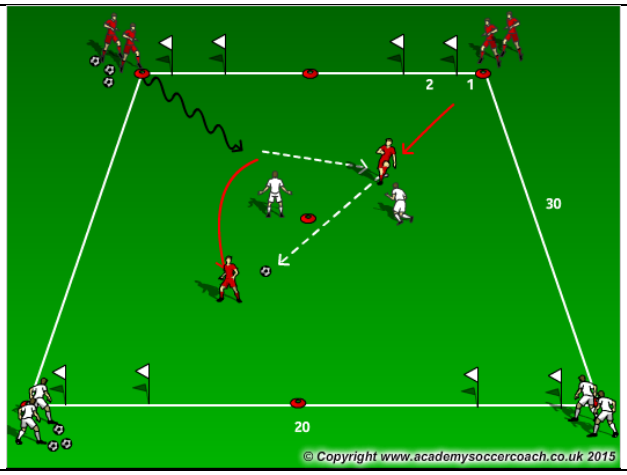
“Teamwork Alley”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing and Receiving
Primary Objective: To learn the takeover and wall passes and execute them in a game-like situation
Duration: 10 minutes

The Basics



Organization
Two 2-yard wide goals on each end line of a 20 yd (w) x 30 yd (d) grid, 1 yd from each corner. Cones down the middle of the field to divide it evenly lengthwise.

Divide group into 2 teams, divide each team so that half is at each corner of their endline. Red team begins on attack, white on defense. Give balls to half of each team.

Activity
With all players remaining on their side of the field (their “alley”), first team attacks 2v2. Goals scored without a pass during the attack do not count, and players are not allowed to cross centerline, except when attacking team executes a takeover pass. Defenders are not allowed to cross centerline.

- Goals directly resulting from wall passes and takeovers count as 2 points. All other goals are 1 point.
- After goal is scored or ball goes out of bounds, attackers and defenders return to their endlines.
- Switch attacking team (red/white) after each attack.
- If defenders steal ball, they can score in attacking team’s goals, with same passing constraints.
- First team to 10 points wins

Coach Pts

- Encourage leading passes.
- Draw defender in close before attempting wall pass, then accelerate around defender after pass.
- Wall pass is ideally 1-touch, 2-touch maximum.
- Teammate communication – attacking teammates should declare their intentions by calling out “wall” or “take”

Mods

- If attackers are having trouble penetrating defense, change game to 2v1.
- If attackers are not attempting wall or takeover passes, increase the value of a goal resulting from this type of pass to 5 points.
- If attackers are penetrating but not scoring, increase size of goals.

Progression

1. Add transitional play into the activity by having the next wave of attackers immediately begin their attack after the opposing team’s attackers shoot on goal. The original shooters now become defenders, and original defenders rejoin their team on the endline. (For example: red team is on attack, shoots on goal. As soon as shot is taken, next 2 players waiting at the endline for white begin attack against the red team shooters who have now become defenders.)
2. If 2v2 attacking is mastered, add constraints:
    a. Goal must be scored 1-touch from a pass
    b. Reduce to a single goal
    c. Decrease depth of the field, to require quicker, more accurate passes