

“Wally Boomerang”

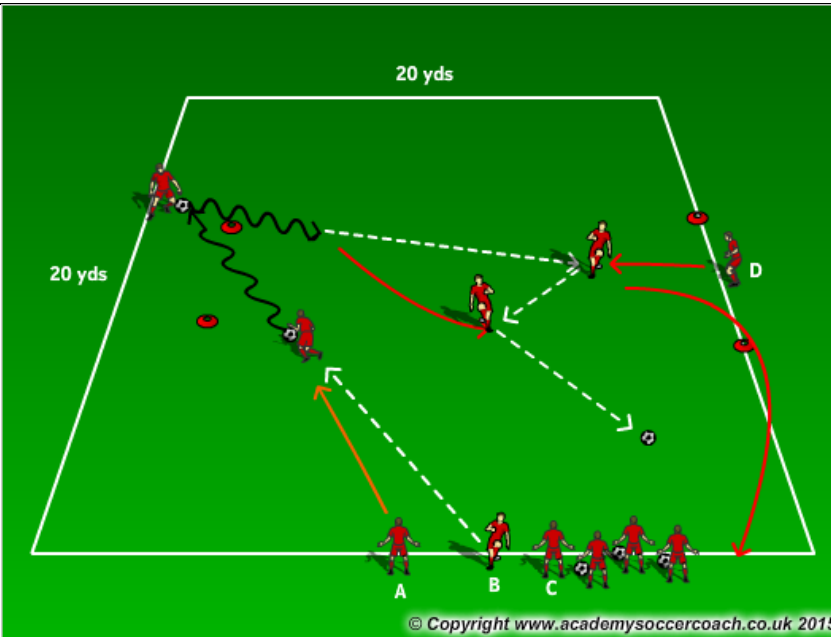
East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To imprint multiple passing situations/options on players under time and pressure constraints.

Duration: 10 minutes

The Basics



Organization

Create a 20yd x 20yd grid with a cone gate on one end and a cone gate a few yards inside the opposite endline.

Players in line at adjacent sideline, each with a ball except for the 1st player.

Activity

At the coach’s signal, B begins by sending a leading pass for A toward the cone gate. A receives the pass, dribbles through the gate and makes a Change of Direction move around the far cone, then dribbles toward D. A passes to D, D runs through the cone gate to check back to A, lays off (leaves short pass) for A. D Runs back through cone gate as A delivers a leading pass to D, leading him to the back of the line. A then takes D’s place in the cone gate.

When A first rounds the cone, C then sends a leading pass for B to continue the cycle.

Coach Pts

- Encourage communication
- Encourage moving toward the ball to receive the pass
- Coach serve as a soft defender when players execute a move around cone to encourage shielding the ball
- Dribbler’s head up immediately after dribbling move to locate opponent/shield ball and to locate teammate for pass.
- Challenge team to complete as many iterations as possible in 1 minute.

Mods

If players are struggling with complexity of activity, have dribbler simply dribble to end of line after move around cone to build confidence before returning to original activity design.

Prog

Rotate a player into the grid to play defense; he starts at right end line and can only challenge A for ball once A rounds cone. D player can roam his endline to get open for a pass from A.