



“Z-Square”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing and Receiving

Primary Objective: To imprint proper receipt and distribution of passes, build confidence in giving and receiving passes

Duration: 10 minutes

The Basics



Organization

10 yard square grid with 1 player between each cone, outside of the grid. 1 ball.

Activity

At the coach’s signal, players pass and receive ball in the specified order pictured, 1-4. Challenge players to execute as many cycles of passes (1-4) as they can in a minute. Change directions after 1 minute.

Coach Pts

- Teach proper receipt of ball, wide foot at mid-ball, “kiss” ball to cushion it in.
- Teach receipt of ball with proper foot; with the foot opposite the direction the ball is coming from (this gives the receiver the greatest number of options for playing the ball and helps the receiver shield the ball from an opponent).
- Encourage proper passing technique; wide foot at mid-ball, toe out, ankle locked.
- Transfer ball from receiving foot to passing foot, 2-touch passing. Insist players receive and pass with proper foot, even if they aren’t comfortable using a certain foot for receiving or passing. We want our players to be able to use both feet!

Mods

For more advanced players, decrease size of grid to give players less time to react.

Progression

- 1-touch passing
- After players are proficient with the pattern of play:*
- Remove pattern condition; players can pass to any other player.
 - Add a defender. Defender must stay inside the box, attackers outside the box. Attackers should move from between their cones to get open.
 - Add a second defender and additional attacker to the box. Defenders should try to work together to steal ball, middle attacker should try to check to (run toward) player with ball for a quick pass. Middle attacker should be in constant motion, cycling around the box to split the defense and/or create unbalanced situations the attackers can exploit. Attackers win by successfully completing 10 passes in a row. If defense steals ball or attackers reach 10 passes, rotate players.