

Passing & Receiving: Skill/Technique #2

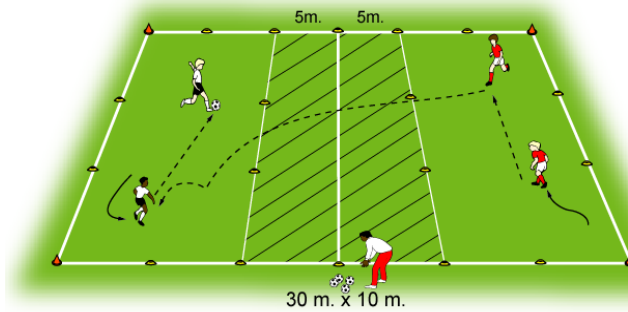
Technique (Alternative):

Soccer Tennis 2

35 minutes

Organization:

- Use markers to set up a number of 30x10m areas as shown.
- Use a halfway line with a 5m “no go area” on each side.
- Play games in a “round robin format” for motivation.



Coaching Points:

- Get behind the ball to receive it.
- Relax your controlling surface on contact.
- Keep the ball rolling.
- Watch the ball.
- Strike through the bottom half of the ball.
- Stretch your toe down & make you ankle stiff as you strike the ball.

Description:

1. Rules as in the previous exercise with the following exceptions: **To score** the ball must be played over the “no go zone” (shaded area) and bounce in the opponent’s court and out of play, either directly or off an opponent. Alternatively, the point is won if the ball bounces twice in the succession in the opponent’s court without being controlled. **The ball cannot be kicked back over the “no go zone” first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball back over the “no go zone” after the second pass, or if the ball bounces in the “no go zone” it results in a loss of the point/serve.
2. Add the condition that the ball must keep rolling or team loses point/serve.
3. Have teams rotate so that they face different opposition each game.

Emphasis: On accurately playing a lofted pass from a rolling ball and efficiently receiving a ball out of the air in order to pass it.

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