

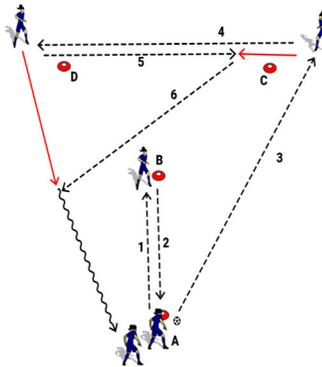


# Colorado United U11-U15 Academy Program

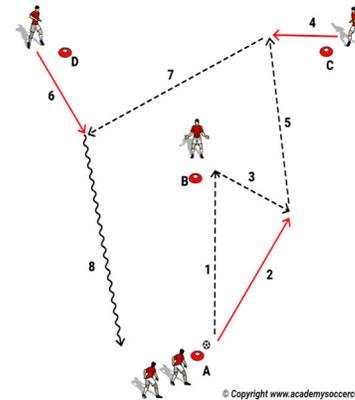


Session Date:	Week 2	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Y- Passing Variations				

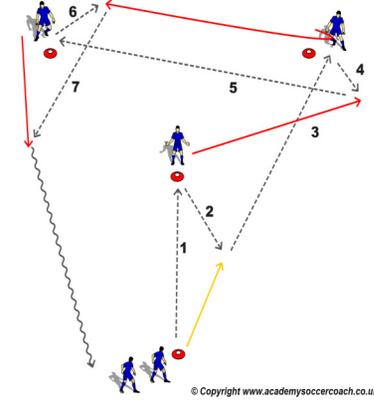
Once your team understands and masters the basic Y, you can start on the new variations.



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2017

- Body shape**, we want our players to have their body facing the center of the field to allow them to have the most options.
- Body position**, where players are on the field. We want our players open, able to receive a pass and not behind or marked by a defender within passing distance of teammate.
- Teach the players how to **receive across their body** to allow more time and give them more options in their decision making. First touch outside their shoulder to keep the ball moving in the direction it is going, touch across the body if they can't continue the way they are going.
- Teach the players how to give their teammates **two options at all times**. This allows the players to dribble but pass if they can't dribble forward.

- Pass and follow your pass in numerical order.
- A passes to B
  - B returns the pass to A
  - A then passes to C
  - C passes to D
  - D passes back to C, who is checking to the ball, D is making a run behind the cone
  - C passes to a moving D, D dribbles to end of line A
- Player rotation— A to B, B to C, C to D, D to A

- A passes to B.
  - A makes a supporting run
  - receive the pass back from B.
  - C checks to the inside of their cone.
  - A passes to C.
  - D makes a run on the outside of their cone.
  - C plays a through ball to D.
  - D dribbles to the end of line A.
- Player rotation - A to B, B to C, C to D, D to A

- Use previous image for lettering.
- A passes to B.
  - B plays the ball back to A.
  - A passes to C while B is makes a run to get the ball from C.
  - C passes to B.
  - B passes to D while C is making a run towards D.