

“PASS IT ON” CLINIC

We are excited that you have joined us for the “PASS IT ON” youth coaching series brought to you by Cal Poly Mustang Soccer. Below are a few of special trainings that develop the passing and possession game that is both effective and attractive to the eye. **The concepts come from Tiki Taka Soccer: a philosophy put forth and made famous by Barcelona of the Spanish La Liga.**

The gist of the clinic is this: “RECEIVE - PASS - PROVIDE” The skills and awareness to do these three things are what is lacking in American soccer and is what needs to be developed in our youth. The games are simple in design: patience, diligence, and good planning are required. Coaches, please feel free to call or email me if you have any questions about these below games on **my cell phone at (831) 419-6248** or at Mustang Soccer at pholoche@calpoly.edu We are here to be a resource for all those that love the game and are interested in developing the youth.

1) “Receive, Pass, Provide”: *Grid size (30 x 40) or (40 x 40) :*

To Start: Groups of 3 players, passing and moving through the grid, spread out throughout working on proper technique, and movement after the pass.

Two simple mantras are used:

“RECEIVE - PASS - PROVIDE” and **“Perception, decision, execution”**

Coaching Points: a) Receive the ball technically clean (inside, outside or sole of foot) b) Keep you head up for vision c) Pass the ball with good technique) Provide support with the other players with the ball.

2) AJAX Diamond: Developing two-footedness, Receiving ball well, Passing ball well, vision, movement, timing.

3) “100 Passes”: *Grid Size (30 x 40)* Divide your team into two (2) teams and play possession with the goal of connecting as many passes as possible. This game creates many great situations to create numbers up situations to either keep the ball or to take the ball from the other team defensively. **Sometimes a player must dribble out of pressure himself, however, you do not score points by dribbling in this game, only through connections of passes.** Players learn to combine with a teammate quickly and to keep the ball moving in and away from pressure. There are also many great transitional moments so players are taught to always be engaged in the game.

SCORING SYSTEM: Each team has a “counter” who counts out loud each pass that is connected. The first team to the designated mark, be it 100, 50 or even 20 win the game!

4) Dutch Cone Game with Back Pass Rule: Grid Size (Approx. 30 wide x 40 long)
Two equal teams. Place five (5) cones about 5 yards inside of each end-line. This zone will represent the **FREE ZONE** for the possessing team. The defending team cannot pressure beyond this line.

The objective of the game is to possess ball and knock down the cones of the other team... however, we have the **BACK PASS RULE**: after each change of possession the team with the ball must move the ball back behind their **FREE ZONE** before they can then progress forward. In short you are developing passing, possession, before scoring!! This requires the players to think in 360 degrees, and consider moving the ball out of pressure as the top priority. They must earn the right to attack.

If the team successfully wins ball and works it back to their **FREE ZONE**, it also essentially allows the defending team ample time to "**Step Up**" and begin **pressing the other team**... another important concept in **TIKI TAKA SOCCER**. If the team can break the pressure and a player knocks down a cone, the player who has knocked it down must pick up this cone and sprint the cone back to their side.... They have **CAPTURED A CONE**. Meanwhile the soccer ball is still live and the game continues on! Play for a designated period of time (say 10 minutes) and the team with the most cones at the end of a designated time period wins the games. **However, the real goal is possession... do the players value the ball? Can they keep possession of the ball through passing, support and awareness.**

Coaching Points: a) After winning ball release pressure by playing back to free zone
b) Be active and intelligent in your support play
c) Get involved and seek to support teammates quickly
c) Keep your head up to receive, pass, provide!

