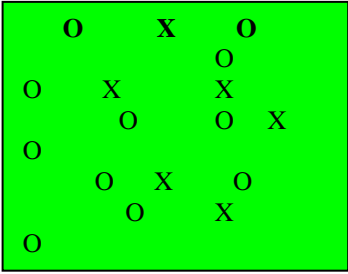
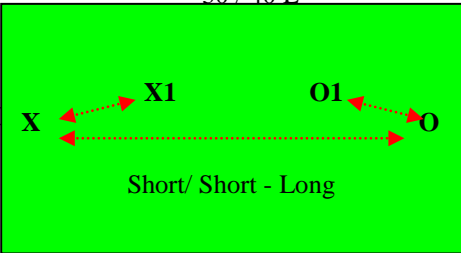
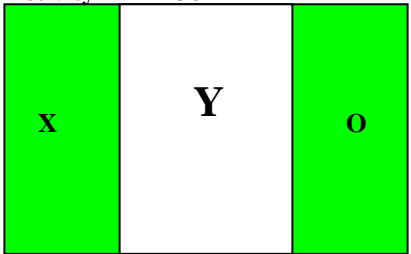
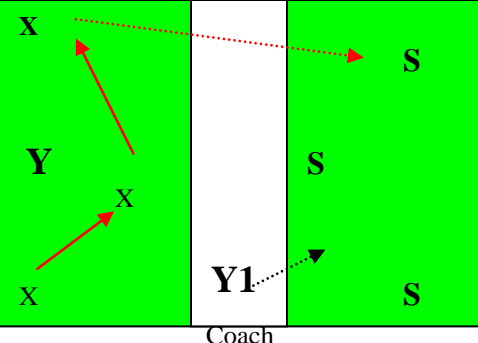


Fergie's Soccer Academy Development Program

Passing and Receiving

Technical

FSA Coach / Player Development

Warm up	Organization (16 Players)	Coaching Points to observe	Ages
<p style="text-align: center;">30</p> 	<ul style="list-style-type: none"> • 1 Ball between 2 players • Cones , Appropriate size area • Unrestricted movement • Pass and Move – 3 touch • Pass to feet • Pass to space • Stretch 	<ul style="list-style-type: none"> • Players have a good attitude and focused on exercise • Players are passing with various surfaces of the feet. • Inside / Outside / laces • Left / Right Foot • Make eye contact 	<p>12/16</p>
<p>1st Activity</p> <p style="text-align: center;">30 / 40 L</p> 	<p style="text-align: center;">Organization</p> <ul style="list-style-type: none"> • Area 30 / 40 L x 20 W • Players Split into groups of 4, • 2 players at one end 2 players at other end. • X Passes to X1 then passes back to X. • X then passes across to O who controls and passes to O1. • O1 passes back to O who passes back to X, Repeat 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused. • Accuracy on a pass. • Selection of Pass – Driven-Chipped Swerved – with inside / outside of foot • Non Kicking Foot along side ball • Contact on the ball – • Get body in line with the ball. • Select and Control with various surfaces of the foot, inside / outside / sole. • have a Good 1st touch 	
<p>2nd Activity</p> <p style="text-align: center;">30</p> 	<ul style="list-style-type: none"> • Area 30 / 40 L x 10 W • Players in groups of 3 • X and O are target players in end zone • Y is a Defender in Middle area • X and O try to pass across Middle Zone , without Y controlling the ball • If player Y gets the ball change with the player who lost it. • 1 Point for every successful pass – 1st Player to 10 wins 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused on exercise • Quality of Passing • Selection of Pass, Low Driven Pass, Long Lofted Pass, Chipped Pass, Swerved with inside / outside of foot. • Quality of players 1st controlling touch • Communication between Players 	
<p>3rd Activity</p> <p style="text-align: center;">30</p> 	<p style="text-align: center;">Organization</p> <ul style="list-style-type: none"> • Area 30L X 20 W • 3 teams of 3 or 4 players • X Team – Y Team – S Team. • X team has to complete 3 passes in there Zone and then play across to S team • Y player tries to intercept. • If X team completes a pass across to S, Y1 then goes in, and Y comes out and stands near coach. • If Y team wins the ball, the team that lost the ball becomes Defense. 	<ul style="list-style-type: none"> • Players Attitude and Mental approach • Quality of Passing and 1st controlling touch • Quality Of Movement off the ball • Angles of support • Distance of Support • Keep Head Up • Changing the angle on receiving touch • Emphasis on Quality of Play not Quantity • If needed remind players of key coaching points. 	

FSA Development Program

Passing and Receiving Technical

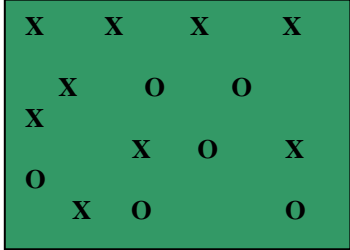
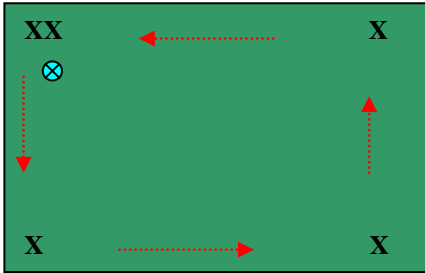

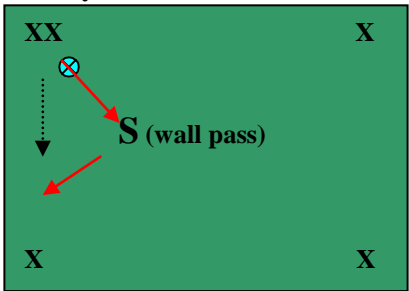



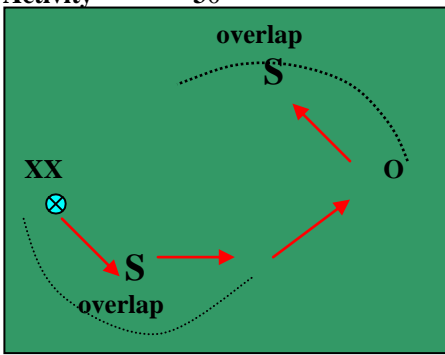



FSA Coach / Player Development

Warm up	30	Organization (16 Players)	Coaching Points to observe	Ages	
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">30</div>  </div>		<ul style="list-style-type: none"> • 1 Ball between 2 players • Cones , Appropriate size area • Unrestricted movement • Pass and Move – 3 touch • Pass to feet • Pass to space • Stretch 	<ul style="list-style-type: none"> • Players have a good attitude and focused on exercise • Players are passing with various surfaces of the feet. • Inside / Outside / laces • Left / Right Foot • Make eye contact 	10/16	
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">1st Activity</div> <div style="margin-right: 10px;">20</div> </div> 		1 Ball	<ul style="list-style-type: none"> • Players Split into groups of 2 and face each other • 1 ball per group played across to opposite group • Pass Across and Follow Pass -Repeat • 2 touch , 1 to receive , 1 to pass • Control with Right Foot – Pass with Right Foot • Control with Left Foot – Pass with Left Foot • Control with Right Foot – Pass with Left Foot • Control with Left Foot – Pass with Right Foot • Control with Outside Right – Pass with inside right • Control with Outside Left – Pass with inside left 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused. • Accuracy on a pass. • Weight and Pace of the pass. • Get body in line with the ball. • Keep your head up. • Select and Control with various surfaces of the foot, inside / outside / sole. • Have a Good 1st touch / change angle of the ball on 1st touch. • Communication between Players 	
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">2nd Activity</div> <div style="margin-right: 10px;">20</div> </div> 		2 Balls	<ul style="list-style-type: none"> • 4 groups of 3 players at the corners of the grid. • 2 balls are passed across diagonally 2 touch • O plays across to O then goes to line X • X plays across to X then goes to line O <p>• Path of Ball/Player </p> <p>• Balls </p>	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused on exercise • Quality of Passing • Quality of players 1st touch • Communication between Players • Awareness of other group - avoid balls hitting in middle of area 	
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">3rd Activity</div> <div style="margin-right: 10px;">20</div> </div> 		3 Balls	<ul style="list-style-type: none"> • 4 groups of 3 players at the corners of the grid. • 2 balls are passed diagonally across - 2 touch • 3rd ball is added and passed around the outside of the grid • Players pass and follow all 3 balls. <p>• Path of Ball / Player </p> <p>• Balls </p>	<ul style="list-style-type: none"> • Players Attitude and Mental approach • Quality of Passing and Receiving • Communication between Players • Good Body Shape • Keep Head Up • Changing the angle on receiving touch • Emphasis on Quality of Play not Quantity • If needed remind players of key coaching points. 	

FSA Development Program

Passing and Receiving Technical

FSA Coach / Player Development

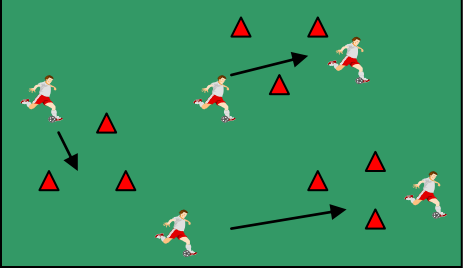
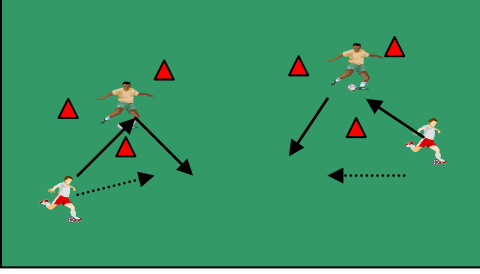
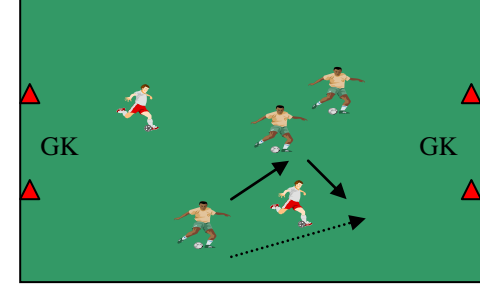
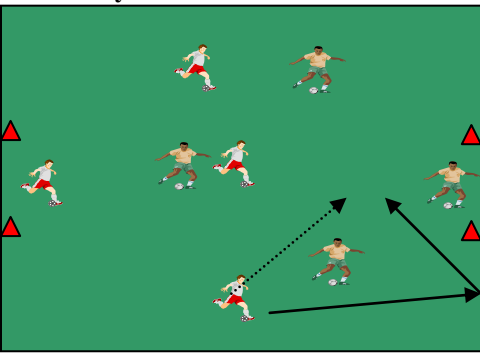
Warm up	Organization	Coaching Points to observe	Ages
	<ul style="list-style-type: none"> • 2 teams X and O • Cones , Appropriate size area • Unrestricted movement, 3 balls per team • Pass and Move – 3 touch (Receive , Turn , Pass) • Pass to feet • Pass to space • Stretch 	<ul style="list-style-type: none"> • Players have a good attitude and focused on exercise • Players are passing with various surfaces of the feet. • Inside / Outside / laces • Left / Right Foot • Make eye contact • Communication between Players 	10/16
<p>1st Activity 10</p> 	<ul style="list-style-type: none"> • Players Split into teams of 5 players • 1 ball per group • Pass around outside and Follow Pass -Repeat • 2 touch , 1 to receive , 1 to pass • Pass with the inside of left then control with inside of Right • Change direction and go the opposite way around so you are passing with the inside of the Right and controlling with the inside of your left. •  Path of Player / Ball 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused. • Accuracy on a pass. • Correct Weight and Pace of the pass. • Open Body shape • Have a Good 1st touch / change angle of the ball on 1st touch. • Communication between Players 	
<p>2nd Activity 10</p> 	<ul style="list-style-type: none"> • 5 players in area 10 x 10 or 20 x 20 • Player S stands in the middle as a support player to play a wall pass off • After completing wall pass, play into X player in the corner, then repeat exercise. • Player S Starts with 2 touches then develop to 1 touch. • Players X start with 2 touch then develop to 1 touch • Path of Player  Path of ball  Ball  	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused on exercise • Quality of Passing • Quality of players 1st touch • Communication between Players • Accuracy , weight of the pass • Correct timing and movement off the ball 	
<p>3rd Activity 30</p> 	<ul style="list-style-type: none"> • Group of 5 players in a area 20 x 30 • X plays to player S , then follows there pass and goes around player S , • X then receives a pass back from Player S • Player S Then Plays into player O repeat on other side. • Path of Player  Path of Ball  Ball  	<ul style="list-style-type: none"> • Players Attitude and Mental approach • Quality of Passing and Receiving • Communication between Players • Observe Body Shape player S (side ways on) • Accuracy, weight and timing of pass • Timing of overlap Run • Emphasis on Quality of Play not Quantity • If needed remind players of key coaching points. 	

FSA Development Program

Passing and Receiving

Technical

FSA Coach / Player Development

Warm up	Organization	Coaching Points to observe	Ages
	<ul style="list-style-type: none"> • Each Player has a ball • Cones , Appropriate size area for # of Players • Unrestricted movement, Run, Dribble through the gates. • How many goals can they go through in 30 seconds • In Pairs pass through the goals to there partner 	<ul style="list-style-type: none"> • Players have a good attitude and focused on exercise • Players are passing with various surfaces of the feet. • Inside / Outside / laces • Left / Right Foot • Make eye contact • Communication between Players 	
<p>1st Activity</p> 	<ul style="list-style-type: none"> • Players Split into 2 teams Red Team / White Team • 1 team of Players Stand within the Triangles • Pass into player through the gate then get a return pass on a angle creating a Wall Pass / give and go • Wall Pass Player start with 2 touch then progress to 1 touch • Path of Ball → 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused. • Accuracy on a pass. • Correct Weight and Pace of the pass. • Open Body shape • Communication between Players 	
<p>2nd Activity</p> 	<ul style="list-style-type: none"> • Area 30 x 20 • 2 v 2 + 1 with Goalkeepers • Play 2 touch Soccer • 1 point for a goal scored • 2 points for a successful wall pass • 3 points for wall Pass and a goal • Path of Ball → • Path of Player → 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused on exercise • Quality of Passing • Quality of players 1st touch • Angle / Distance of supporting Player • Accuracy , weight of the pass • Correct timing and movement off the ball • Awareness of when and where a wall pass can be played 	
<p>3rd Activity</p> 	<ul style="list-style-type: none"> • 4 v 4 + 4 Targets • Area 30 x 20 or appropriate size for age of players • Play 2 touch Soccer • 1 point for a goal scored • 2 points for a successful wall pass • 3 points for wall Pass and a goal • Path of Ball → • Path of Player → 	<ul style="list-style-type: none"> • Players Attitude and Mental approach • Diamond Shape organization • Quality of 1st Touch • Accuracy, weight and timing of pass • Angles and Distance of support • Communication between Players • Awareness of when and where a wall pass can be played • Retention of possession • Transition to penetrate 	