	Skill Level	Date	Age Groups
	Intermediate	**Title:** Off the Ball Runs	U10 U12 U13+

Skill Focus:
Passing Team Play Awareness

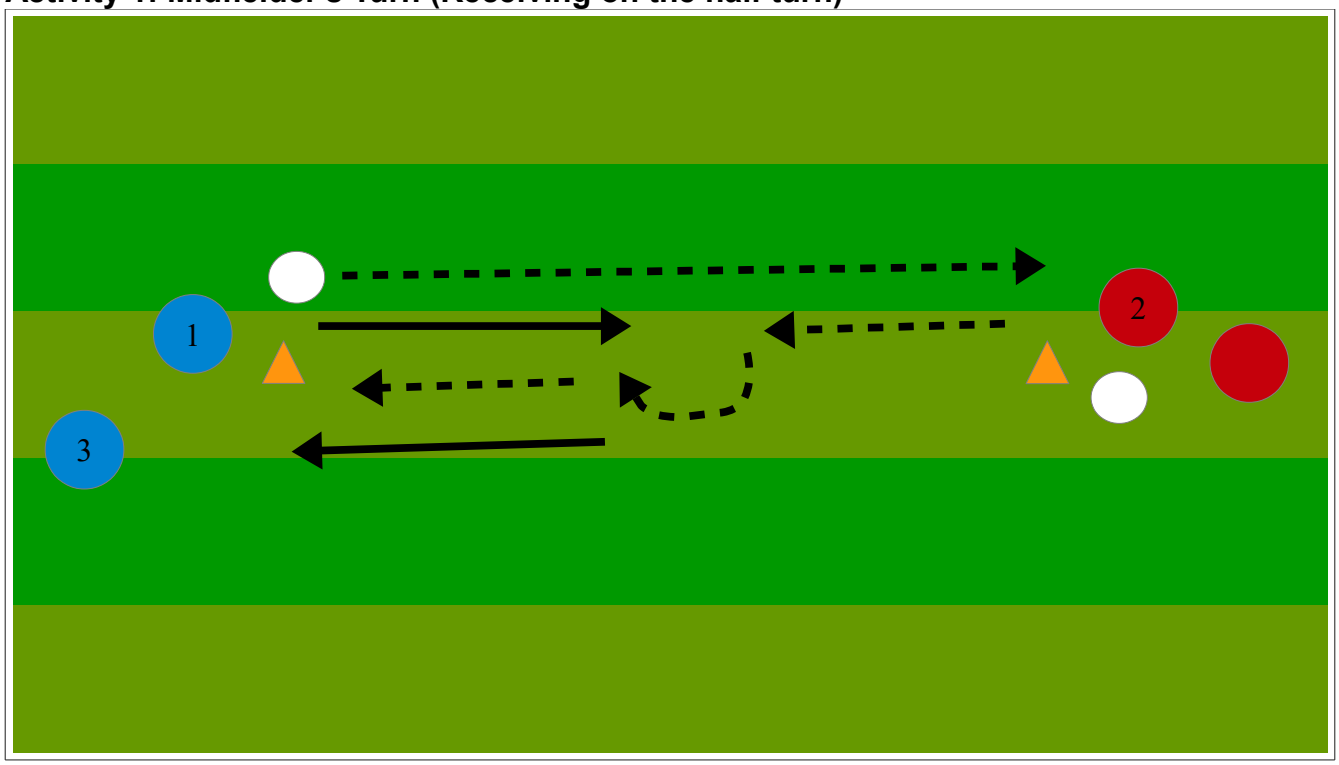
Session Description:
This session focuses on getting players to move into space to receive the ball. Specifically, the player without the ball will overlap the ball handler as they receive the ball in open space.

Warm up:
Basic Rondo

Scrimmage:
You can create a scrimmage but encourage off the ball and overlapping runs.

Notes:
Midfielder's turn (aka, Receiving on the Half Turn) is a must have skill for any midfielder.
https://www.youtube.com/watch?v=mAXA5DERqww

Activity 1: Midfielder's Turn (Receiving on the half turn)



Setup: 2 cones 20 yd apart, set up as many stations as you need

Time: 10-15 minutes

Equipment: cones, balls

Description:
https://www.youtube.com/watch?v=mAXA5DERqww

Put 2 players on each cone (no more than 3)

Player 1 will pass to player 2 and follow the pass half way
Player 2 will one touch back to player 1
Player 1 will perform the turn

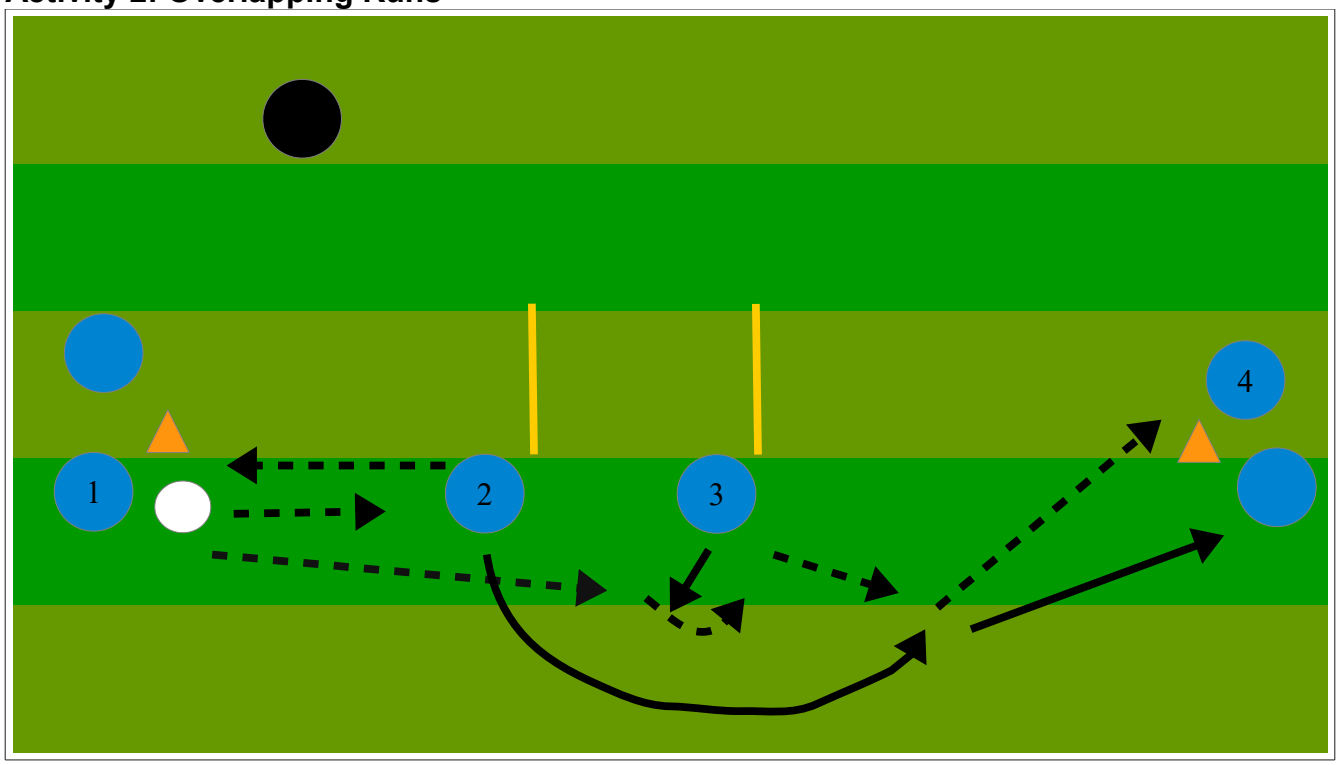
- open up their body receive the pass with their back foot
- take a touch on the ball to slow it down
- turn back to the cone they came from and pass it to the player 3
- follows their pass back to the cone

The process repeats with the players on the opposite cone

Coaching Points:

- Good strong passes that stay on the ground
- Before performing the turn, check over your should to make sure no one is behind you
- Soft touch on the turn to slow the ball down
- Take a touch with the outside of the receiving foot to move into the space behind
- Use both feet to take the turn

Activity 2: Overlapping Runs



Setup: 2 agility poles or cones in the middle 2 yd apart. 2 cones at either end 10 yd apart set up as many stations as you need.

Time: 10-15 minutes

Equipment: agility poles/cones balls

Description:
6 players per station

Player 1 passes to player 2
Player 2 passes back to player 1 and player 3 checks away into open space
Player 1 passes to player 3, and takes player 2's position.
Player 3 receives the ball on the turn (midfielder's turn) while player 2 overlaps player 3
Player 3 passes to player 2
Player 2 passes to player 4 and follows their path

The activity comes back the other way.

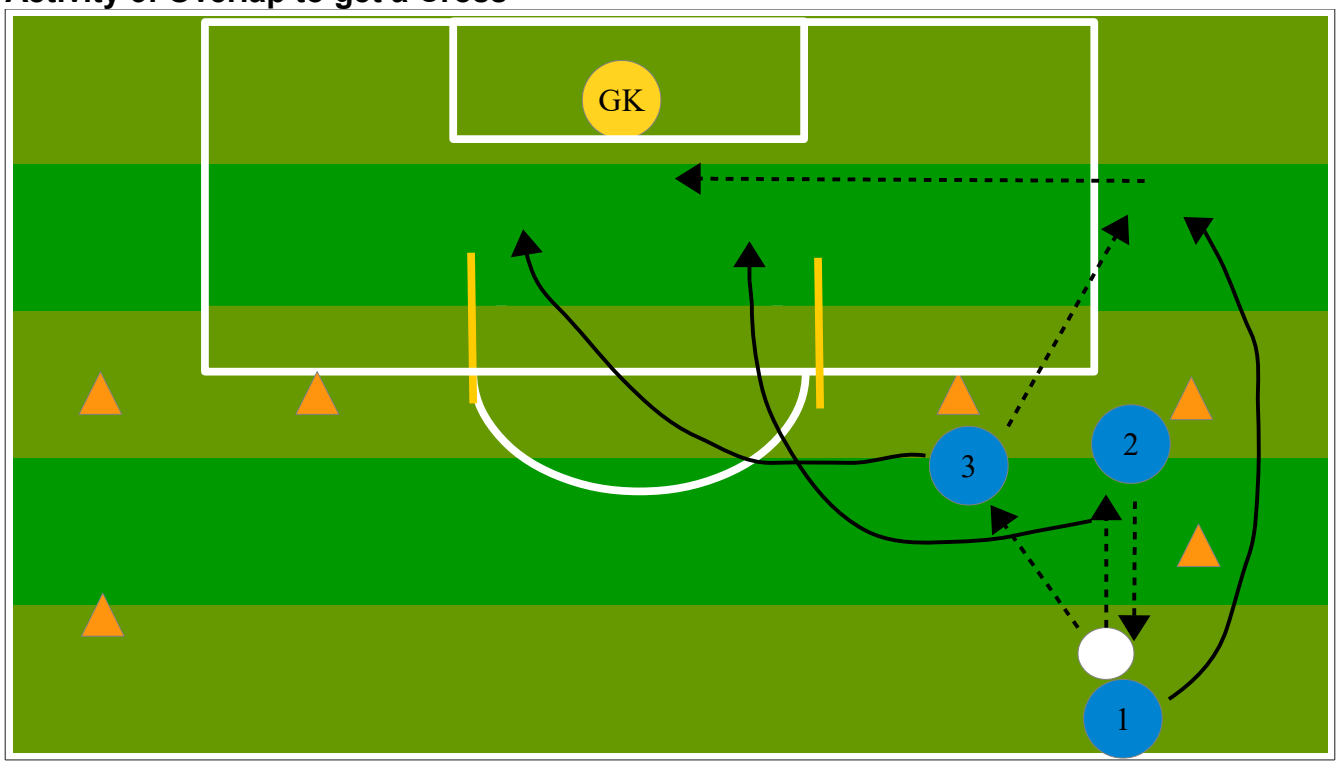
Coaching Points:

- Make good solid passes.
- Delay your run until the ball has passed you
- Good midfielder's turn

Progressions:

1. Player 2 can play a dummy and let the pass from player 1 to player 3 go through their legs.

Activity 3: Overlap to get a Cross



Setup: This should be done in a goal area
2 agility poles at the edge of the penalty box even with the goal posts
3 cones in an “L” shape either side of the poles 5 yd apart

You can have a setup on both sides of the goal box and the players can move from one side to the other

Time: 10-15 minutes

Equipment: Agility Poles and cones

Description:
Player 1 passes to player 2
Player 2 passes back to player 1
Player 1 passes to player 3 and runs around player 2
Player 3 plays 1 touch into space behind the defenders
Players 2 and 3 make looping runs into the box between the 2 poles
Player 1 puts in a cross for a shot on target

Coaching Points:
- Good 1 touch passes
- Quick movement after your pass
- 1 touch on the cross

Progressions:
1. Add a goal keeper