



Barcelona Star Progressions

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Description

This is my bread-and-butter staple passing warm up. I love it because it emphasizes so many of the aspects of the EDGE Stages: Knowledge, Vision, First Touch, Technical Reality, Decision

Static and Basic Constraints (5 mins)

Progression #1:

Constraints:

Static. Players remain at their station#.

(Note: for multiple players at #, after pass, move to back of line.)

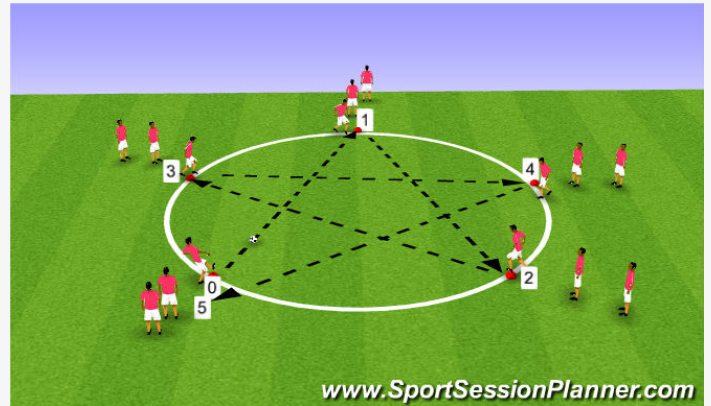
Two touch maximum. One touch desired, but not required.

Coaching point: Emphasize first-touch body shape (position of hips & feet prior to receiving the ball.)

Coaching point: "Begin with decision in mind!" - Players know where they will play the ball next, therefore their first touch needs to link decision with knowledge-vision-first touch

Coaching point: "Eyes up!" "Call out the name of your target player!" -- We are training their eyes to coordinate with the rest of their body. The visual signal informs the motor skills how to perform the pass.

(note: As we progress and add motion and more balls, vision and calling out target player's name is crucial for execution in a chaotic situation).



Dynamic & Multiple Balls in Play (10 mins)

Progression #2 - Dynamic (Follow your pass) + B) Dynamic + add balls

(2 balls in play for less than 15 players, 3 ball in play total for 15 players).

Coaching points: Don't let the players passes get "sloppy" just because they are moving.

Coaching points: "Be soccer ready" (on your toes, ready to meet the ball) Debrief of the drill can remind players of "technical reality" (EDGE stage), where you must adjust to a new situation (most likely here, a bad pass or first touch).

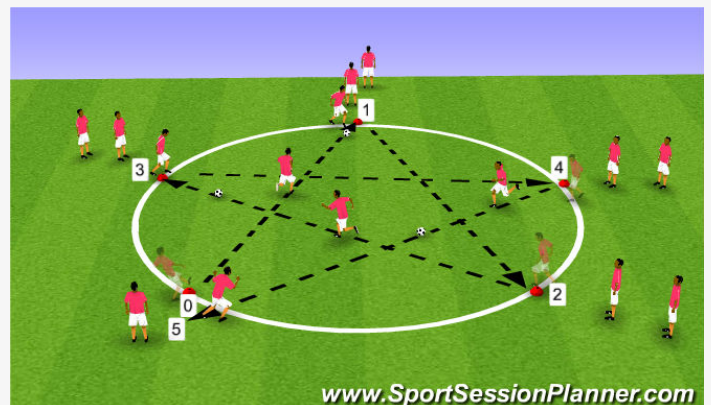
Coaching points: "Bad pass?" "Bad first touch?" "What doesn't change? (in the drill at least)" -- The target player! So if technical reality means rebooting EDGE stages, knowledge & vision are pretty much set at default for this drill. Therefore, players should try to recover quickly as possible.

Coaching points: Vision: "Attention and focus." "Call out target player" Lots of voices now. Lots of movement now. "Can you find your focus amid the chaos?"

Coaching points: First Touch: When you start with one ball in motion, after a few cycles add the constraint "One-Touch Only that's the goal. Two-touch only if you need it."

Coaching points: First Touch: really try to have the players increase speed by stringing together one-touch passes. If it get out of control, reset.

To finish the drill, I usually set a condition: 10 perfect passes, all one-touch (two-touch depending on age/skill level).



Advanced constraints

Advanced Constraints:

Add Mannequins. Team color constraints. Sequencing constraints.

