



# Passing










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The International Coaches Association

# Passing Drills and Games













































Select from a large variety of passing drills and games to custom design your own practice sessions. There are fun and challenging practices for every age and skill level.

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## Advanced

-  Manchester United Passing Drill
-  Italian Passing Awareness Drill
-  Liverpool Passing Game
-  Juventus Reverse Passing Drill
-  Burnley FC Possession Game
-  Burnley FC Possession Game with Striker
-  Man City Passing Game (Part 1)
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-  Everton Circle Passing Game 7 v 3
-  Everton Circle Passing Game 3 v 3
-  Newcastle United Box Passing Drill
-  Mexico 2 v 2 Passing Game
-  Juventus 6 v 6 Chip to Score Game
-  6 v 6 Three Zone Game
-  Ireland Six Goal Game
-  Man City 6 v 6 Thinking Game
-  Through the Gate
-  3 v 1 Swap Over
-  Find the Open Player Game
-  2 v 2 Passing Under Pressure
-  4 v 2 Both Sides
-  4 v 4 Passing Under Pressure
-  4 v 1, Play to Target Man
-  Chip to Target
-  Crossing Drill I
-  Crossing Drill II
-  Crossing Drill III
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-  4 v 3, one on, one off
-  Build the Numbers
-  Move the Ball
-  2 v 1 Under Pressure
-  Numbers Possession
-  Penetration Box
-  Third Man Running
-  Passing to Targets
-  Passing for Defenders I
-  Passing for Defenders II
-  Passing for Defenders III
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-  Passing for Midfield Players 2
-  Passing for Forwards 1- Playing the Ball Wide

## Intermediate

-  Hit The Flag Drill
-  Follow Ball Drill
-  Triangle Passing
-  Passing in Triangles
-  Diagonal Passing Drill
-  Rotation Passing Exercise
-  The Passing Square - Two Touch
-  The Passing Square - One Touch
-  The Passing Square - Give and Go
-  The Passing Square - Short and Long
-  Improving Passing and Team Balance
-  Improving Passing and Team Balance 2
-  Improving Penetration when Passing
-  Quick Decisions when Passing
-  Pass and Overlap
-  Give and Go
-  Passing Rotation
-  Passing Rotary
-  Reverse Pass
-  The Three Pass Game
-  Passing with the right speed
-  Give and Go Basics
-  Mine Field
-  The Numbers Game
-  The Color Game
-  Passing and Support
-  Pass Outside the Grid
-  3 v 1 Passing Under Pressure
-  Hit the Ball
-  One Touch, Two Touch
-  Mechanics of the Chip Pass
-  Mechanics of the Bent Pass
-  Mechanics of the Lofted Pass
-  Aerial Passing Drill
-  Return the Pass
-  Pass and Overlap II
-  First Man, Second Man
-  Keep the Ball
-  Sit on the Ball
-  Take Overs
-  Chip Pass Drill
-  Loft and Chip Rotation Drill
-  The Lofted Pass I
-  The Lofted Pass II

## Advanced

- Passing for Forwards 2 - The Give and Go
- Passing for Forwards 3 - Back to Goal
- One Against One with Four Corner Players
- Two Against One
- Two Against Two with Four Players in Support
- Three Against One
- Three Against Two
- Three vs Three (Attacking the Goal-Lines)
- Three Against Three/Two Players in Support
- Four Against Two
- Four Against Four
- Five Against Five Plus One Neutral Player
- Seven Against Five
- Seven vs Seven
- Eight Against Eight (Attacking the Goal-Lines)
- Two Forwards vs One Defender
- Three Forwards vs Two Defenders
- Five Forwards vs Four Defenders
- Six Forwards vs Six Defenders
- Two Against Two (two goals)
- Three Against Three (two goals)
- Three Zone Game
- Three Zone Game with Goalkeepers
- Three Zone Game with Four Goals

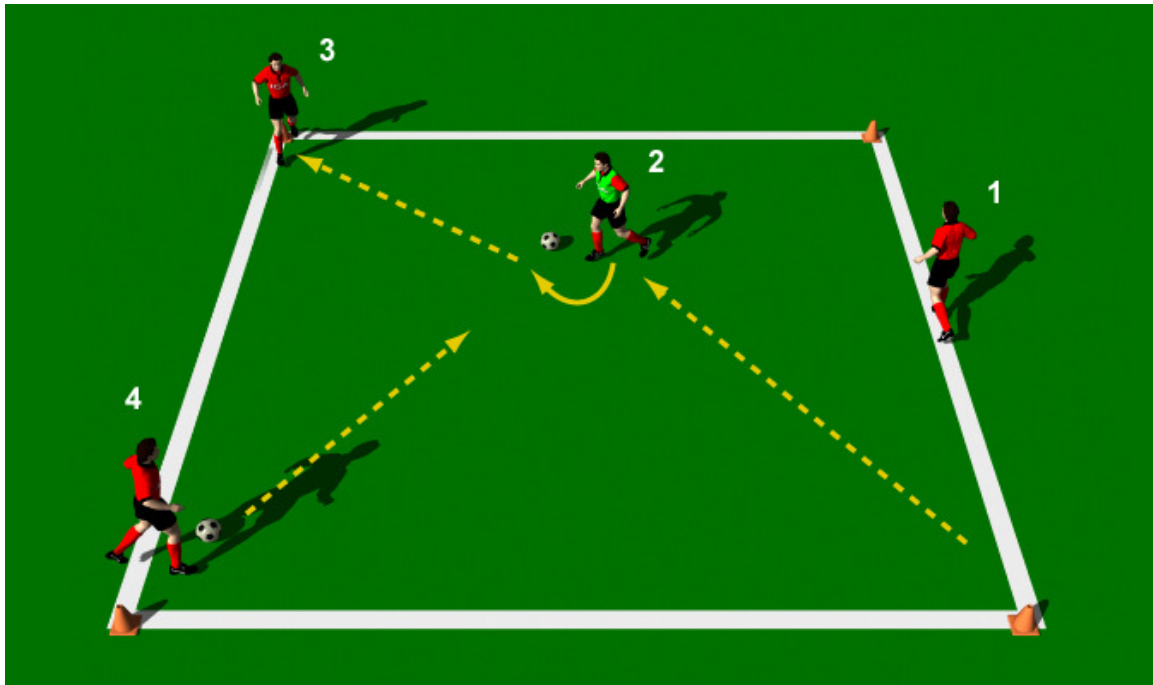
## Fundamental

- Speed Ball
- Mechanics of the Push Pass
- Lock the Ankle
- Land on the Moon
- Soccer Marbles
- The Incredible Shrinking Box
- Balls in the Box
- 3,2,1, Blast Off
- One Man Relay Passing
- Two Man Relay Passing
- Under the Bridge
- Speed Passing
- Swap the Ball
- Pressure Passing I
- Pressure Passing II
- Pressure Passing III
- Target Passing
- Follow the Pass
- Through the Tunnel
- Knock Down the Cone
- Pass and Run



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## ***Manchester United Passing Drill***



### **Objective of the Practice:**

This exercise is designed to work on each players' quick decision making and passing skills.

### **Field Preparation:**

- ☐ 4 Players
- ☐ Area 10 x 10 Yards
- ☐ Supply of Balls and Cones

### **Coaching Points:**

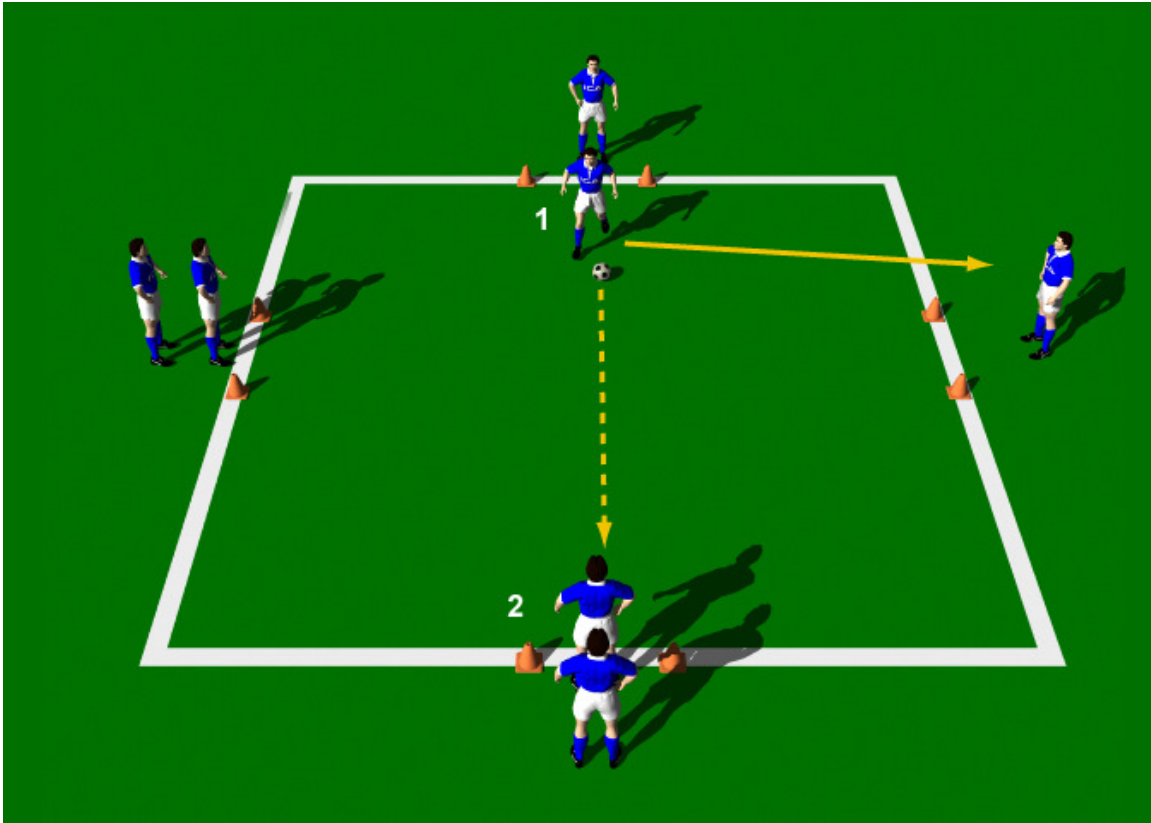
There are four players inside the square with 2 balls. Three players work on the sides of the square and one player works on the inside. The practice starts when player "1" passes to player "2" (center player). After passing the ball player "1" must quickly run to the open cone. Upon receiving the ball, player "2" has to quickly identify the free player and pass the ball to him. After releasing the ball, player "2" receives a pass from player "4". The practice then is continued in this manner. The center player is always looking to receive the ball and pass to the open player. The outside player is always looking to pass and move to the open cone.

### **Focus On:**

- ☐ Quality "first touch".
- ☐ Accuracy and Pace of the pass.
- ☐ Disguising the pass.
- ☐ Explosive movement with the ball.



## ***Italian Passing Awareness Drill***



### **Objective of the Practice:**

This exercise is designed to work on each players' quick decision making and passing skills.

### **Field Preparation**

- ☐ 7 Players
- ☐ Area 10 x 10 Yards
- ☐ Supply of Balls and Cones

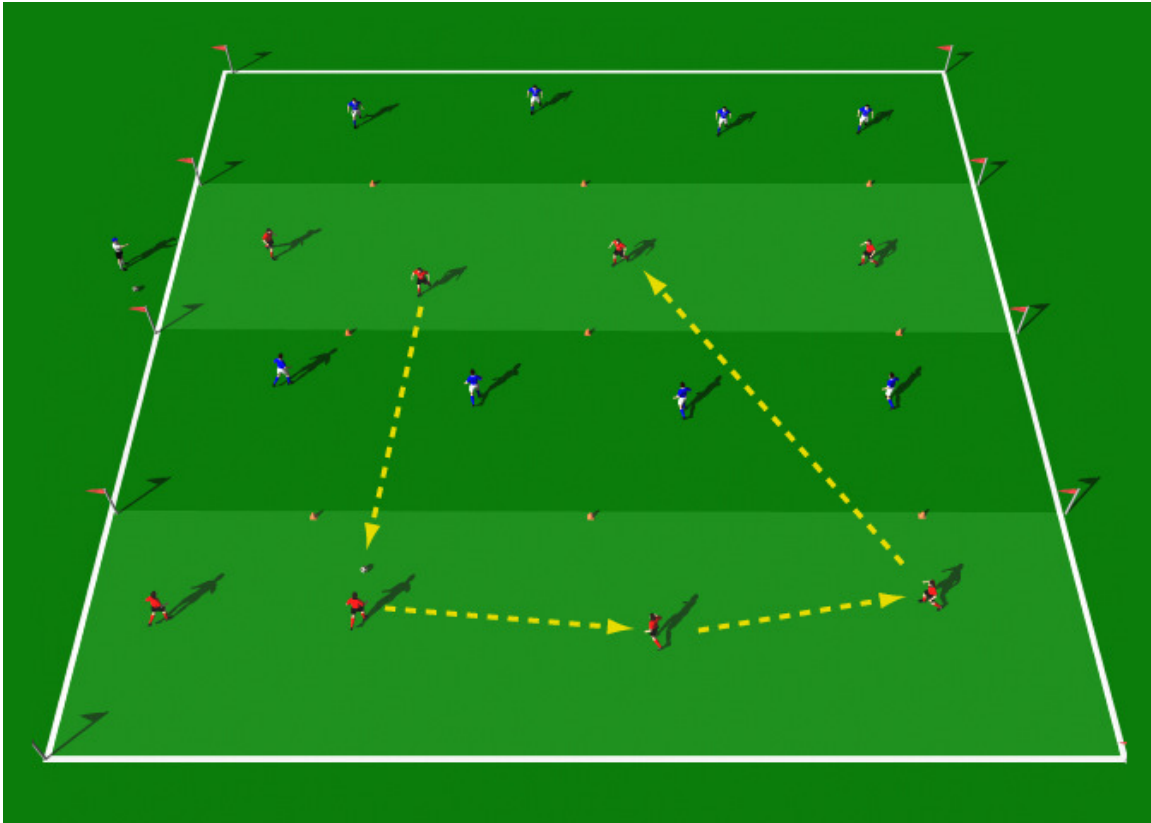
### **Coaching Points**

Place 2 players at each gate (cones) and one player at one gate. (As in the diagram above). The object of the drill is to pass the ball to the gate with 2 players and then run to the gate with one player. There should never be a gate with three players.

### **Focus On:**

- ☐ Quality "first touch".
- ☐ Accuracy and Pace of the pass.
- ☐ Disguising the pass.
- ☐ Explosive movement with the ball.

# ***Liverpool Passing Game***



## **Objective of the Practice:**

This practice is designed to develop quick exchange of the ball when in possession, with an emphasis on penetration.

## **Field Preparation**

- ☐ 16 Players (two groups of eight)
- ☐ Area 30 yards x 40 Yards (4 zones)
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs

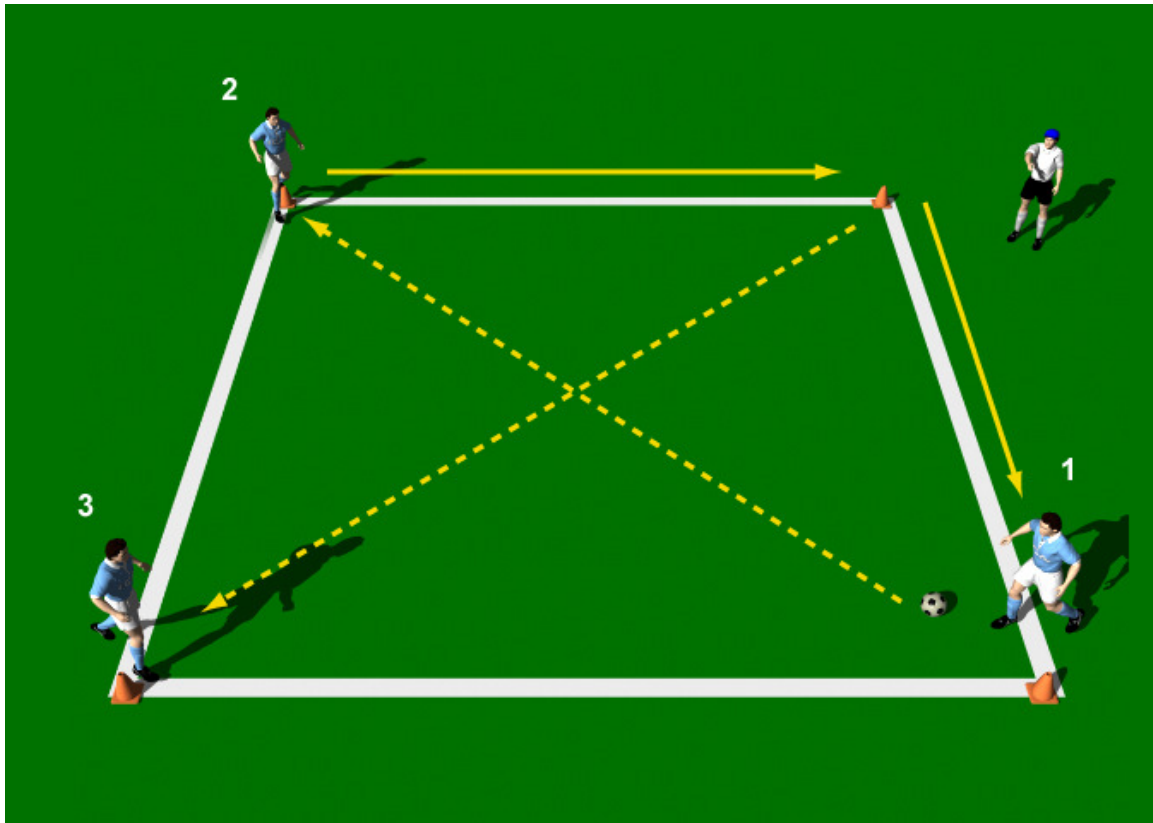
## **Coaching Points**

Divide group into two teams of eight. Identify each team with colored bibs. Place four players on each team in different zones as in the diagram above. Use one ball. The object of this game is for the four players with the ball to try and penetrate the opposing four players and find one of their team in the opposite zone. If the opposing team intercepts the ball, they now try to penetrate by passing the ball. Play unrestricted then develop to “two touch”. Change zones.

## **Focus On:**

- ☐ Quick movement off the ball.
- ☐ Vision and communication.
- ☐ Quality First Touch, especially from target striker in box.

## *Juventus Reverse Passing Drill*



### **Objective of the Practice:**

This exercise is designed to work on each players' passing skills, with an emphasis on the "reverse pass".

### **Field Preparation**

- ☐ 3 Players
- ☐ Area 10 x 10 Yards
- ☐ Supply of Balls and Cones

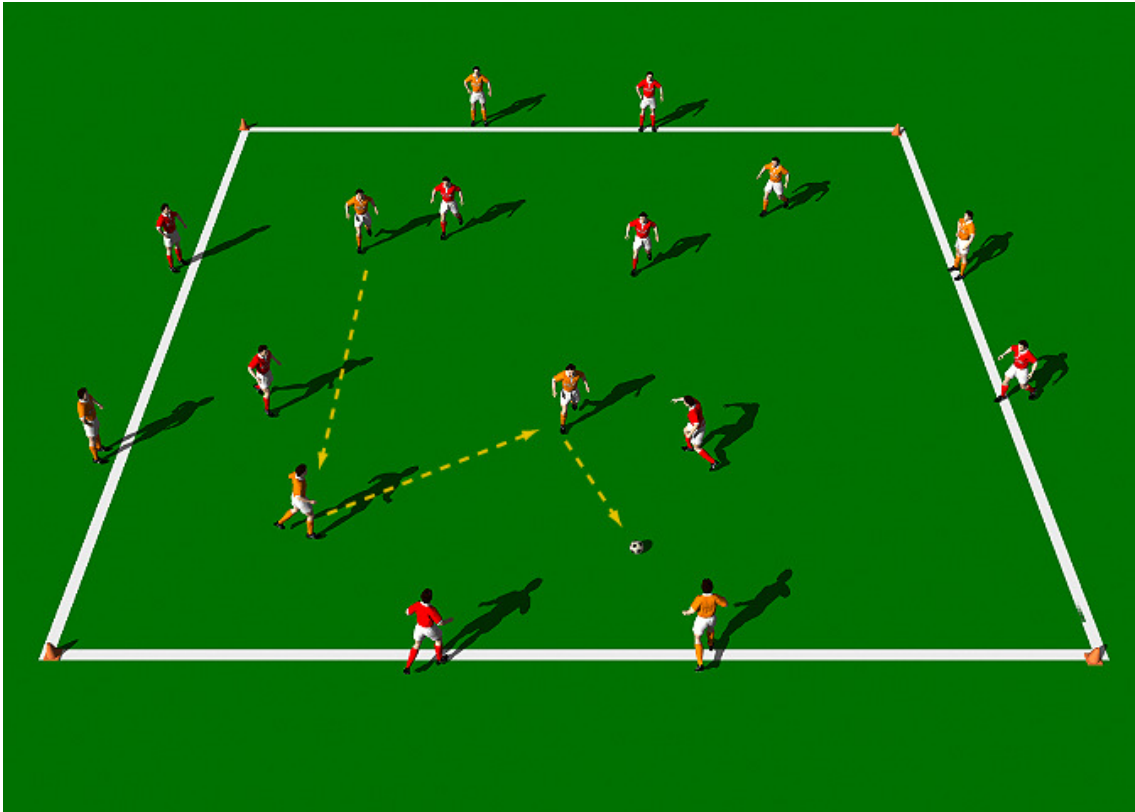
### **Coaching Points**

There are three players inside the square. The practice starts with player "1" making a run with the ball to the vacant cone. Upon reaching the cone player "1" plays a "reverse" pass to player "2". Player "2" makes a run with the ball to the vacant cone. Upon reaching the cone player "2" and plays a "reverse" pass to player "3". Player "3" makes a run with the ball to the vacant cone. Upon reaching the cone player "3" and plays a "reverse" pass to player "1". The drill is continued in this sequence. Perform drill in opposite direction to work on both feet.

### **Focus On:**

- ☐ Quality "first touch".
- ☐ Accuracy and Pace of the pass.
- ☐ Disguising the pass.
- ☐ Explosive movement with the ball.

## ***Burnley FC Possession Game***



### **Objective of the Practice:**

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

### **Field Preparation**

- ☐ 16 Players (two groups of eight)
- ☐ Area 20 yards x 20 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs

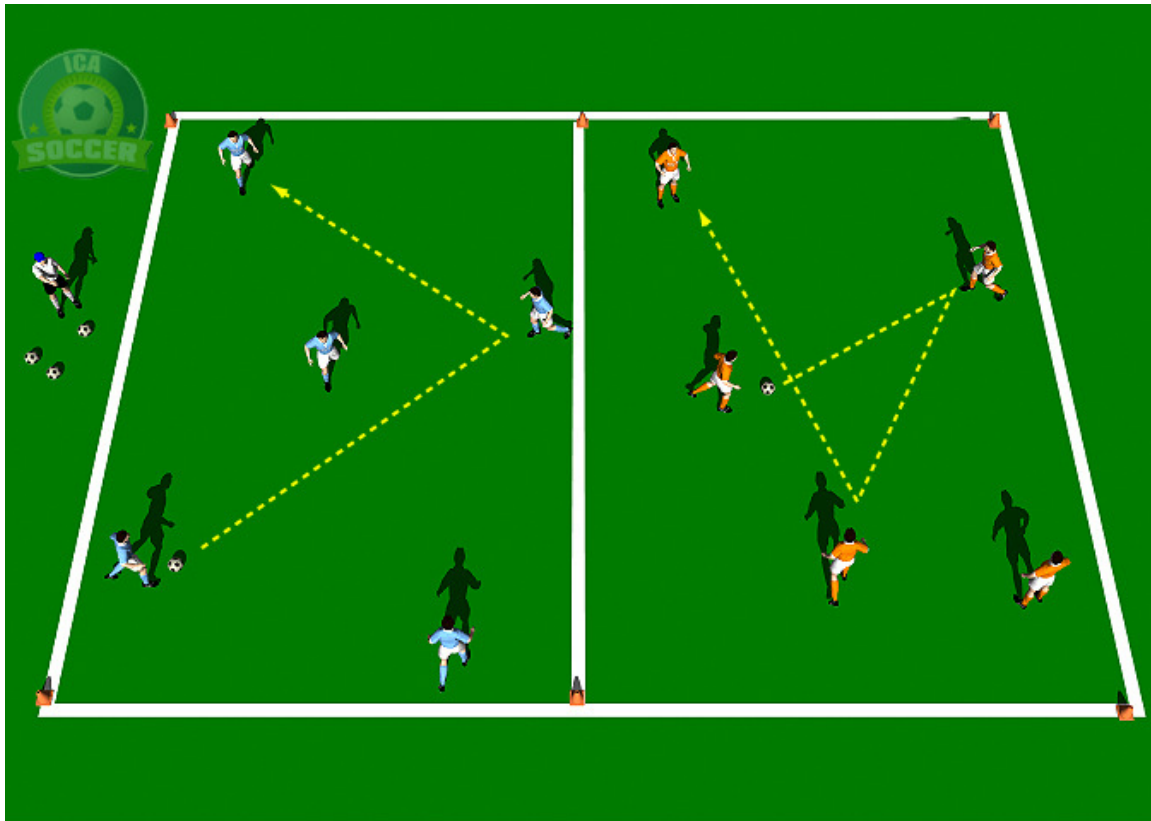
### **Coaching Points**

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded.

- ☐ Progress this exercise by playing 'two touch' then "one touch"
- ☐ Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.



## Man City Passing Game (Part 1)



### Objective of the Practice:

This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo.

### Field Preparation

- ☐ 10 to 12 players.
- ☐ Area 10 by 20 yards (divided into 2 squares).
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs

### Coaching Points

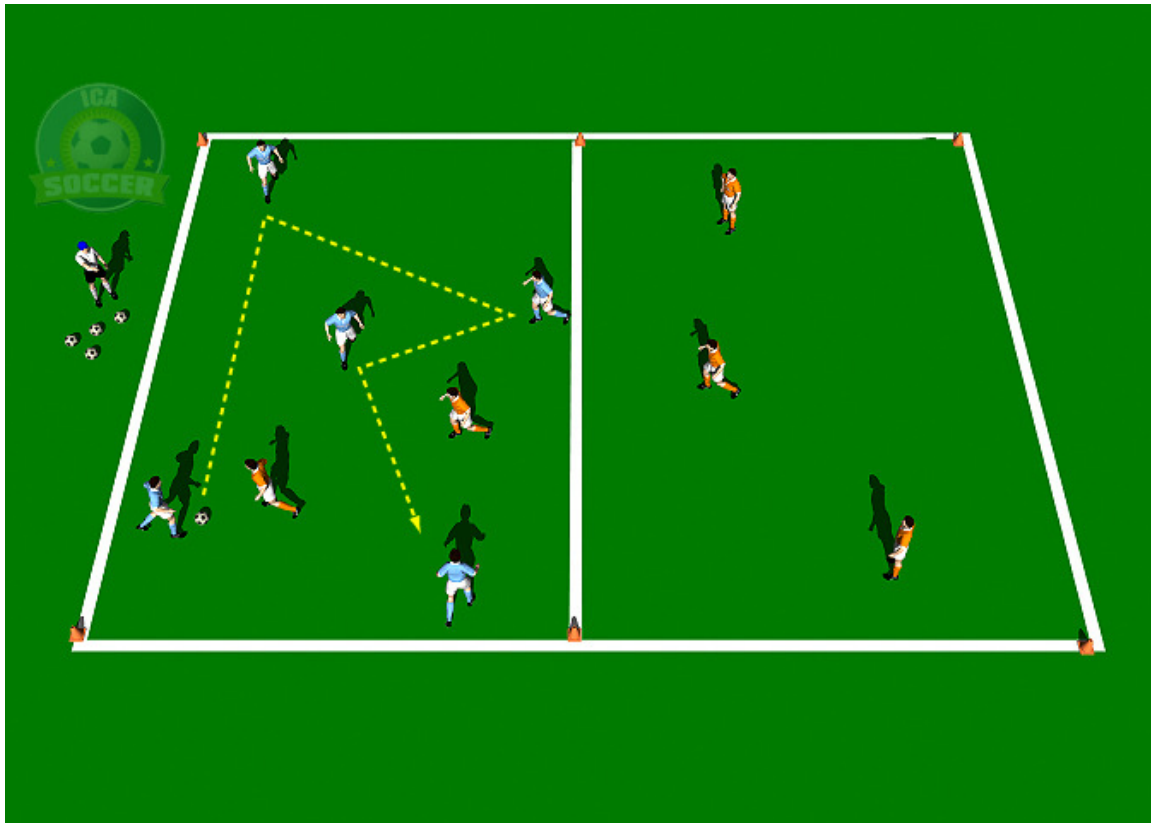
A team of 5 players are placed in each square with one ball. The team is restricted to their own square. Players must pass the ball quickly around their own square, following these instructions;

- ☐ Restricted to "Two Touch" only.
- ☐ Restricted to "One Touch" only.
- ☐ Passing player must shout out a number "One or Two". Receiving player has that amount of touches.
- ☐ Passing player must shout out a number "One or Two". Receiving player do the opposite.
- ☐ Players must pass the ball without talking "*Total Silence*".

### Focus On:

- ☐ Quick exchange of the ball, quality passing. High tempo **and** Quality technique.

## ***Man City Passing Game (Part 2)***



### **Objective of the Practice:**

This is a great passing exercise to develop vision, pace, accuracy, timing, disguise and tempo defensive pressure.

### **Field Preparation**

- ☐ 10 to 12 players.
- ☐ Area 10 by 20 yards (divided into 2 squares).
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs

### **Coaching Points**

A team of 5 players are placed in each square. One team starts with the ball. The team is restricted to their own square. The team in possession must obtain 10 consecutive passes to get a goal. Two players from the opposite team move into the square to make it a 5 v 2 situation. If the ball is won by the two defenders, the drill is swapped to the opposite square. Now 2 blue players must defend. Alternate which players are defenders.

As a pre-cursor to this activity you can have the teams player handball 5 v 2, then move to possession drill.

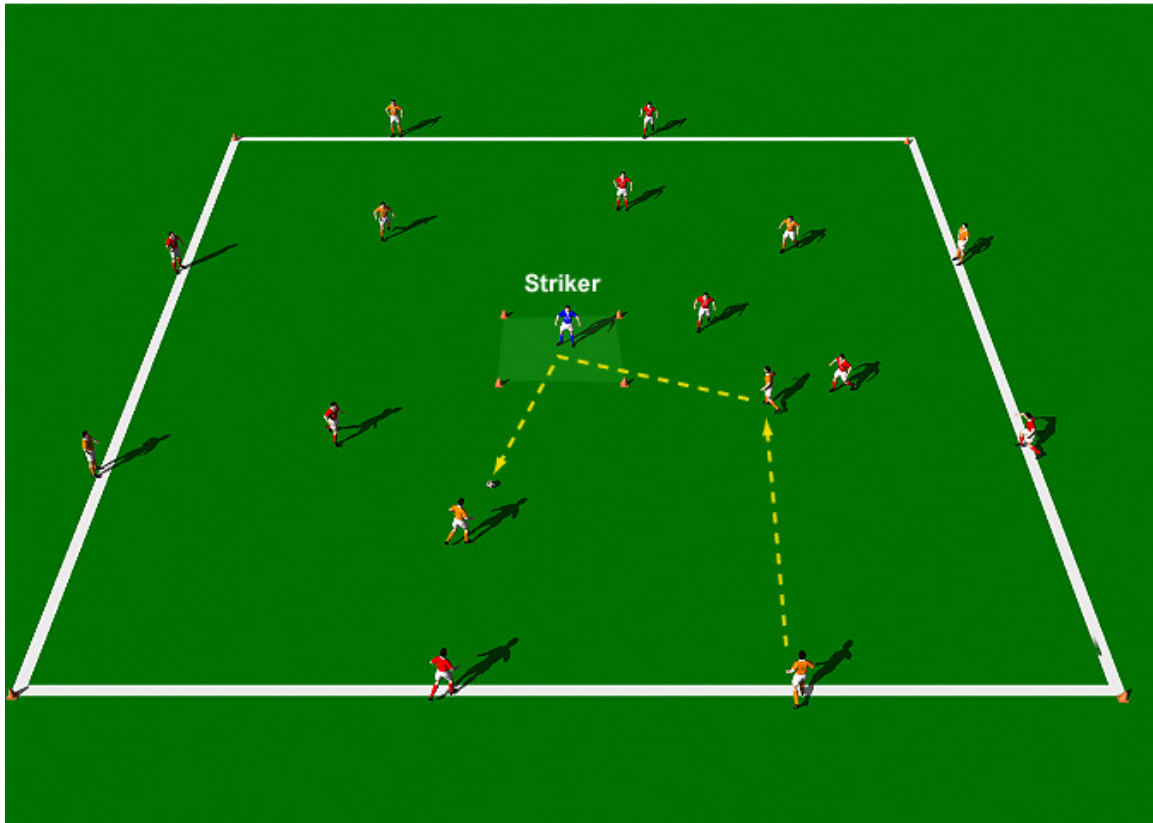
### **Focus On:**

- ☐ Quick exchange of the ball, quality passing.
- ☐ High tempo.

- ☐ Quality technique.
- ☐ Good support angles, must be deep and wide.
- ☐ High tempo defending, work in pairs as you press the ball to force errors.
- ☐ Good communication from both teams.

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## ***Burnley FC Possession Game with Striker***



### **Objective of the Practice:**

This is a great possession exercise that emphasizes quick passing, movement and communication between players.

### **Field Preparation**

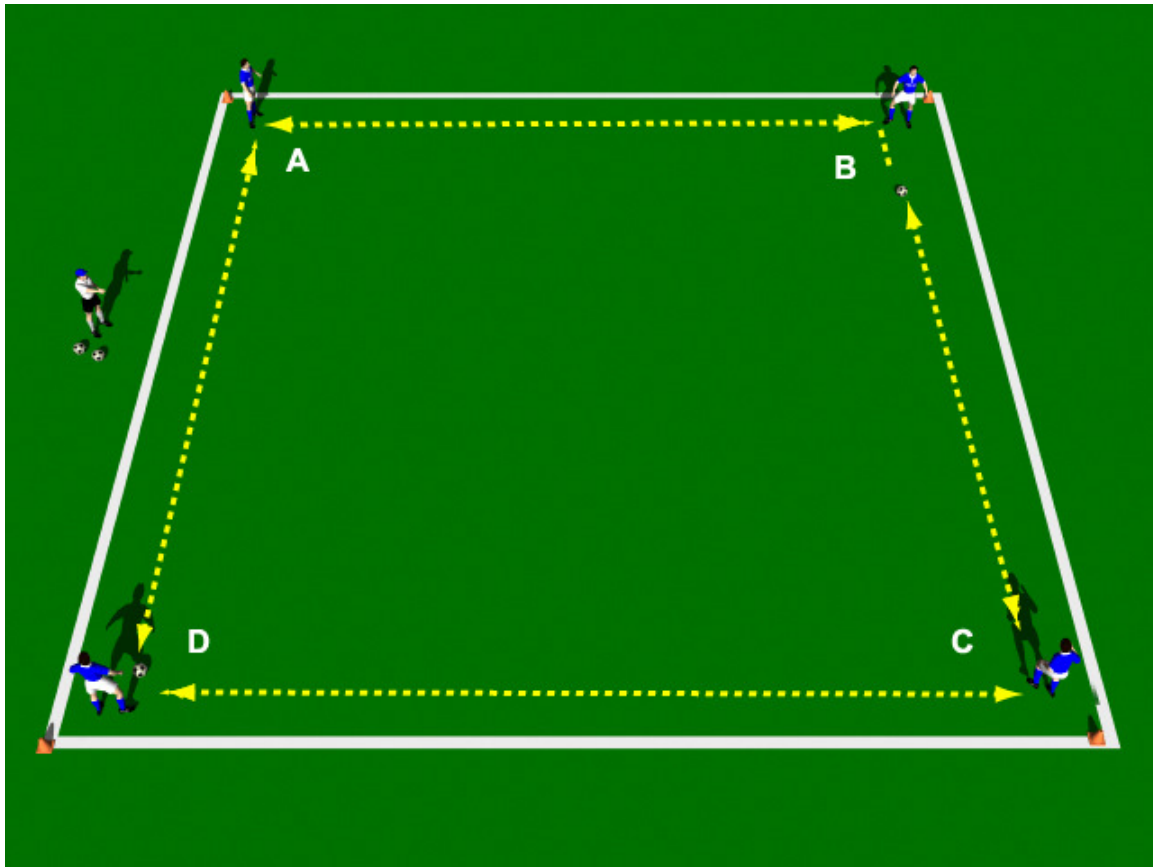
- ☐ 16 Players (two groups of eight) Plus one striker (target man)
- ☐ Area 30 yards x 30 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs

### **Coaching Points**

Divide group into two teams of eight. Identify teams using colored bibs. Place 4 players on each team in the square and place four players from each team outside the square (one on each sideline). Place a striker or target man inside a 5 yard square in the middle of the grid. Start off with free play (unlimited touches). Play 4 v 4 inside the square. The team in possession can use their team mates on the outside to keep possession. This makes it a 8 vs 4 situation for the team with the ball. If the defending 4 can win the ball, they can then use their four team mates to make it 8 v 4 in their favor. Every time a team gets 8 consecutive passes a goal is awarded. Every time a team can play a pass to the striker in the box a goal is awarded. Defenders cannot enter the strikers box.

- ☐ Progress this exercise by playing 'two touch' then 'one touch'
- ☐ Progress this exercise by allowing an outside play to switch with and inside player. Cannot have 5 players in box. Rotate outside player to inside.

## ***Dutch High Tempo Passing Drill (Part 1)***



### **Objective of the Practice:**

This practice is designed to improve passing techniques with an emphasis on the players "Speed of Play".

### **Field Preparation:**

4 players are set up in a square 20 yards by 20 yards, use cones on the corner, 1 player on each corner.

2 balls.

### **Coaching Points:**

Player "A" and player "C" start with a ball.

Player "A" passes to player "B", player "B" passes to player "C".

Player "C" passes back to player "B", player "B" passes to player "A"

This sequence is repeated continually.

At the same time;

Player "C" passes to player "A", player "A" passes to player "B".

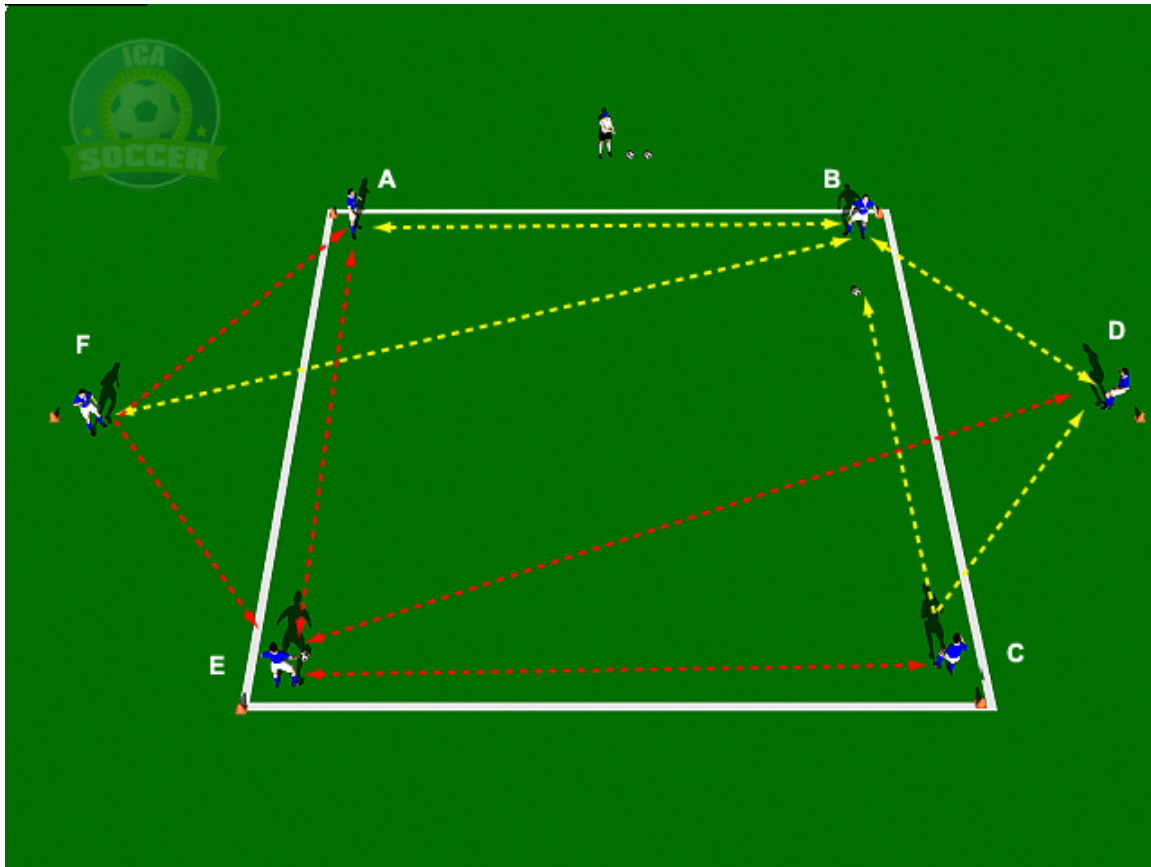
Player "B" passes back to player "A", player "A" passes to player "C"

Note: an "L" shape is formed with the passes.

Emphasize fast paced passes, limit to "2 touch", "side on" body position to receive the ball. Work for 10 minutes. **Progression** – Play "1 touch"



## ***Dutch High Tempo Passing Drill (Part 2)***



### **Objective of the Practice:**

This practice is the next progression to the ***Dutch High Tempo Passing Drill (Part 1)***. It is designed to improve passing techniques with an emphasis on "Passing Angles" and the players "Speed of Play".

### **Field Preparation:**

4 players are set up in a square 20 yards by 20 yards, use cones on the corner, 1 player on each corner. Add 2 cones one each end to form a triangle. Position a player at each cone. 2 balls. (see diagram above)

### **Coaching Points:**

Player "A" and player "C" start with a ball.

Player "A" passes to player "B", player "B" passes to player "C".

Player "C" passes to player "D", player "D" passes to player "B".

Player "B" passes back to player "D", player "D" passes to player "C".

Player "C" passes to player "B", player "B" passes to player "F".

Player "F" passes back to player "B", player "B" passes to player "A".

This sequence is repeated continually.

### **At the same time;**

Player "C" passes to player "E", player "E" passes to player "A".

Player "A" passes to player "F", player "E" passes to player "E".

Player "E" passes back to player "F", player "F" passes to player "A".

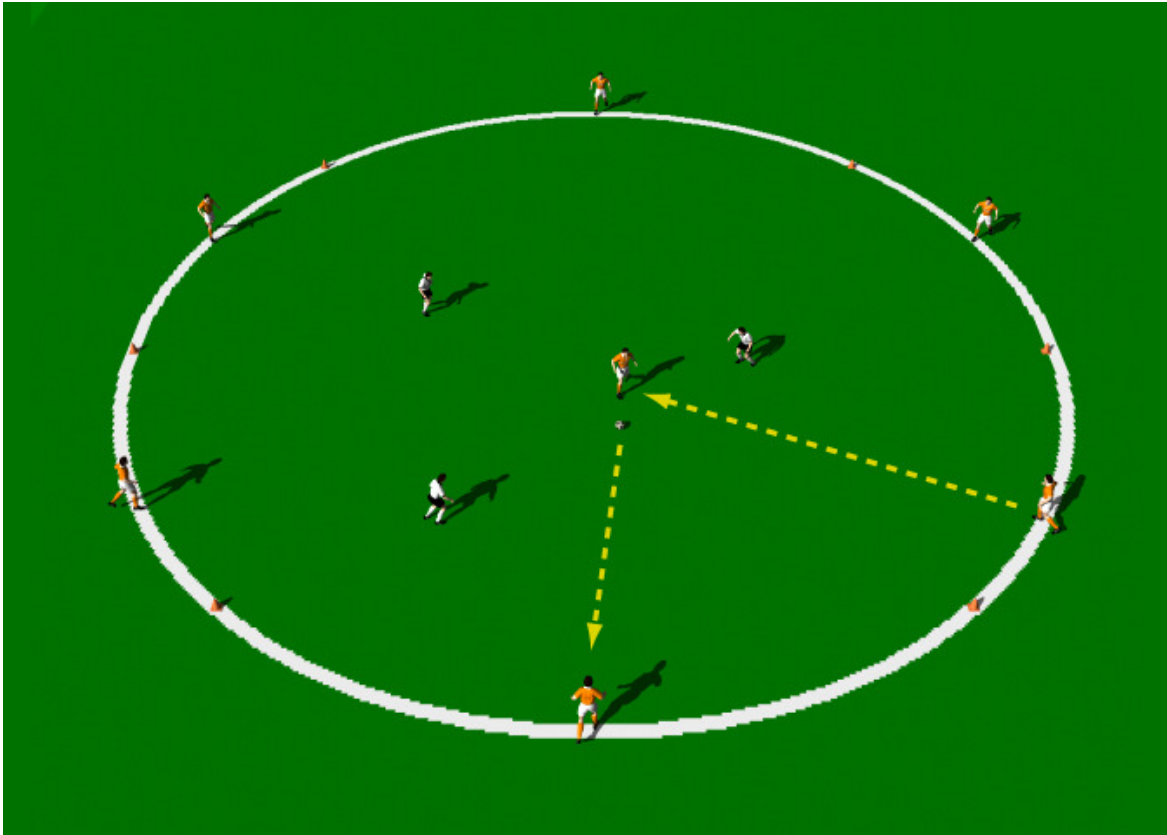
Player "A" passes to player "E", player "E" passes to player "D"  
Player "D" passes back to player "E", player "E" passes to player "C"  
This sequence is repeated continually.

Emphasize fast paced passes, limit to "2 touch", "side on" body position to receive the ball.

Work for 10 minutes.

**Progression** – Play "1 touch"

## ***Everton Circle Passing Game 7 v 3***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 10 Players (7 v 3)
- ☐ Circle approximately 20 yards in diameter.
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Four Full Size Goals plus 4 Goalkeepers

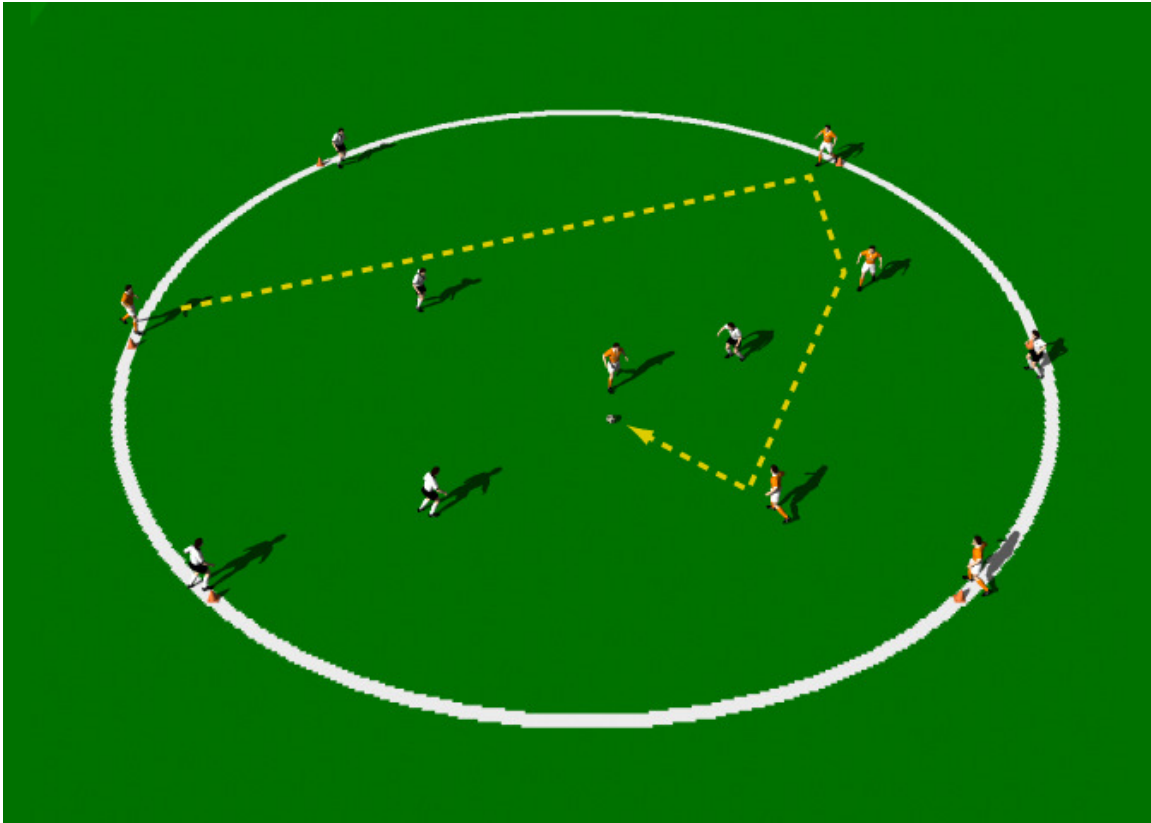
### **Coaching Points**

Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between their cones. Position one receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to "two touch, then "one touch" passing. If the defenders win the ball the must try and keep the ball away from the center player. If they get 8 passes they score a point.

### **Focus On:**

- ☐ Quick exchange of the ball, quality passing.
- ☐ High pressure defending. ☐ Communication.

## ***Everton Circle Passing Game 3 v 3***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 12 Players (6 outside, 6 inside)
- ☐ Circle approximately 20 yards in diameter.
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Four Full Size Goals plus 4 Goalkeepers

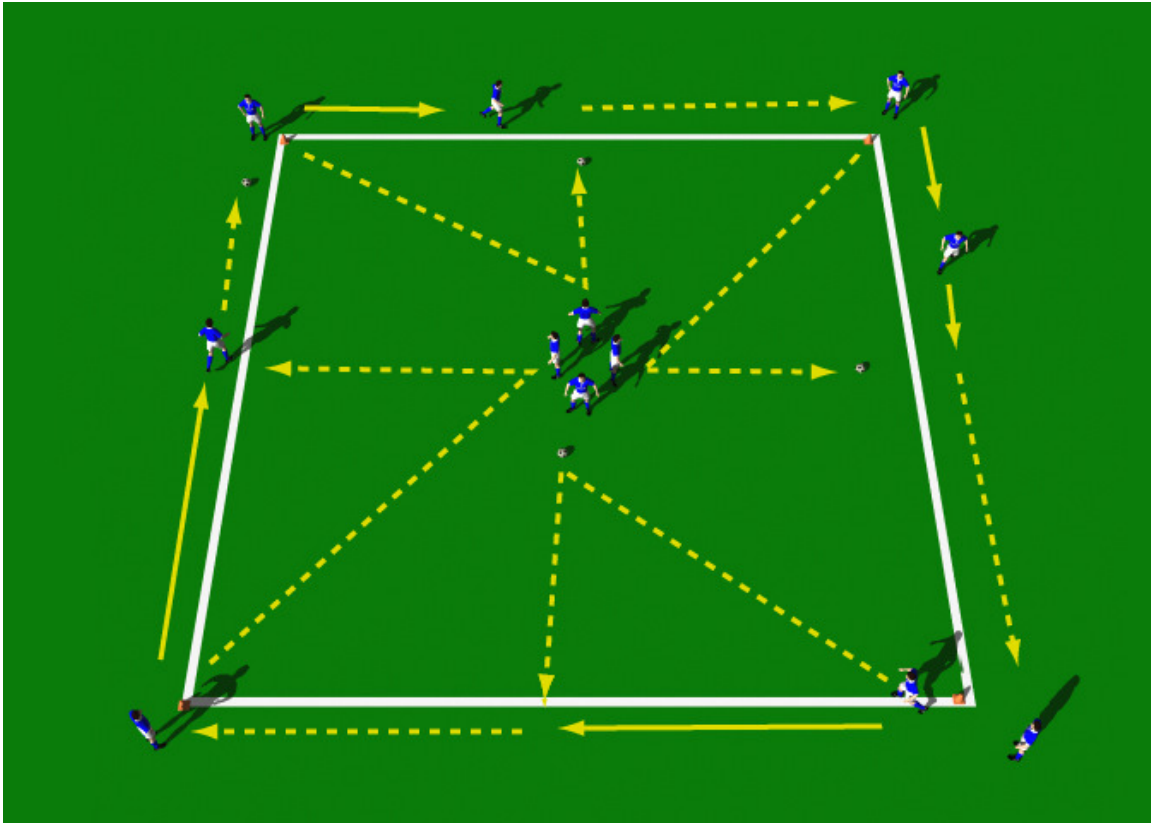
### **Coaching Points**

Place six cones equally distance around the circle perimeter. Place one player between each cone, three from each team. These players must stay at the cone. Play 3 v 3 inside the circle. The object is for the three players to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to “two touch, then “one touch” passing. Change center players every 5 minutes. Progress to perimeter player moving in between their cones.

### **Focus On:**

- ☐ Quick exchange of the ball, quality passing.
- ☐ High pressure defending.
- ☐ Communication.

## ***Newcastle United Box Passing Drill***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- 12 Players (8 outside, 4 inside)
- Area 10 yards x 10 Yards
- Supply of Balls and Cones
- Colored Bibs

### **Coaching Points**

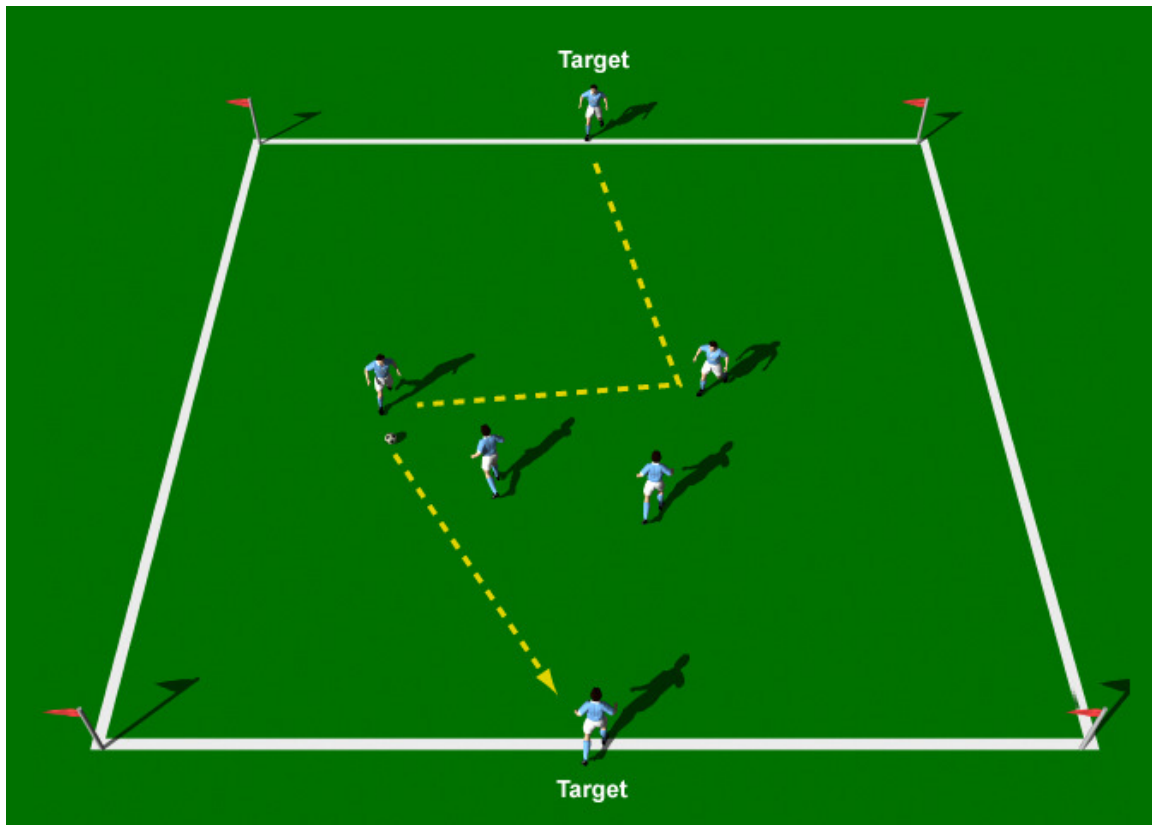
Place four players in the center of the square and two players in each corner, as in the diagram above. The player in the corner with the ball plays a ground pass to the player in the center of the square. He then moves and receives a “one touch” pass and then passes it to the player in line at the next cone. This sequence is repeated around the square. Change direction to work on opposite foot. Change center players regularly.

### **Focus On:**

- Quick exchange of the ball, quality passing.
- Explosive running off the ball.
- Communication.



## ***Mexico 2 v 2 Passing Game***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 6 Players (2 outside, 2 v 2 inside)
- ☐ Area 10 yards x 20 Yards
- ☐ Supply of Balls and Cones

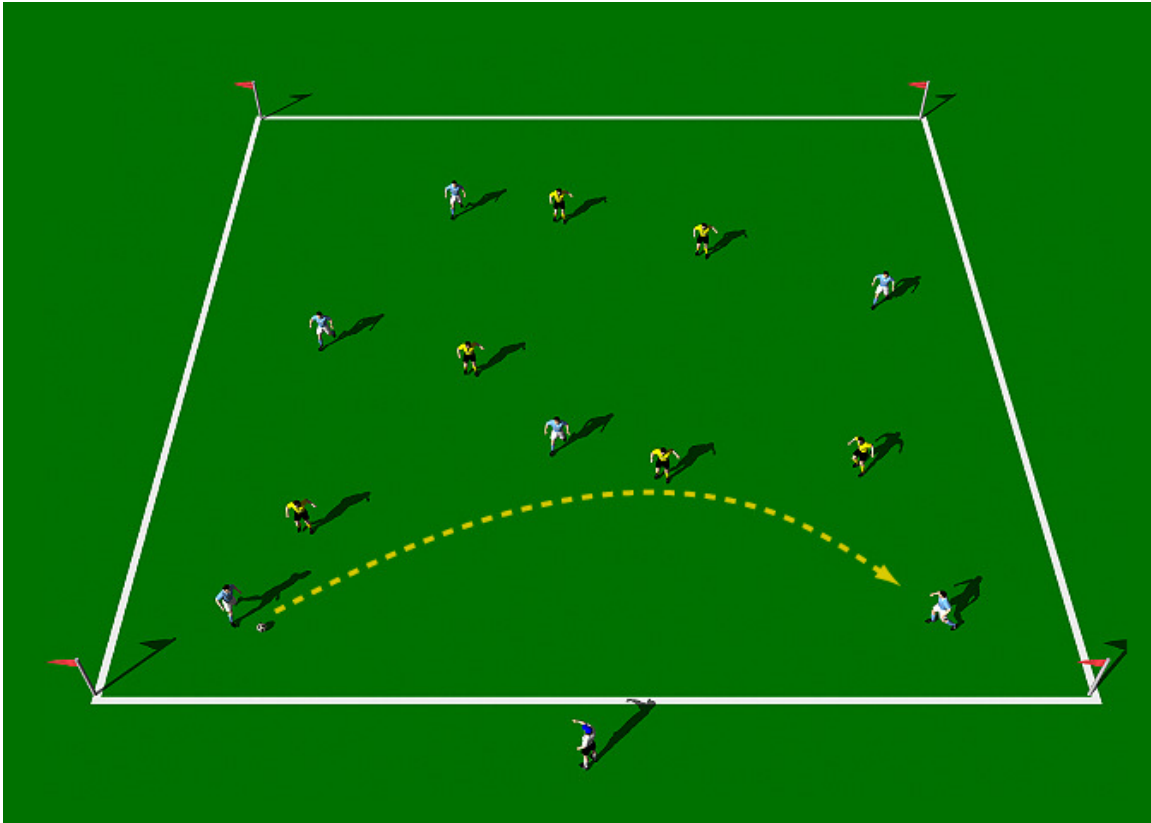
### **Coaching Points**

Place four players (2 v 2) in the center of the square and two players at opposite ends of the square. The object of the game is for the two players in possession to find the target man with a pass. If they find the target man's feet they score a goal. The player who passes the ball switches with the target man and the pair now attacks the opposite side of the square. In this manner the target man is frequently changing with the flow of the game.

### **Focus On:**

- ☐ Quick exchange of the ball, quality passing.
- ☐ Penetration.
- ☐ Explosive running off the ball.

## ***Juventus 6 v 6 Chip to Score Game***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 12 Players (6 v 6)
- ☐ Area 30 yards x 30 Yards
- ☐ Supply of Balls and Cones

### **Coaching Points**

Play two teams of 6 v6 inside the square. Identify teams using colored bibs. The object of the game is for a team to get 8 consecutive passes but the 8<sup>th</sup> pass must be chip pass and caught by the receiving player.

### **Variations:**

- ☐ 8<sup>th</sup> pass must be chip pass and headed by the receiving player to a team mate.
- ☐ 8<sup>th</sup> pass must be chip pass and controlled by the receiving player and juggled twice.

## 6 v 6 Three Zone Game



### Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### Field Preparation

- ☐ 12 Players plus 2 Goalkeepers
- ☐ Area 20 yards x 30 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Full Size Goals

### Coaching Points

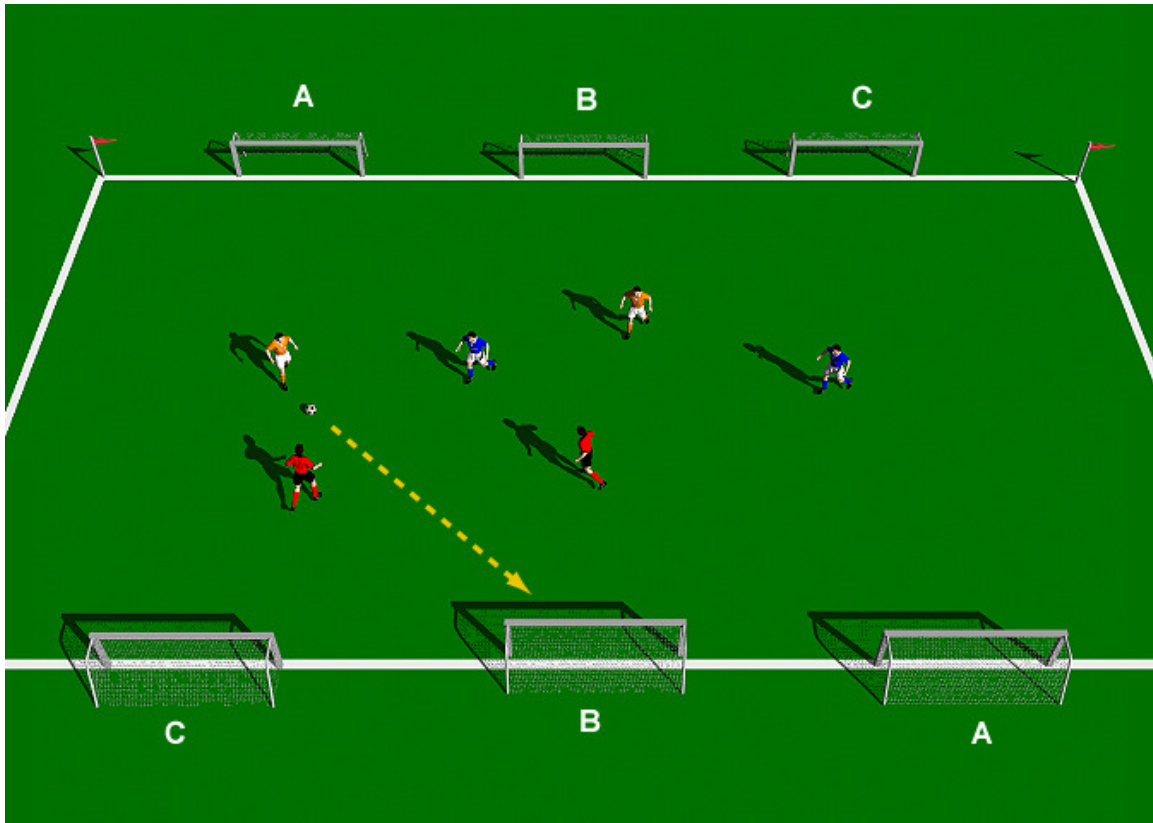
Divide group into two teams of six. Identify teams using colored bibs. Place 2 players on each team in zone. Players are restricted to their zones. Players are allowed “three touches” in the end zones and only “one touch” in the middle zone. If there are no goalkeepers in goal it must be a “one touch finish” or an “all net” goal.

Rotate to allow players to play in different zones.

### Focus On:

- ☐ Quick movement of the ball.
- ☐ Vision and communication, especially in middle zone.

## ***Ireland Six Goal Game***



### **Objective of the Practice:**

This practice is designed to develop quick exchange of the ball when in possession, with an emphasis on penetration and attacking to goal.

### **Field Preparation**

- ☐ 6 Players (3 teams of 2)
- ☐ Area 30 yards x 20 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Six Small Size Goals

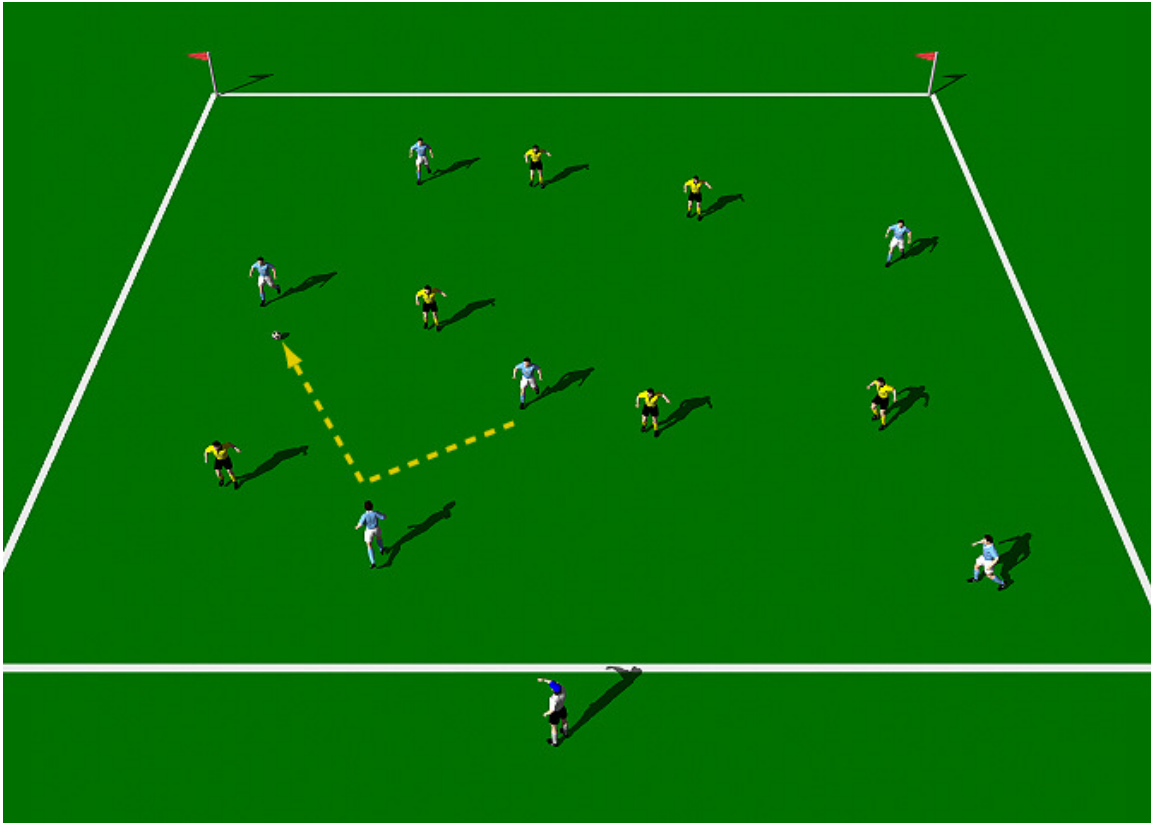
### **Coaching Points**

There are three teams of 2 players. Each team is identified by using different colored bibs. Each team assigned 2 goals to defend. Object of the game is to attack the other four goals.

### **Focus On:**

- ☐ Quality passing techniques. Good disguise, pace and accuracy.
- ☐ Vision and communication.
- ☐ Quality First Touch.

## ***Man City 6 v 6 Thinking Game***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- 12 Players (6 v 6)
- Area 30 yards x 30 Yards
- Supply of Balls and Cones

### **Coaching Points**

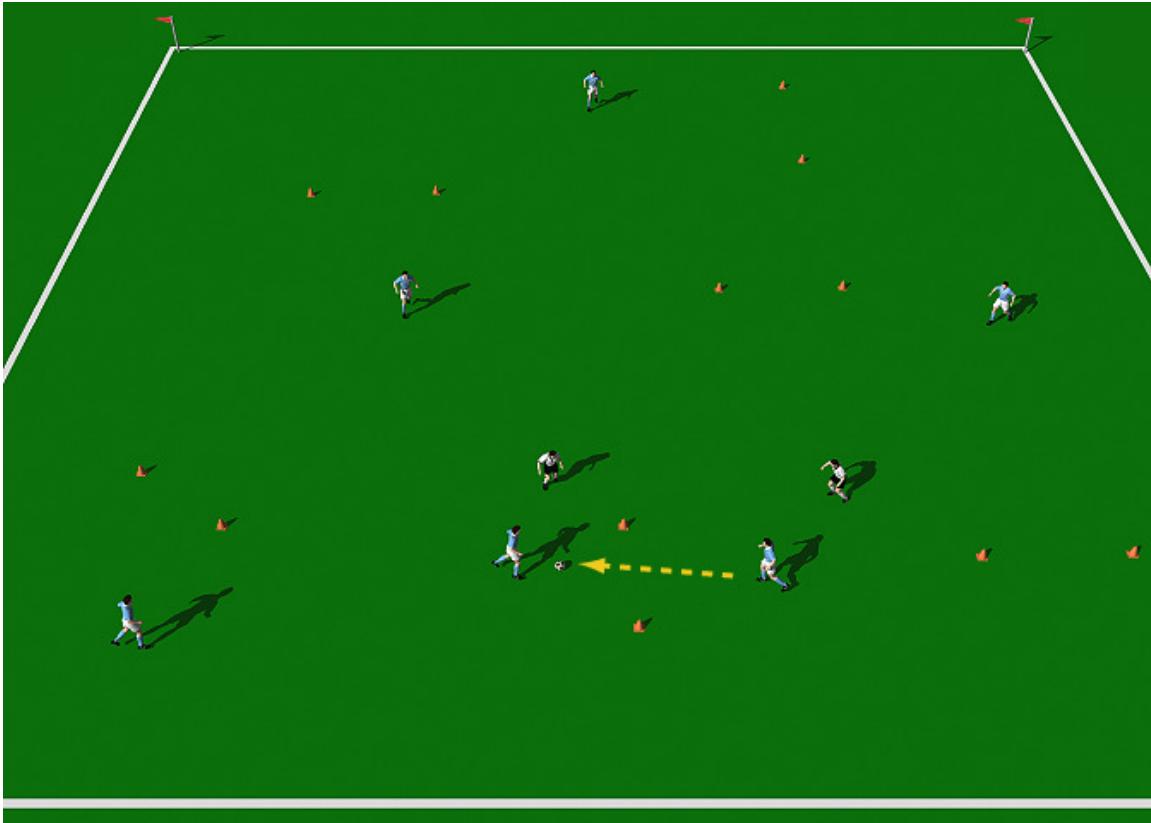
This practice is designed to encourage player to think and react quickly. Quick decision making is vital in this exercise. Play 6 v 6 in the square. Identify each team by using different colored bibs. Perform the following exercises in this sequence during the game.

- Both teams have a ball each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.
- Both teams have 2 balls each; pass the ball free play.
- Both teams have 2 balls each; pass the ball in a “one touch – two touch” sequence. The passer must remind the receiver how many touches they have.



- ☐ 1 ball between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.
- ☐ 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. The passer must remind the receiver what color they must pass to next.
- ☐ 2 balls between both teams; Yellow can only pass to Blue and Blue can only pass to Yellow. This time using only “two touches”. The passer must remind the receiver what color they must pass to next.
- ☐ Free play 6 v 6 no restrictions. Score a goal for 8 consecutive passes.

## Sit on the Ball Game



### Objective of the Practice:

This practice is designed to encourage quality short range passing and good support off the ball.

### Field Preparation:

Area 40 x 40 yards. Large group of players. Balls. Cones. Colored bibs.

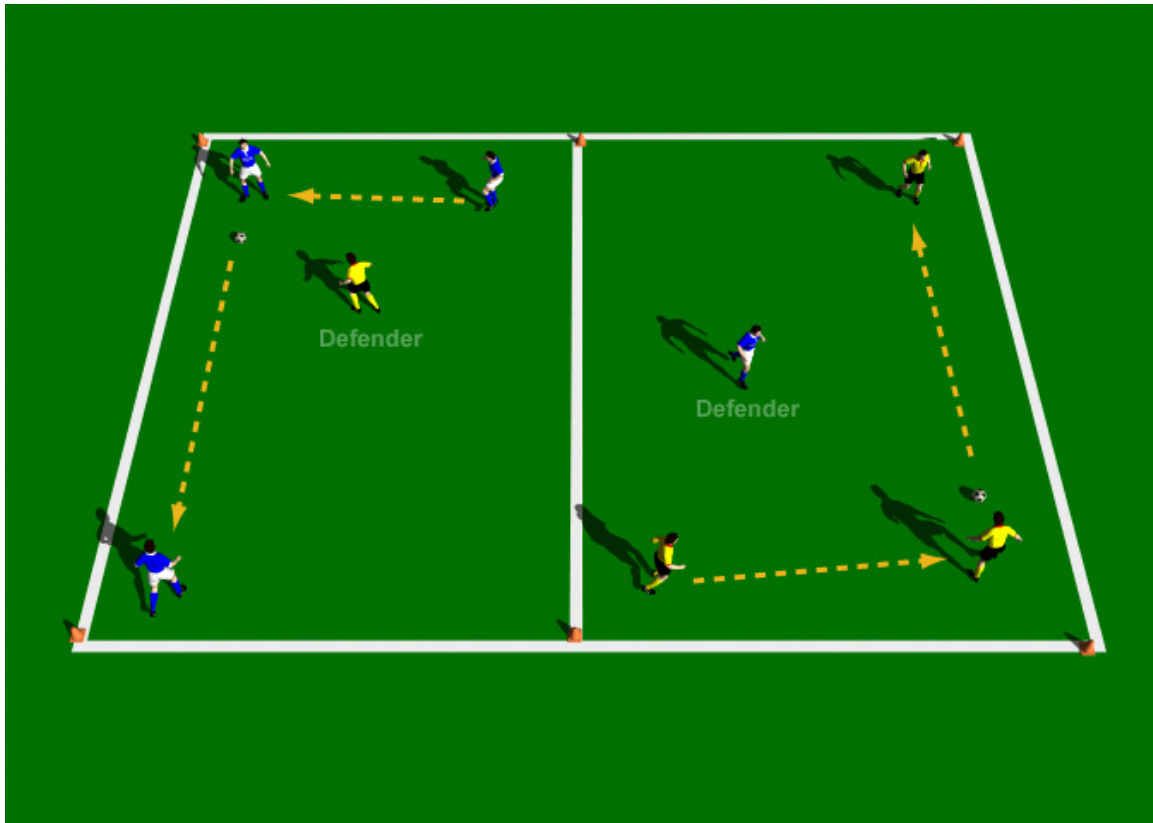
### Coaching Points:

An area is marked out approximately 40 yards by 40 yards. A large group and two defenders are positioned within the grid. Gates 1 yard apart are set up throughout the grid.

The object of this practice is for the group of players to keep possession of the ball and try to pass the ball through any of the gates. A goal is awarded for each pass through the gate. Players must be in a position to receive the ball through the gate. Passes made into space through the gate do not count. Players cannot score consecutively through the same gate. Players in possession are awarded one goal for 10 consecutive passes.

Defenders must try to prevent the players from passing the ball through the gates. Rotate players so each player performs the role of the defender.

## 3 v 1 Swap Over



### Objective of the Practice:

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

### Field Preparation:

Area 40 x 40 yards. Large group of players. Balls. Cones. Colored bibs.

### Coaching Points:

An area is marked out approximately 20 yards by 20 yards. The grid is divided into two grids of 10 yards by 10 yards. Four players are positioned in each grid. Teams wear different colored vests. Players are numbered one through four on each team.

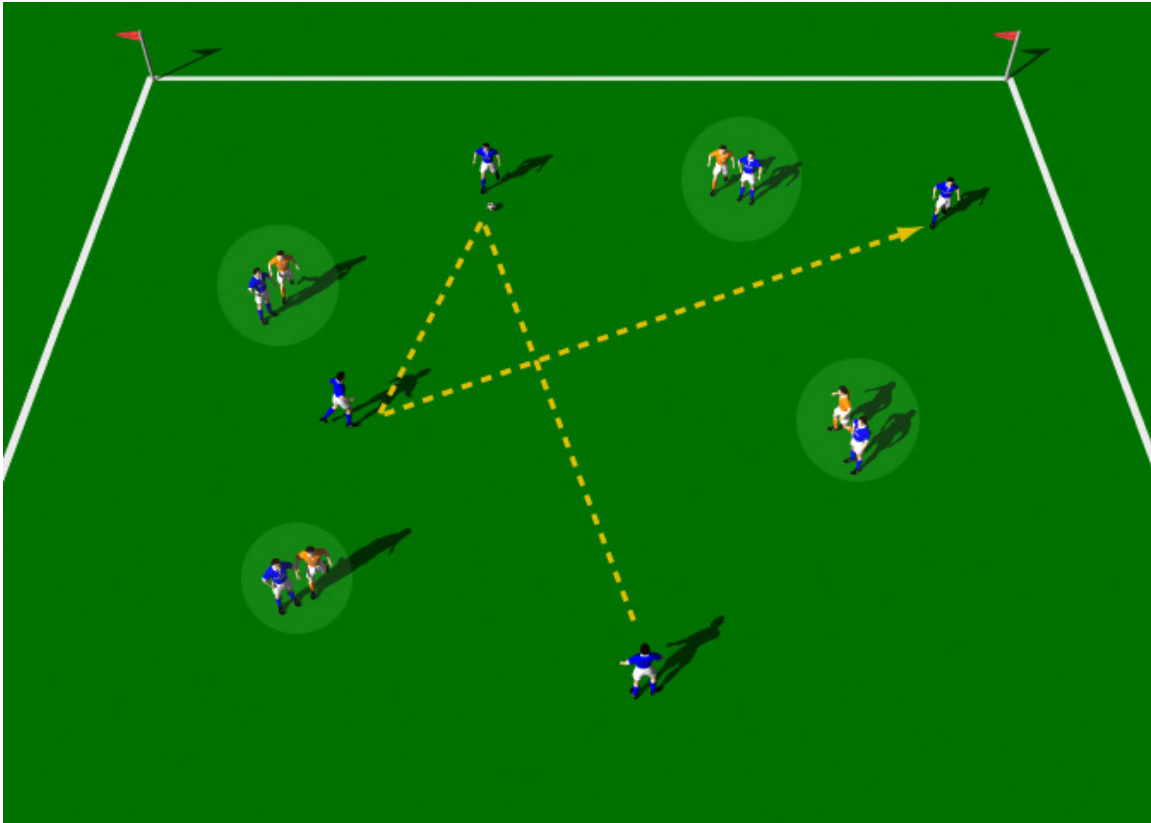
The practice starts with both groups of four players keeping possession playing one and two touch passes. The coach calls out a number one through four. When the players number is called, that player immediately runs to the opposite grid creating a 3 v1 situation and tries to win the ball. The first team to win the ball is awarded a goal. The defenders then return to their own grid and the practice is repeated with a different player defending.

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.

## ***Find The Open Player Game***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

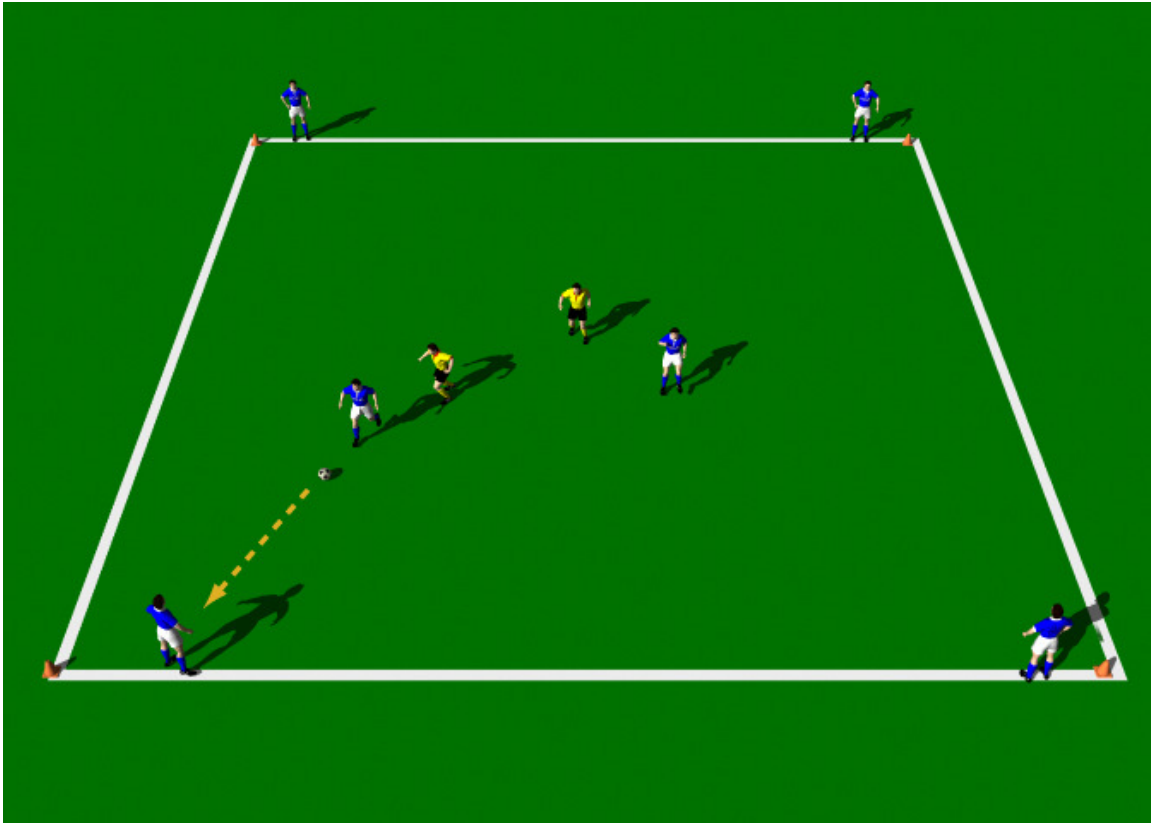
- 12 Players
- Area 30 yards x 30 Yards
- Supply of Balls and Cones

### **Coaching Points**

Four defenders mark four attackers. Both must stand still. Four players move the ball swiftly inside the square exchanging passes. Defenders change the player they are marking frequently. The landscape quickly changes so the players with ball must be constantly scanning the field around them for the open player. Change the defenders every 3 minutes. Progress to having attackers and defenders move around the square.



## 2 v 2 Under Pressure



### Objective of the Practice:

This practice is designed to improve the tactical understanding of the 2 v 2 situation with an emphasis on “disguise, pace, accuracy and timing”.

### Field Preparation:

Area 20 x 20 yards. 8 players. Balls. Cones. Colored bibs.

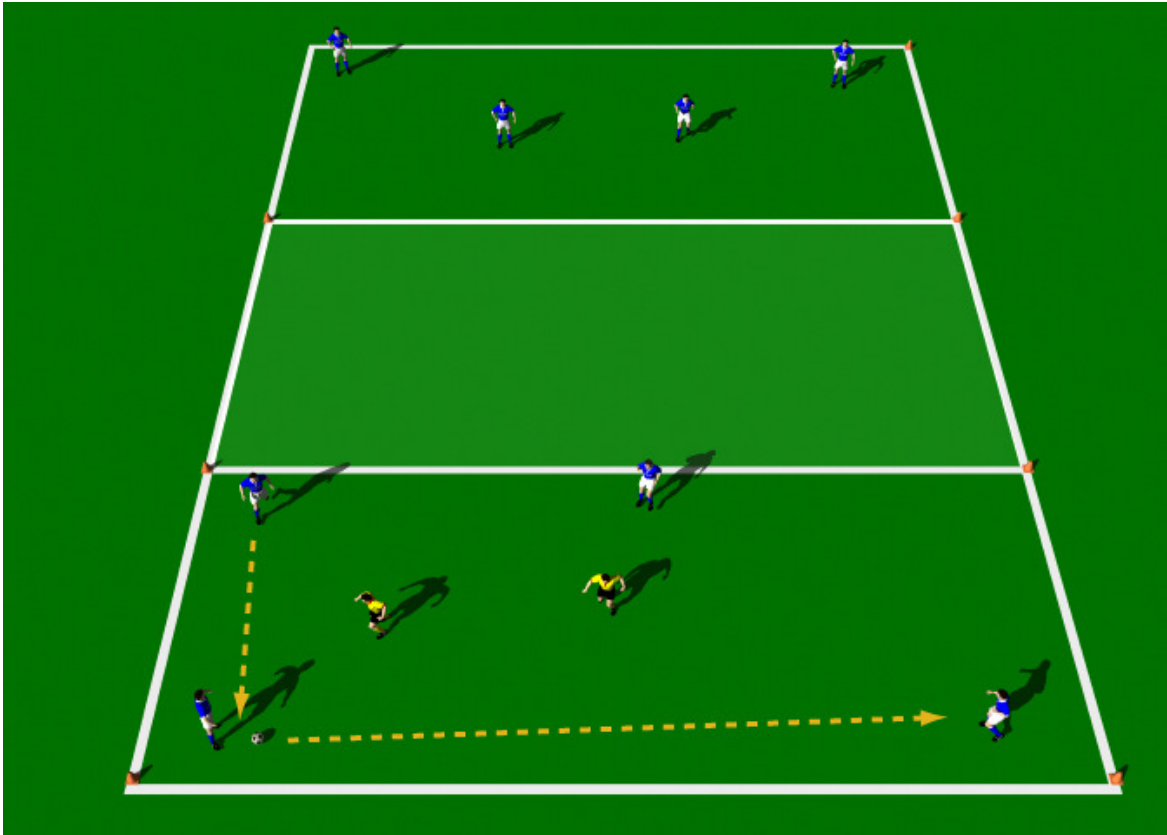
### Coaching Points:

Eight players are positioned in a grid 20 yards x 20 yards. A player is positioned at each corner of the grid. Four players are positioned inside the grid, in teams of two. The practice starts with a ball played from one of the end players to either of the pairs in the grid. Whichever pair wins the ball must try to turn and play a pass to the players at the opposite end of the grid. If the same pair are successful they then receive the ball back from the end player and try to repeat the practice to the opposite end of the grid.

The two players not in possession must try to win the ball and find one of the corner players with a pass. A goal is scored for each successful pass. A goal cannot be scored in succession from the same side. Back passes can be made.

Players in the center should work for approximately 5 minutes then rotate with players in the corners. The four players in the corners of the grid should constantly be looking for passes from the central players. When passing a ball to a central player he should tell the player to "hold the ball, turn, man-on or play the ball back".

## 4 v 2 Both Sides



### Objective of the Practice:

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

### Field Preparation:

Area 20 x 30 yards. 10 players. Balls. Cones. Colored bibs.

### Coaching Points:

An area is marked out approximately 20 yards by 30 yards. Three inner grids are marked 10 yards long and 20 yards wide. Four players are positioned in each of the end grids. Two defenders are placed in the center grid. Defenders must wear different colored vests.

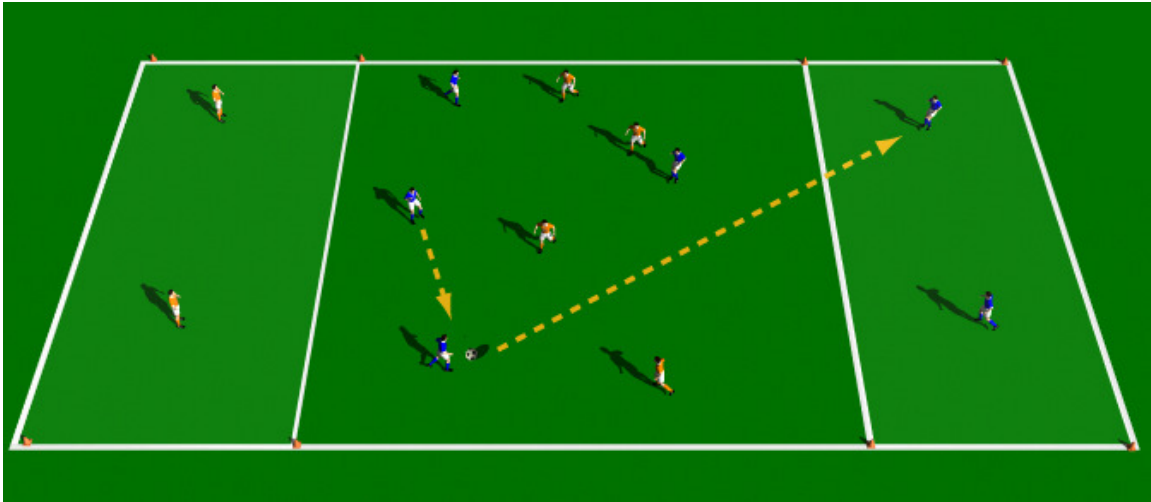
The practice starts with one group of four players keeping possession from the two defenders. The four players must obtain a minimum of four consecutive passes then pass the ball to the opposite team. The two defenders must try to win the ball. Rotate players so each player performs the role of the defender.

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise his passing intentions using step-overs, body feints and head fakes. He must also have the discipline to hold on to the ball and commit the defender towards him. If he releases the ball too early the defender will have less ground to cover to put pressure on the receiving player.

## ***4 v 4 Passing Under Pressure***



### **Objective of the Practice:**

This practice is designed to improve “forward” passing for players.

### **Field Preparation:**

Center grid is 20 x 20 yards, end grids 10 x 20 yards. 12 players. Balls. Cones. Colored bibs.

### **Coaching Points:**

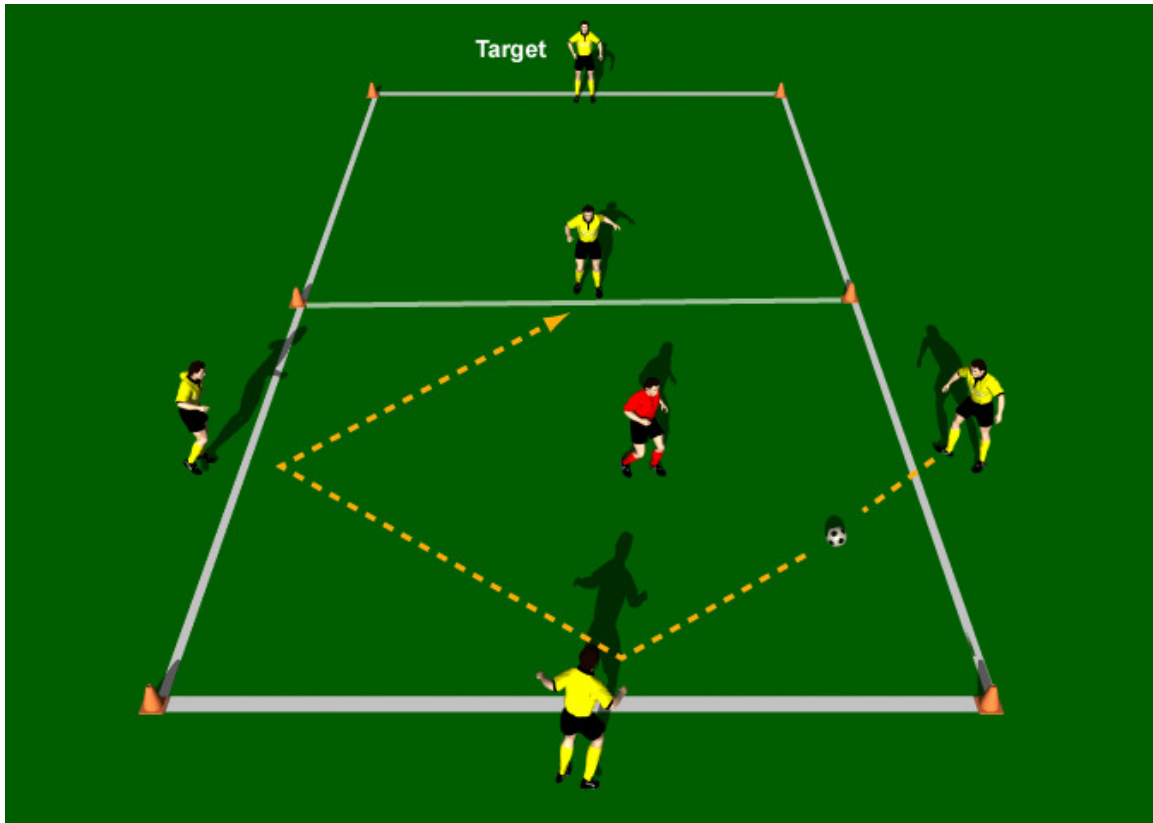
Use two teams of six players. Four players in each team are positioned and restricted to the center grid. Two players on each team act as “target players” and are placed in the end grid on the same side as their team. Center grid is 20 x 20 yards, end grids 10 x 20 yards.

The coach begins the practice by serving a lofted ball into the center grid. Both teams fight for possession. Once a team has possession the object is to play the ball forward to one of the two “target players” as quickly as possible using the minimum amount of passes. A goal is scored by successfully passing the ball to the target player’s feet.

Players should use various techniques such as dribbling, turning, crossover runs and the “wall pass” to position themselves for forward passes. The coach should keep the service rapid as soon as a goal is scored.

Rotate target players with two central players every five minutes.

## 4 v 1 Play to Target



### Objective of the Practice:

This practice is designed to develop good ball possession in tight areas. An emphasis is placed on "disguise, pace, accuracy, timing and penetration".

### Field Preparation:

Area 10 x 20 yards. 4 players. 1 ball. Cones. Colored bibs.

### Coaching Points:

Use two connecting grids, each approximately 10 yards by 20 yards. There are five attacking players and one defender. Place four attackers on the perimeter of one of the grids. Position the defender inside the same grid. Position one attacker (target man) on the end-line of the opposite grid (see diagram above). Identify defender by using colored bib.

### Rules of the Practice:

The four attacking players attempt to keep possession from the defender and obtain 6 consecutive passes. After making 6 passes the players must pass the ball forward to the "target man" at the end-line of the opposite grid.

Once the ball has been played to the target man, players **1**, **3** and **4** move to the opposite grid to support the target man. The defender follows the play and attempts to win the ball in the opposite grid. Player **2** now becomes the new target man. After obtaining **6** passes the ball is switched back to the original grid. The practice is repeated in this fashion.

Players in possession are awarded one goal for each time they find the target man. Rotate working defender frequently to ensure high pressure. Rotate players so each player performs the role of the target man.

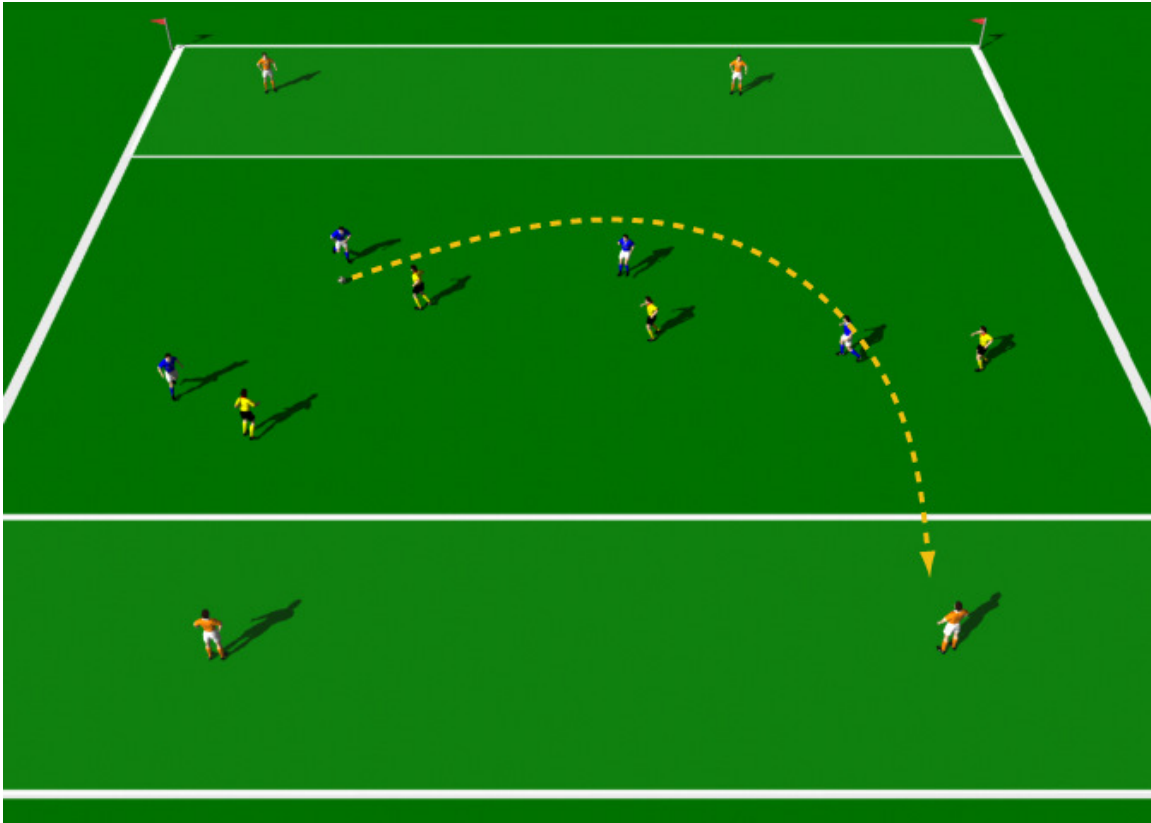
**The coach should emphasize the following coaching points:**

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- ☐ How wide can I get to give the best possible passing lane?
- ☐ How far from the defender can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

## ***Chip to Target Drill***



### **Objective of the Practice:**

This practice is designed to improve the quality of individual chip passing.

### **Field Preparation:**

Areas 40 x 30 yards. Large group of players. Balls. Cones. Colored bibs.

### **Coaching Points:**

An area is marked out approximately 40 yards by 30 yards. Zones approximately 5 yards deep are marked out at each end of the grid. Two teams of 4 or more players are placed within the grid and wear different color vests. Two receivers are positioned in each end zone. These players are restricted to the end zone.

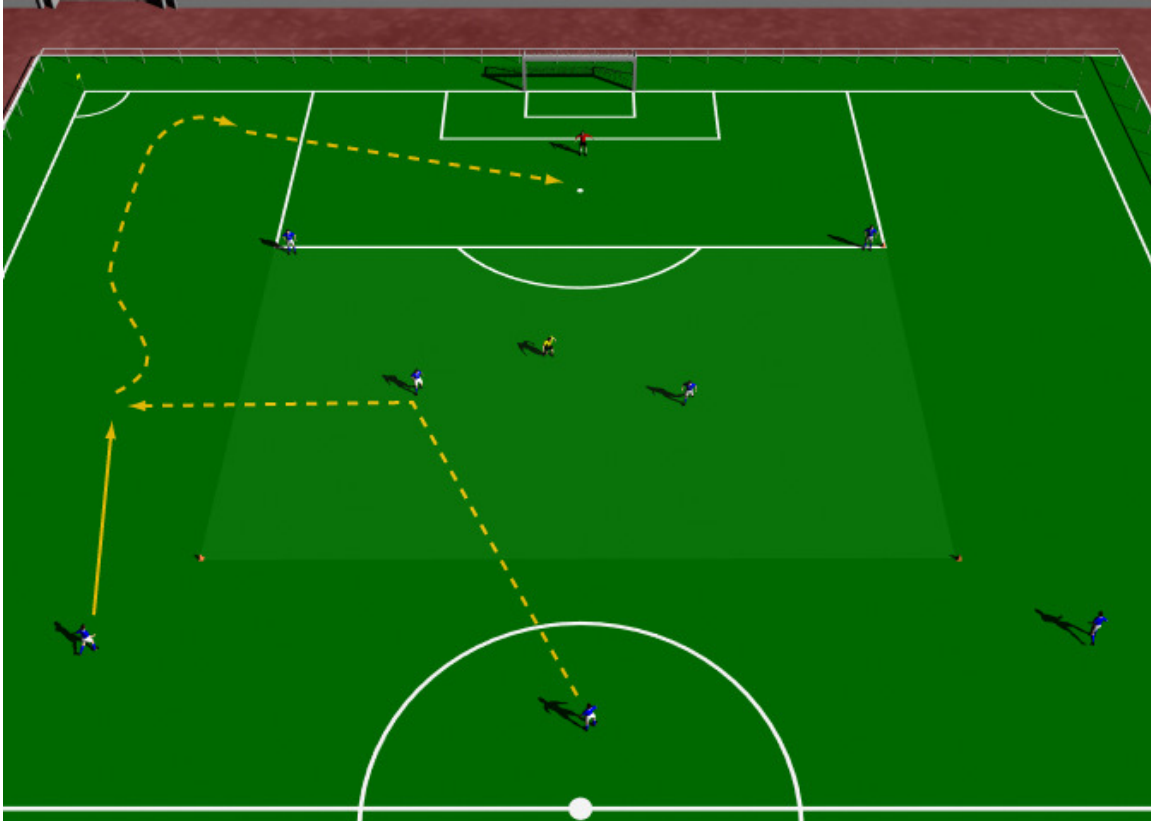
The practice starts when the coach serves a ball into the grid. The team that secures possession of the ball attempts to quickly chip the ball to any receiver in the end zones to control.

The team scores a point if the receiver can control the pass. After scoring a point, the same team receives the ball from the player in the end zone and they must now attack the opposite side of the grid. The defending team must work hard to win the ball and score points as explained.

Keep score. First team to obtain 5 successful chip passes wins. Rotate groups regularly.



# Crossing Drill 1



## Objective of the Practice:

This practice is designed to improve the quality of aerial crossing.

## Field Preparation:

Half Field. Large group of players. Balls. Cones. Colored bibs.

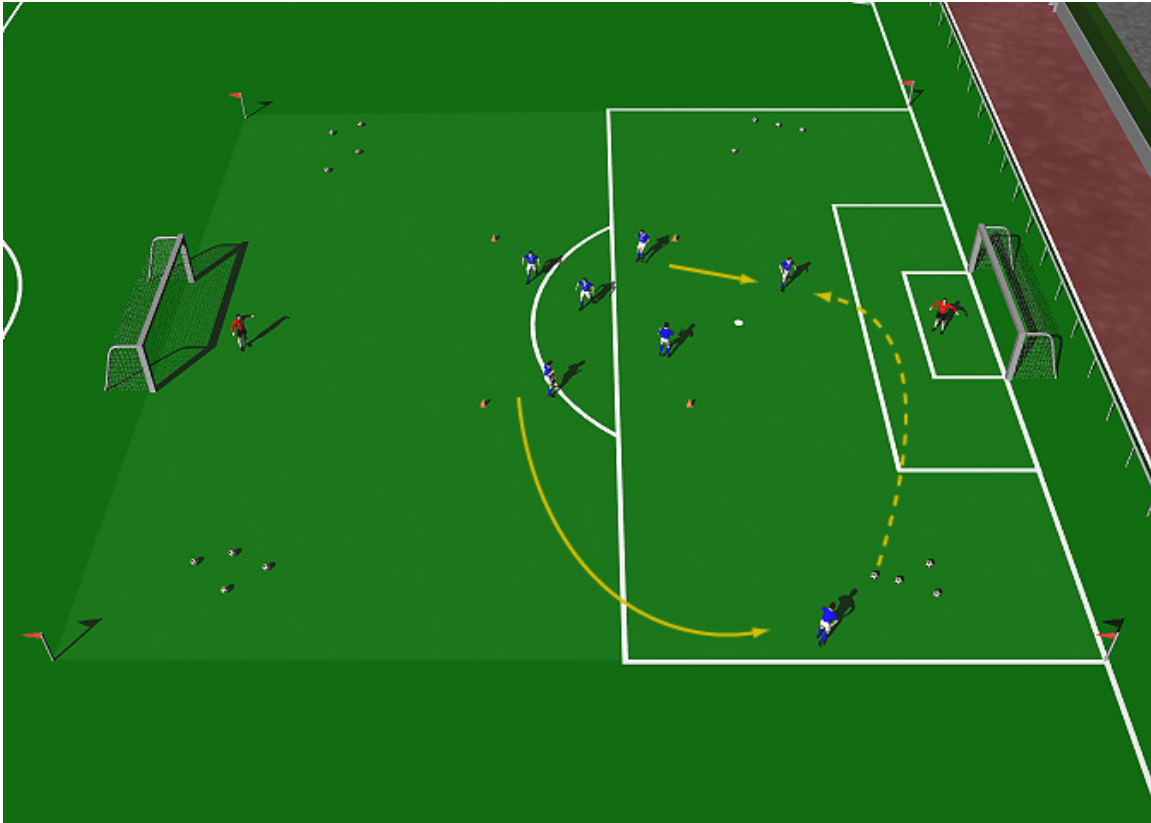
## Coaching Points:

A grid is marked out extending approximately 20 yards from the penalty area. Three players are placed within this grid. One is a defender, two players as receivers. The defender wears a different colored vest. The second pair of receivers are positioned at the cones placed on the penalty area. The goalkeeper is placed goal. Two or more wide players positioned wide on the flanks near the half way line.

The coach starts the practice by serving a ball to one of the receivers within the grid. The two receivers must make a minimum of 3 passes before they can play the ball wide to either of the wide players. The two receivers can use the resting receivers to pass too, but the resting receivers are limited to one touch. Once the ball is played out wide, the wide player runs with the ball down the channel and crosses the ball to either of the two receivers who try to score a goal. The resting receivers change place with the working receivers. A resting defender should swap with the working defender after several attacks to goal to keep the defensive pressure intense and realistic.

Alternate all groups regularly to provide everyone an opportunity to perform different roles. Keep record of goals scored.

## Crossing Drill 2



### Objective of the Practice:

This practice is designed to improve the quality of aerial crossing.

### Field Preparation:

Half Field. Large group of players. Balls. Cones. Colored bibs.

### Coaching Points:

An area is marked out approximately 30 yards by 30 yards. A smaller grid of 10 yards by 10 yards is positioned in the center of the marked area. Three teams (or more) of players are divided into pairs and placed within this grid. Each team is allocated a number 1, 2 and 3 etc and wear different color vests. The goalkeepers are placed in goal. An equal supply of balls is positioned at each corner of the marked area.

The practice starts with all the players jogging slowly around the inner grid. The coach calls out a number 1, 2 or 3. One of the pair who's number is called immediately runs to any group of balls positioned in the corners. With a minimum amount of touches he must cross the ball for his partner to score a goal. Immediately after crossing and shooting the ball, both players run back to the inner grid and start jogging again. The coach then calls out the next number.

Keep record of goals scored. First team to score five goals wins.

**The coach should emphasize the following coaching points:**

- Be alert at all time to listen for your number when called.
- The crossing player should vary crosses e.g. bent cross, near post, far post.
- The attacking player should time his runs correctly making sure he arrives the same time as the cross and not before.
- Both players should make aggressive runs to simulate match conditions.
- Be determined to score if you are the attacker.
- Goalkeeper should intercept crosses when possible.
- Coach can place a condition on the type of finish e.g. must be struck first time, a volley or a header.

## Crossing Drill 3



### Objective of the Practice:

This practice is designed to improve the quality of aerial crossing.

### Field Preparation:

Half Field. Large group of players. Balls. Cones. Colored bibs.

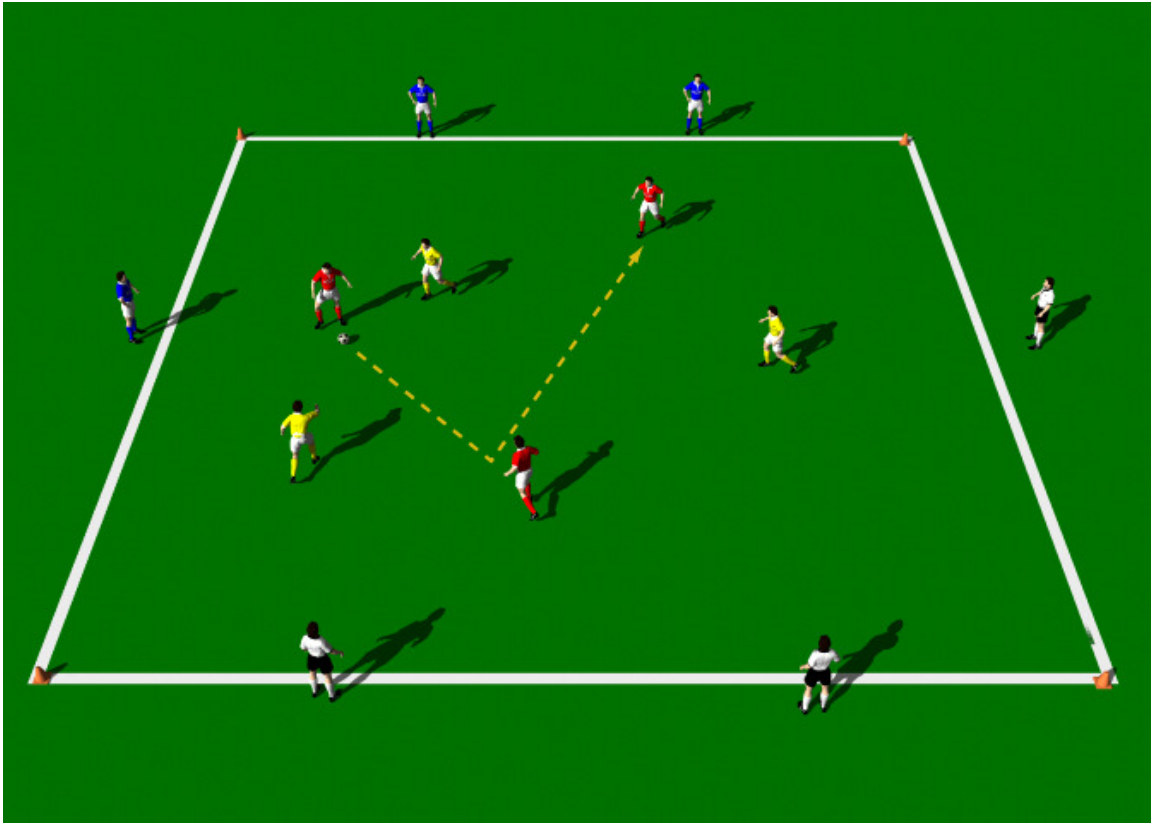
### Coaching Points:

A grid is marked out extending approximately 30 yards from the edge of the penalty area. Two cones are positioned at the end of the grid for starting positions for the forwards. Two lines of forwards are stationed at the cones. Two receivers are placed at the cones on the edge of the penalty area. Three or more wide players positioned wide on the flanks near the half way line. Goalkeeper in goal.

The practice starts when one of the two forwards plays a pass to either of the receivers. The receiver passes the ball "first time" out to the wide channel. Once the ball is played out wide, the wide player runs with the ball down the channel and crosses the ball to either of the two forwards who try to score a goal.

Alternate all groups regularly to provide everyone an opportunity to perform different roles. Keep record of goals scored and players get a point for each assist if the player scores.

## 3 v 3 in Grid



### Objective of the Practice:

This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and 'two' touch passing, angles of support, disguise and communication.

### Field Preparation:

Area 20 x 40 yards. 12 players. 1 ball. Cones. Colored bibs.

### Coaching Points:

Play 3 v 3 in the grid with the other 2 groups around the outside of the grid. Players on the outside are restricted to "one touch" passing.

The three players in possession must try and keep the ball from the defenders. The players move anywhere within the grid and use the outside players to pass to. The defender's goal is to dispose the players in possession and also attempt to achieve 10 consecutive passes.

First team to reach 10 consecutive passes wins. Winners stay inside. Next 3 come into the middle to compete against winners. Players inside should start with unlimited touches then practice conditioned to "two" and "one" touch.

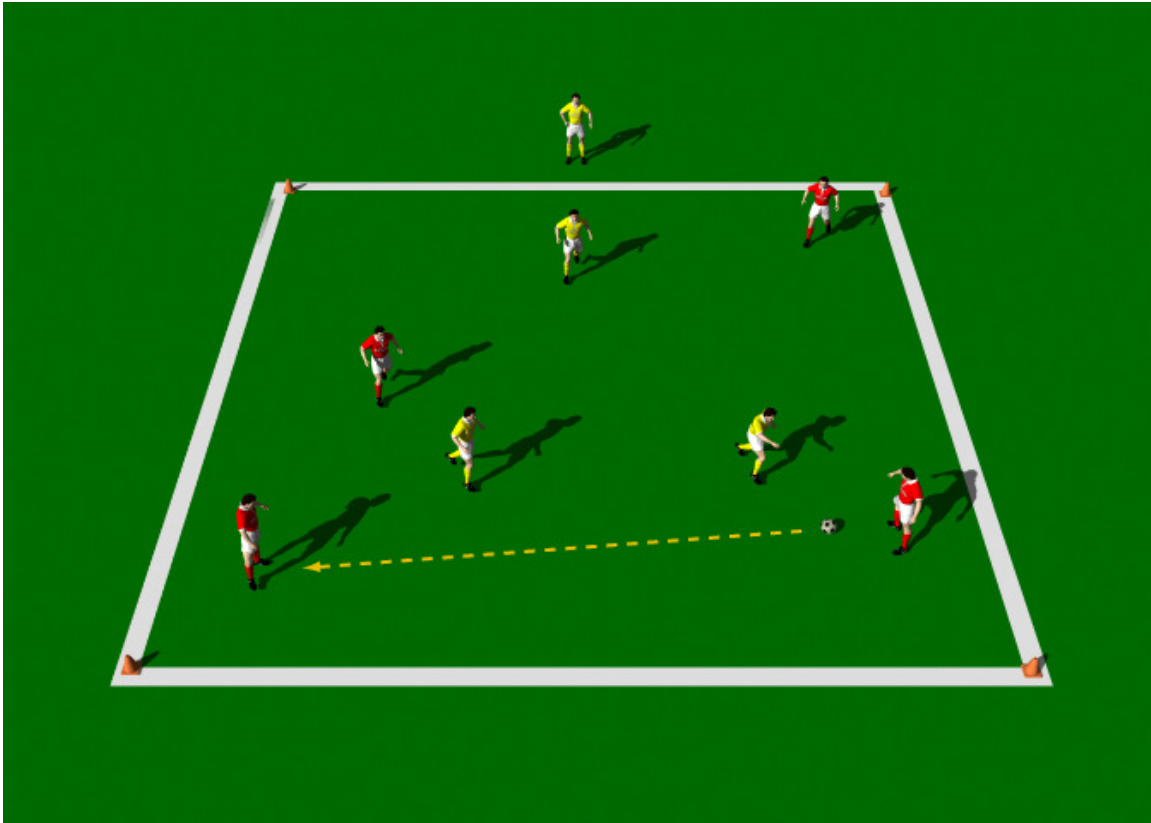
**Key Points:**

The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?
- The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes.
- Work rate from all players must be intense.

Keep score. First team to 5 victories wins the competition.

## ***4 v 3 One On, One Off***



### **Objective of the Practice:**

This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and 'two' touch passing, angles of support, disguise and communication.

### **Field Preparation:**

Area 20 x 20 yards. 8 players. 1 ball. Cones. Colored bibs.

### **Coaching Points:**

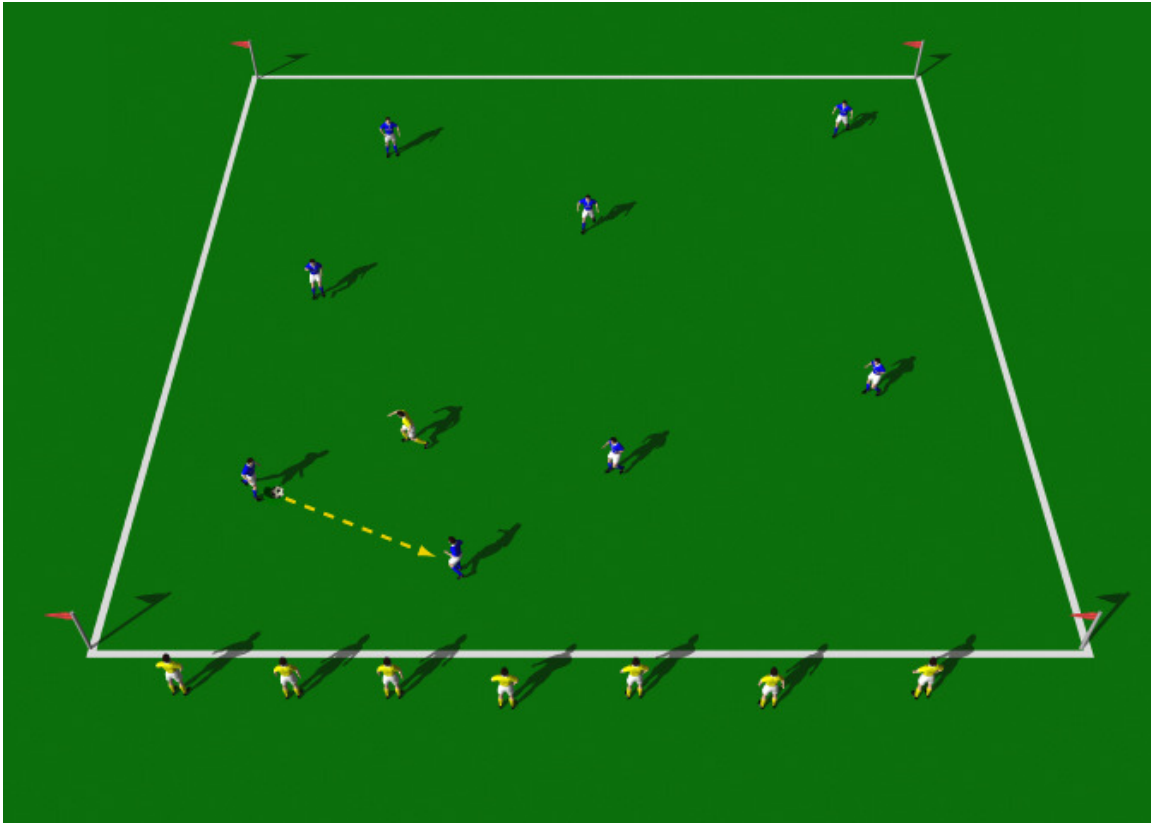
Play 4 v 3 in a grid 10 yards by 10 yards. The four player start with possession of the ball. Three defenders are placed inside the grid with a resting player on the outside.

The four player with the ball must attempt to achieve 10 consecutive passes to get a goal. The 3 pressing defenders must try to win the ball. As soon as the 3 defenders win the ball the 4<sup>th</sup> resting defender enters the grid. They now become the attacking team. At the same time one of the attacking players must leave and they become the defending team.

Start the practice with free play then develop drill by conditioning play to "two" then "one" touch passing.



## ***Build the Numbers Game***



### **Objective of the Practice:**

This is a great practice to help improve team possession. The pressure is incrementally increased as more pressurizing players are added.

### **Field Preparation:**

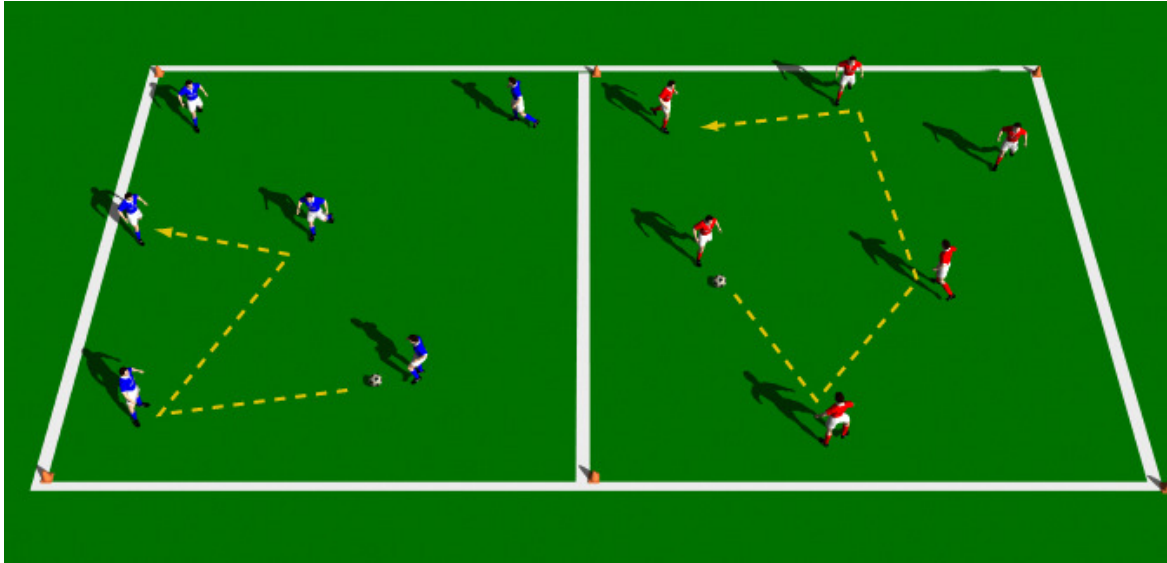
Area 30 x 30 yards. Large group of players. 1 ball. Cones. Colored bibs.

### **Coaching Points:**

Start the practice with one entire group within a grid 30 yards by 30 yards. The second group stand at the side of the grid and has one of their players in the grid as a defender. Assign number to each player on the defending group. Play the entire group versus one defender within the grid. Players inside attempt to keep possession.

When coach calls a number, that player sprints into grid and defends. For example, with groups of 8 players, the drill can create 8 v 1, 8 v 2, 8 v 4 etc. Change roles of teams. Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.

## ***Move the Ball***



### **Objective of the Practice:**

This is a great practice to help improve quick passing and decision making. Emphasis is on 'one' and 'two' touch passing, angles of support, disguise and communication.

### **Field Preparation:**

Area 10 x 20 yards. Large group of players. 2 balls. Cones. Colored bibs.

### **Coaching Points:**

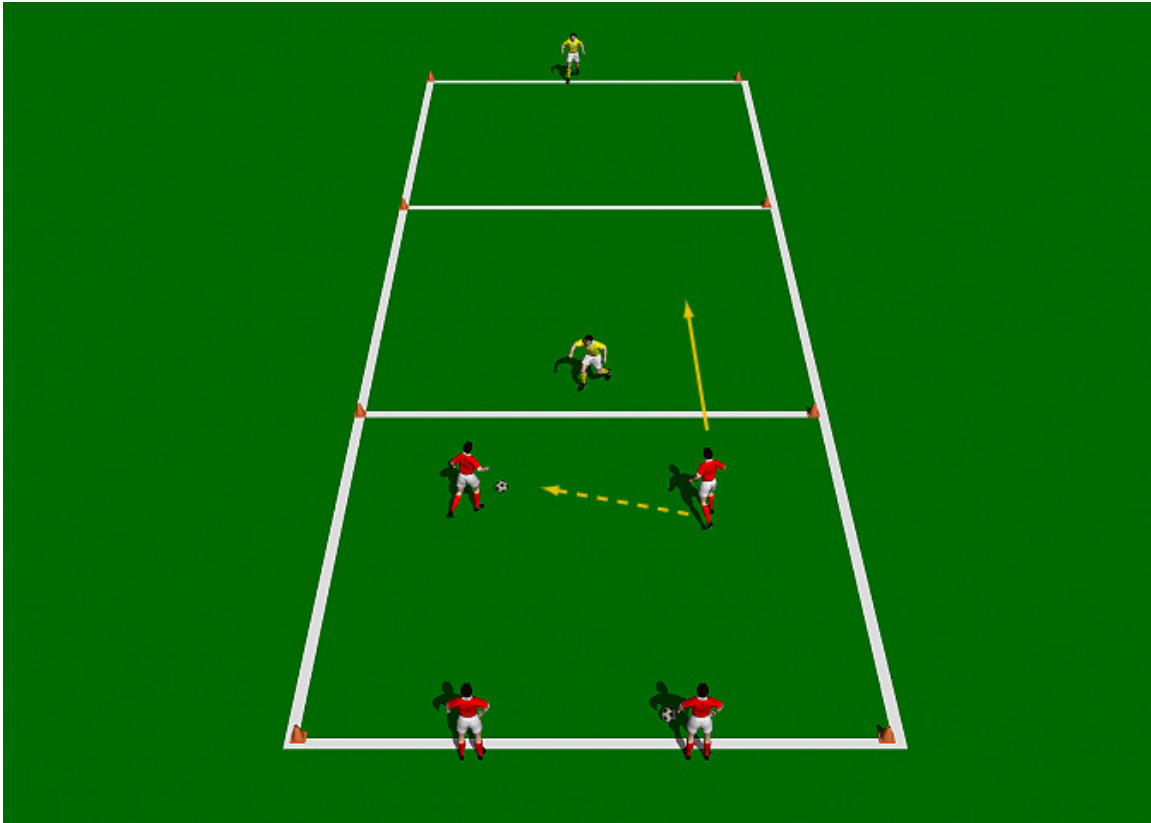
The players move around their grid passing and receiving, playing 2 touch. The following conditions are placed:

- Must shout the name of the receiver before passing.
- Must shout the name of the passer before receiving.

### **Develop the practice to make a competition between the 2 groups.**

- Play 2 touch. Keep ball moving at all times. If a ball leaves the grid, stops dead or collides, then it is a point to the other team. First to 5 wins.
- Same drill but 1 touch.
- Introduce a 3<sup>rd</sup> ball.
- Add one defender from each group. First defender to win the ball wins a point for this group. First to 5 wins. Change defender each point.

## 2 v 1 Under Pressure



### Objective of the Practice:

This practice is designed to improve the tactical understanding of the 2 v 1 situation with an emphasis on “disguise, pace, accuracy and timing”.

### Field Preparation:

Area 10 x 30 yards. Small group of players. 2 balls. Cones. Colored bibs.

### Coaching Points:

Attacking players are positioned in pairs at the end of a grid 10 x 30 yards. A defender is placed on the end of each grid. Defenders are restricted to their own grids.

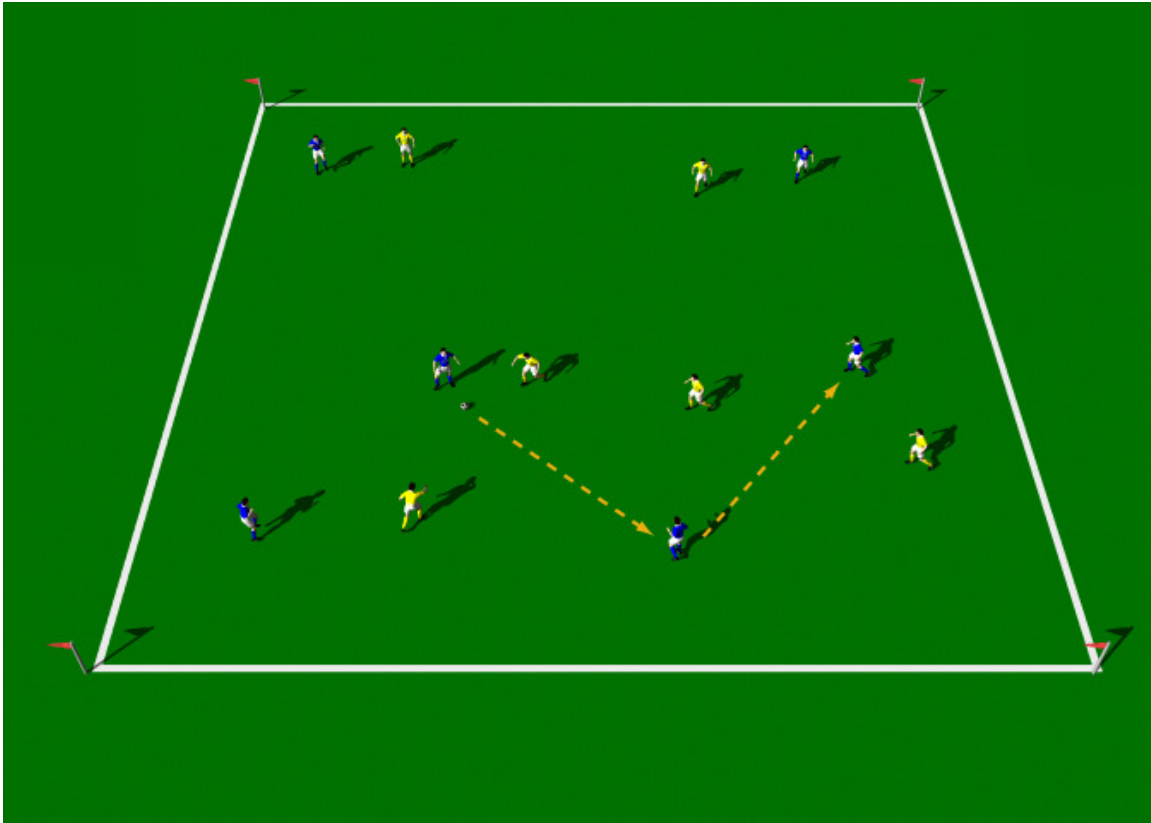
The practice starts when two attackers enter the grid with the ball. The first defender must start from the middle line and cannot defend until the attackers enter the grid. The second defender must start from the end line and cannot defend until the attackers enter his grid. Attacking players must try to beat the first defender, then the second defender and stop the ball on at the end of the grid.

- If the attackers reach the end line with the ball they score a point and return to the beginning.
- If the defenders win the ball, the attackers then switch with the defenders. This gives the attackers an incentive to score a point.

**The coach should emphasize the following points:**

- Attack the defenders with speed.
- Commit the defender by attacking him with the ball.
- Look for a "give and go" pass.
- Look for blind-sided runs and pass behind the defender.
- Disguise the pass and dribble past the defender.

# Numbers Possession Game



## Objective of the Practice:

This practice is designed to improve team possession. Emphasis of the game can be on; fitness, possession, defending, pressing, team shape or speed of play. Can also be used as a warm up activity when doing a tactical session with 8 v 8 or higher. Sets the tone for a good practice.

## Field Preparation:

Area 30 x 30 yards. Large group of players. 1 ball. Cones. Colored bibs.

## Coaching Points:

Two even teams (6 v 6, 7 v 7 etc) are placed within a grid approx 30 yards by 30 yards. (size of grid will vary on amount of numbers used and skill level). A server is placed on the side of the grid with a supply of balls. Identify teams using colored bibs.

The practice starts with the server playing a ball into the grid. Teams work to keep possession of the ball and are awarded a point for each successful pass to a teammate. The server keeps score. First team to 10, 15, 20, 25 points etc, wins the game. The more skillful the players, the higher the score required. Games last 2 to 7 minutes. Kick in's, throw in's, pass from server do not count in scoring. Team must maintain possession on final pass to win the game.

This game is very fast and puts players under immense pressure to keep possession or regain possession. Defending team must press to win the ball back and stop their opponents from getting the final pass.

**The coach should emphasize the following coaching points:**

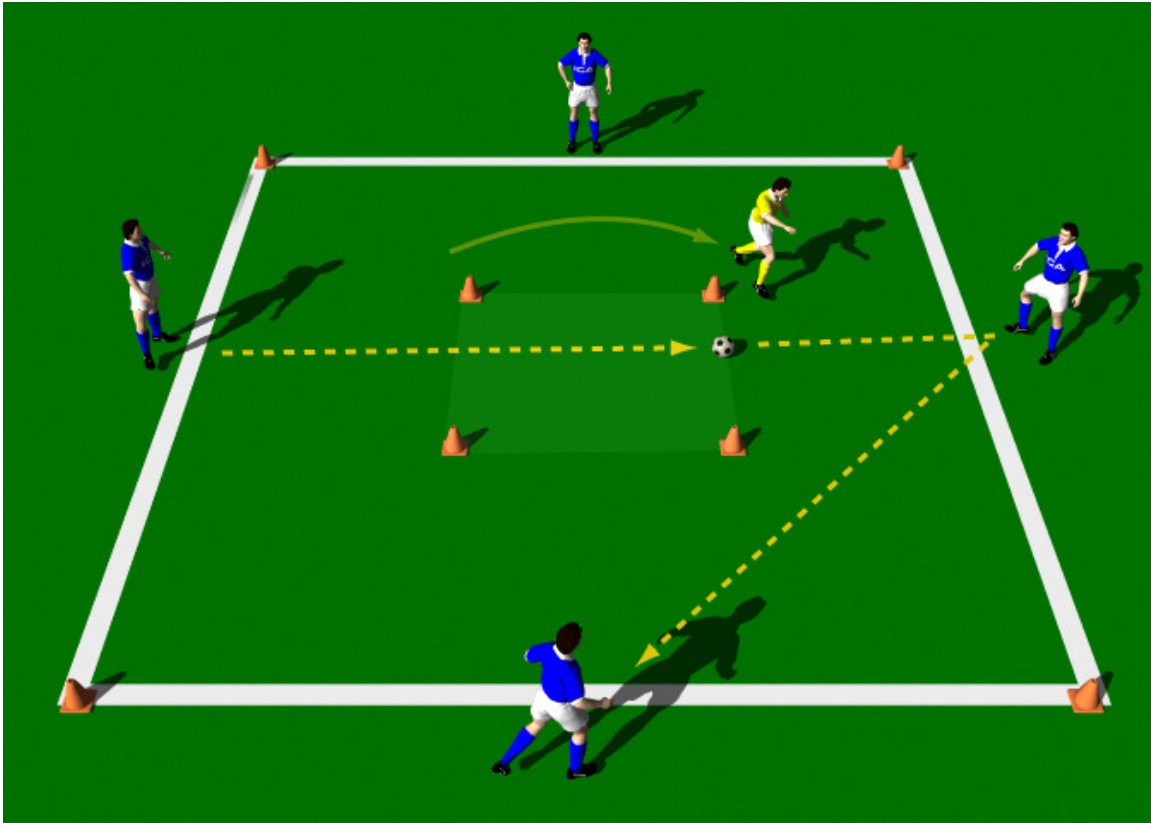
**Team with the ball:**

- Team in possession should play "simple".
- Play the way they are facing.
- Play "two" and "one" touch whenever possible.
- Play to feet.
- Create width.
- Switch the play.

**Team without the ball:**

- Focus on "closing down" the ball.
- Double team whenever needed.
- Close down space.

## ***Penetration Box***



### **Objective of the Practice:**

This practice is designed to improve the penetration in passing.

### **Field Preparation:**

Area 10 x 10 yards. 5 players. 1 ball. Cones.

### **Coaching Points:**

Four players are positioned around the outside of a grid 10 yards by 10 yards. Use 4 cones to make a small square approximately 2 yards x 2 yards in the center of the grid. A defender is placed inside the grid.

The four outside players must try and keep possession until they can pass the ball through the center square. The defender has to win the ball and prevent the players from passing through the center square. The defender cannot enter the center square. The outside players cannot enter the grid. Players in possession are awarded one goal for each time they penetrate the center square. The defenders should work with high intensity to ensure quick decision making by the players with the ball.

The player that gives away possession of the ball becomes the defender.

Supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

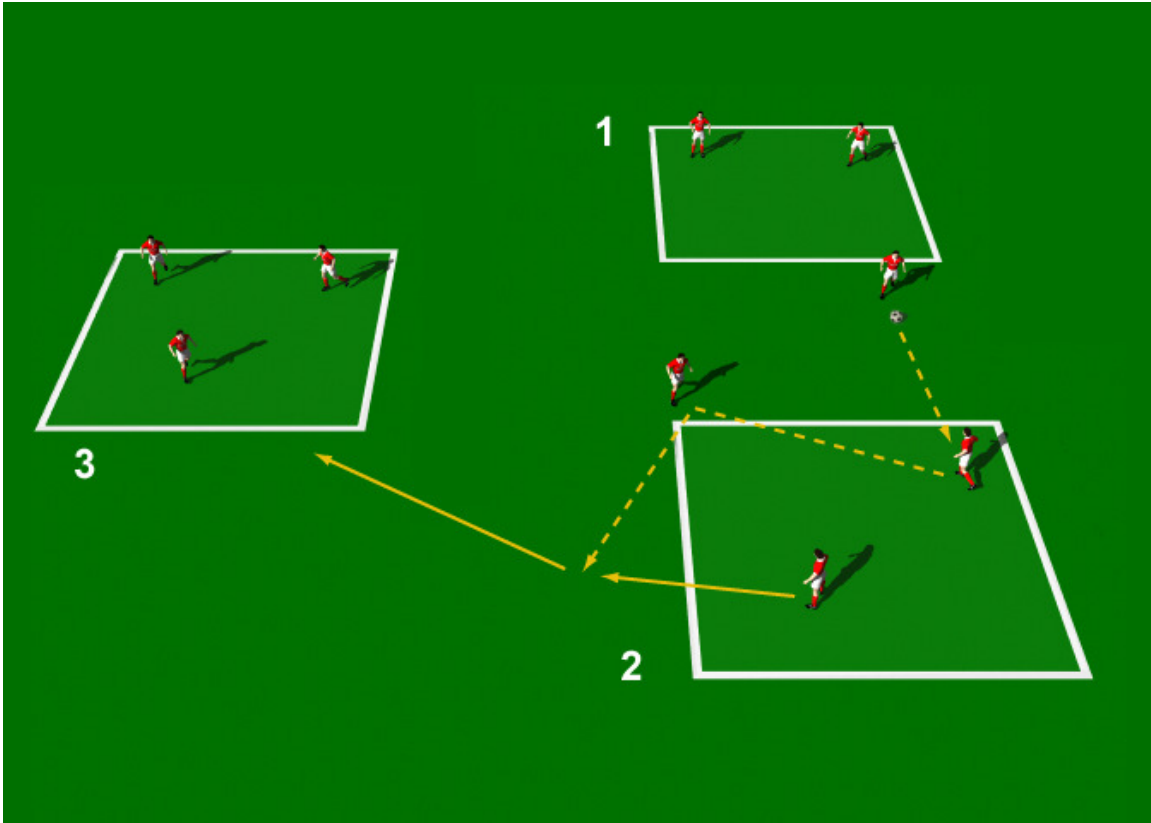
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Players in possession are awarded one goal for each time they penetrate the center square. The defenders should work with high intensity to ensure quick decision making from the players with the ball.



## ***Third Man Running***



### **Objective of the Practice:**

This practice is designed to improve support movement off the ball by the third player running.

### **Field Preparation:**

3 grids of 10 yards (9 metres) in size. Grids in a triangle with 30 yards (metres) between them. 3 players in each grid. 9 players. 1 ball. Cones.

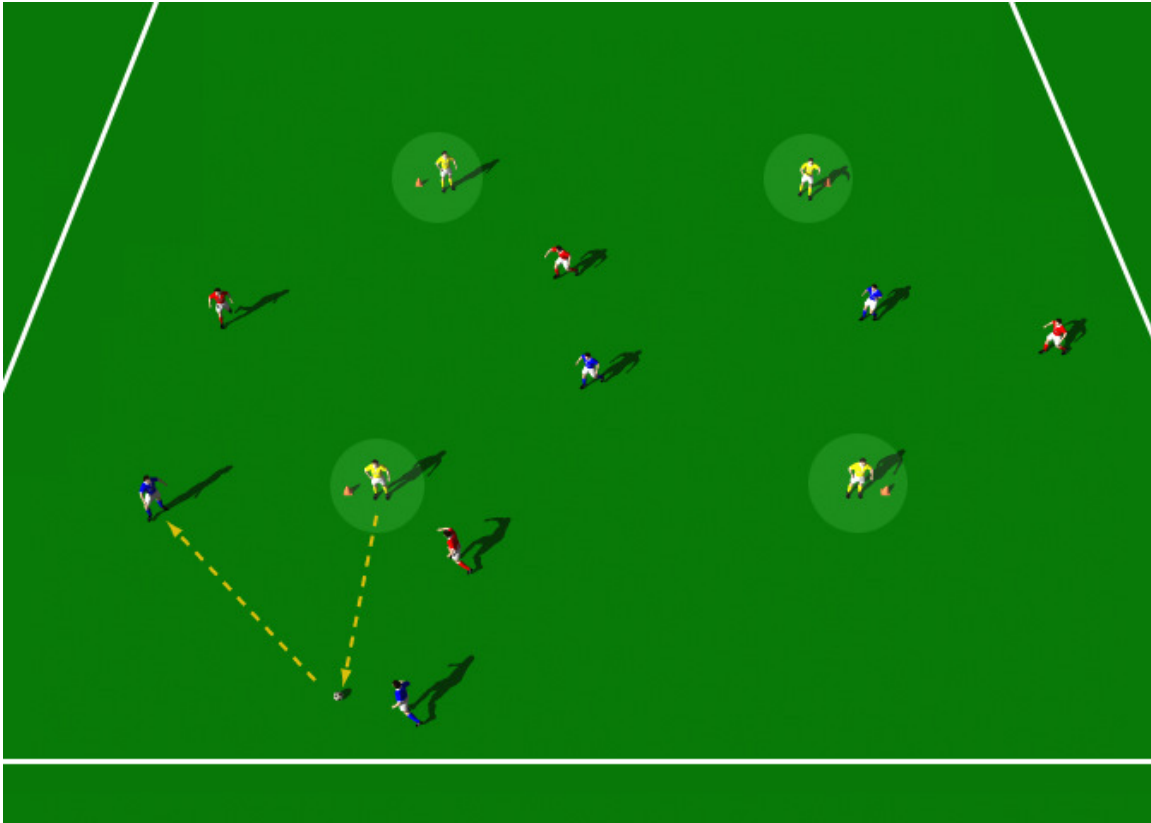
### **Coaching Points:**

Player from grid 1 runs with the ball and plays it into grid 2 and follows into grid 2. The player who receives the ball in grid 2, sets it for supporting player, who plays it for player 3 to make a third man run.

**Objectives** – Passing, support, timing of pass and run.

**Progressions** – 1. Change Direction. 2. Condition to one touch. 3. Make distance between grids bigger and smaller.

## ***Passing to Targets***



### **Objective of the Practice:**

This practice is designed to improve Passing, movement, support and switch play

### **Field Preparation:**

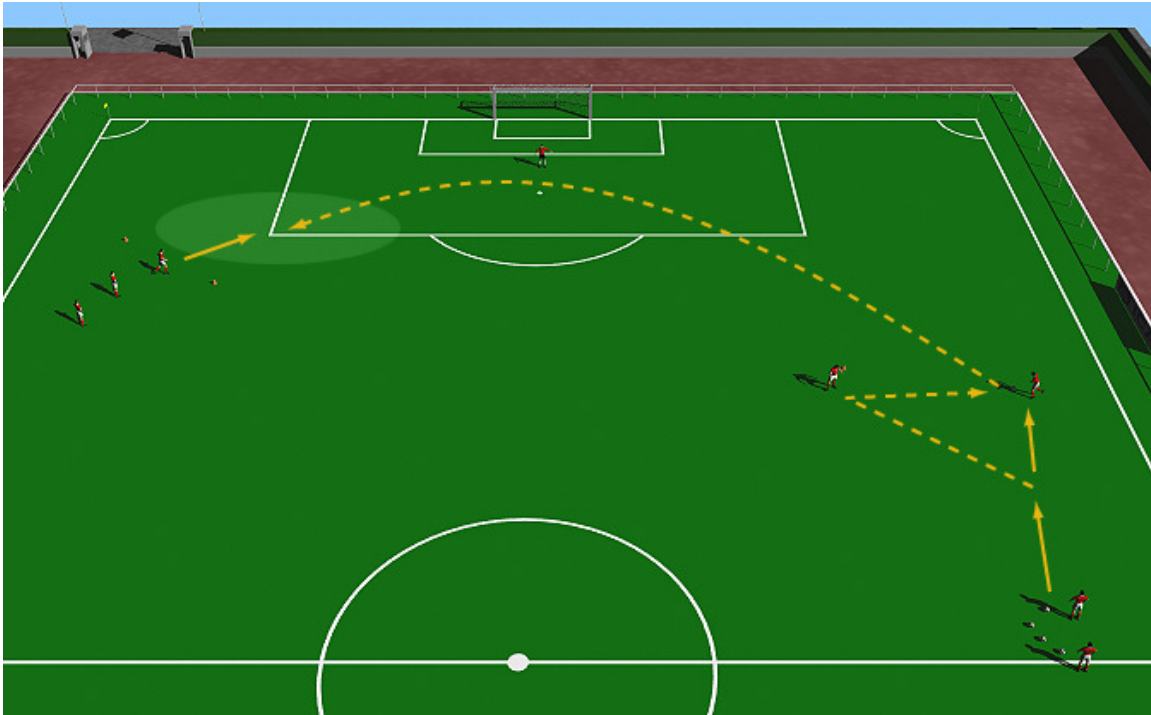
Grid size 40 x 40 yards. Play 4 v 4 in the middle, plus 4 target players, restricted to minimal movement placed in the grid area, 10 yards in from the corners of the grid.

### **Coaching Points:**

Both teams can pass to target players (yellow). When target players receive ball they must pass back to team they received the ball from. Score for completion of agreed number of successful passes. Rotate teams regularly.

**Progressions** – Condition game – Target players – 1. One touch, teams two touch. 2. Target players can play to each other without playing to a team member. 3. Make area bigger, lengthen passing. 4. Put Target players to outside of grid. 5. Split target players to two to each team and put them on the diagonal. Players can play to all target players but must rotate with team target players.

# ***Passing for Defenders 1***



## **Objective of the Practice:**

This practice is designed to improve the diagonal forward passing of the fullbacks.

## **Field Preparation:**

Half field. Small group of players. Goalkeeper. Cones. Supply of balls.

## **Coaching Points:**

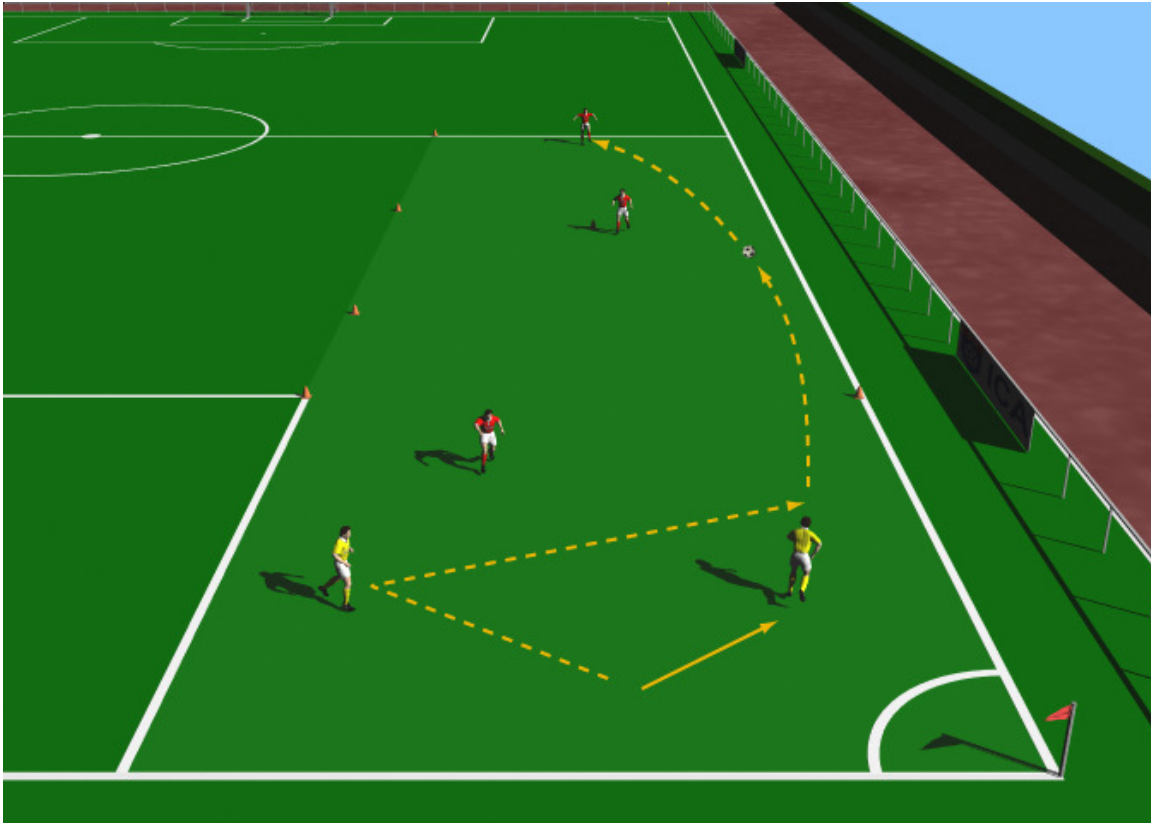
Two fullbacks are stationed between two cones placed wide on the halfway line. Two attackers are stationed between two cones placed just outside the penalty area. A receiving player to lay-off the ball is placed at a cone 10 yards from the fullbacks. Goalkeeper is placed in goal.

The practice starts when the fullback passes the ball to the near receiver for a return pass. He then executes a diagonal pass for the attacking forward to attempt to score a goal. After crossing the ball, the fullback jogs back to the starting position. Keep record of all successful crosses.

## **The coach should emphasize the following coaching points:**

- Encourage quality passes to the feet of the receiver.
- The receiver should be alert and lay-off passes good enough for the fullback to cross first time.
- The fullback should use straight and bent diagonal passes.
- Ensure that the attackers time their runs to meet the ball in their stride.
- This practice should be rotated on both flanks.

## ***Passing for Defenders 2***



### **Objective of the Practice:**

This practice is designed to improve the forward passing of the fullbacks.

### **Field Preparation:**

Channel 10 x 50 yards. Small group of players. Cones. Supply of balls.

### **Coaching Points:**

Two fullbacks are stationed between four cones placed wide on the penalty area. The fullbacks are restricted to this grid. Two servers are placed at cone 10 yards from the fullbacks. A receiving player is placed between two cones positioned wide on the halfway line.

The practice starts when the server passes the ball to either of the two fullbacks in the grid.

After passing the ball, the server runs forward and pressurizes the fullbacks in an attempt to win the ball back. The fullbacks have to obtain a minimum of three passes before playing the ball forward to the receiver on the halfway line.

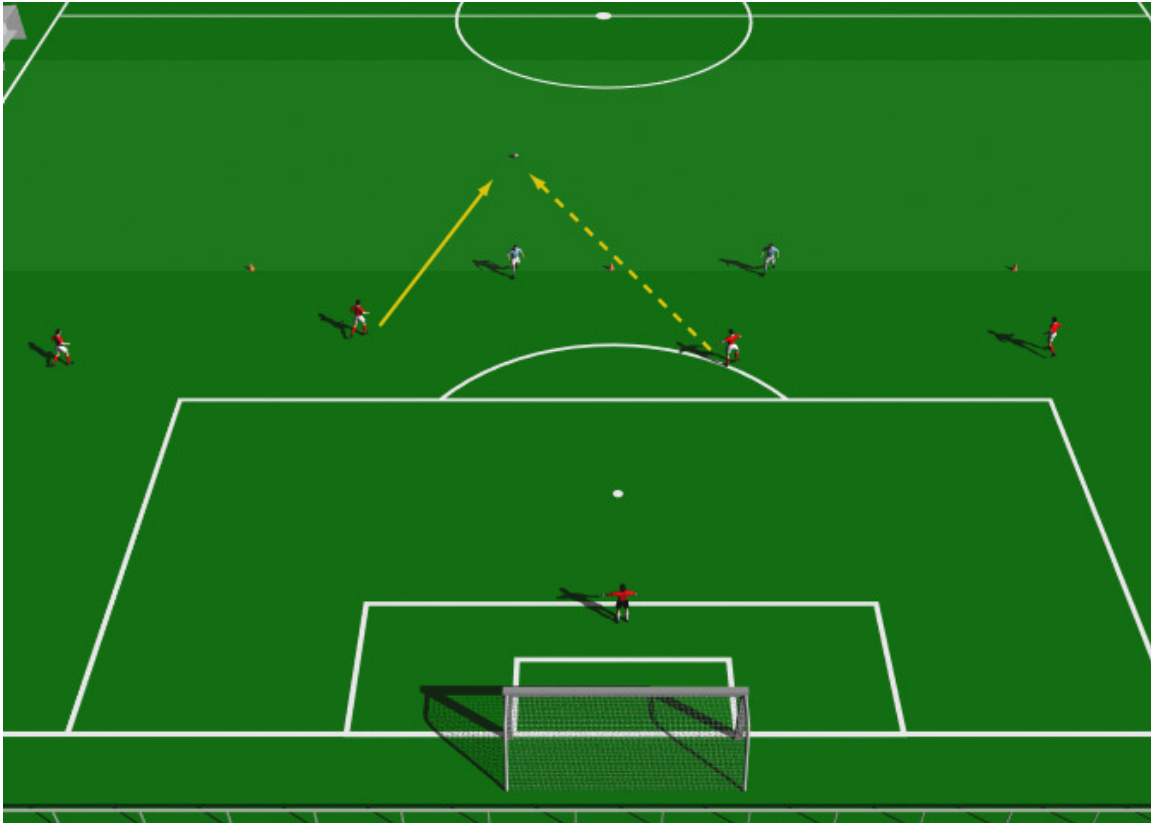
After pressurizing the ball, the server jogs back to the starting position. There are two servers who alternate on each serve. Keep record of all successful passes made down the wide channel by the fullbacks.

### **The coach should emphasize the following coaching points:**

- Server should pressurize the two defenders with game intensity.
- Fullbacks should exchange passes quickly between each other.

- The long range pass down the wide channel should be a bent lofted pass. This enables the flight of the ball to curl into the field of play.
- Target player should be alert and look anxious to receive the ball when the fullback can pass forward.

## ***Passing for Defenders 3***



### **Objective of the Practice:**

This practice is designed to improve the forward passing of the back four as a unit.

### **Field Preparation:**

Use half field. Small group of players. Cones. Supply of balls.

### **Coaching Points:**

Four defenders are placed across the top of the penalty area. Two attacking players are positioned in a grid 10 yards long by the width of the field. The attacking players wear different colored vests. A goalkeeper is placed in goal.

The practice starts when the goalkeeper distributes the ball to any of the defenders. The defenders must work as a unit to keep possession and go forward to get one defender into the attacking grid with the ball at his feet. Once the goalkeeper releases the ball, the two attacking players pressurize the four defenders and attempt to win the ball. A goal is awarded each time the four defenders can secure possession in the attacking grid.

### **The coach should emphasize the following coaching points:**

- Both fullbacks should position themselves as wide as possible to receive the ball from the goalkeeper.

- Both central defenders should position themselves at of the arc at the top of the penalty area.
- All defenders must move across the field as a unit, keeping balance and offering good supporting angles at all times.
- Defenders should look to support in advance of the player in possession if he can pass the ball forward.
- Defenders should look to penetrate each and every opportunity possible.

# Passing for Midfielders 1



## Objective of the Practice:

This practice is designed to improve the long range passing skills of the two central midfielders.

## Field Preparation:

Use half field. A grid is marked out 10 yards by 10 yards in the middle of the field. Two midfield players are placed within the grid. Two wide receiving players are placed on each sideline. Supply of balls. Cones.

## Coaching Points:

The coach starts the practice by serving the ball to either of the two midfield players in the grid. The two midfield players exchange several quick passes before one of the players delivers a long range pass to the wide receiver. The wide receiver must control the ball as efficiently as possible and return the ball back to the starting position. The midfielder player must alternate passing to the wide receivers. A point is awarded for each successful pass.

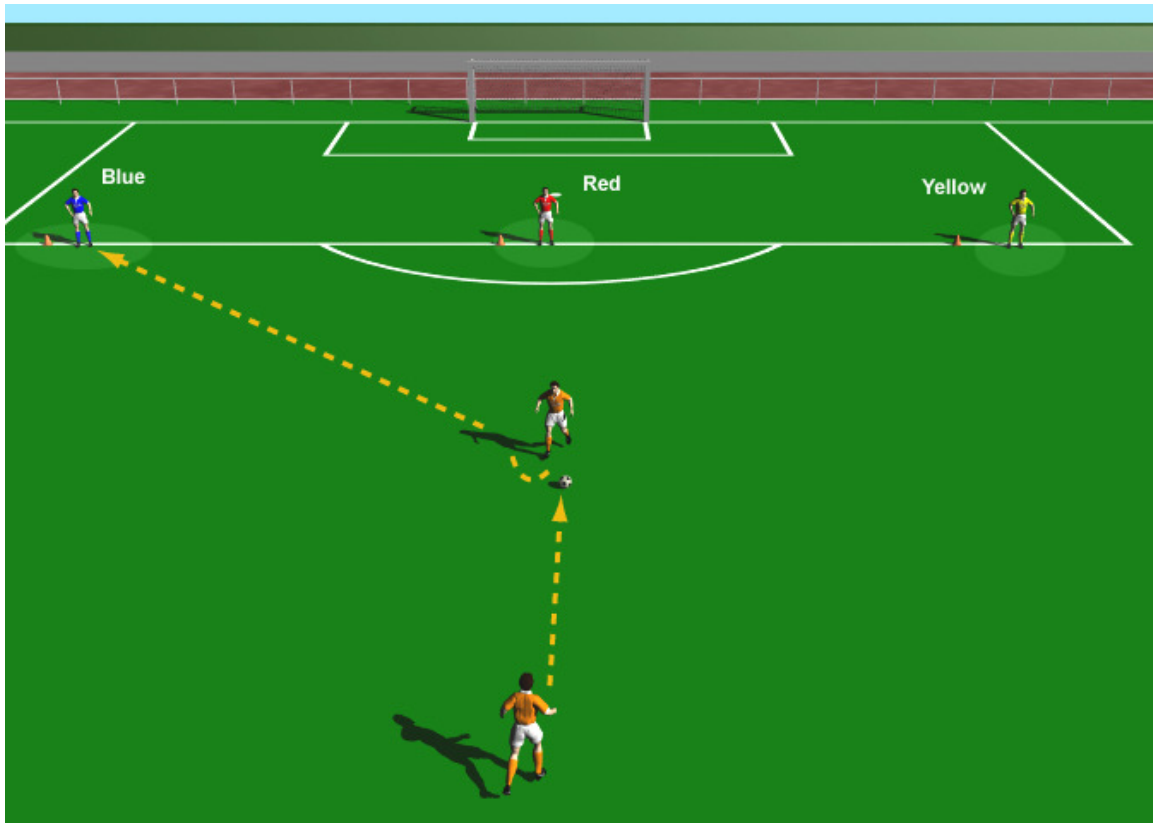
## The coach should emphasize the following coaching points:

- The midfield players should constantly be moving and scanning the field.
- Encourage the midfield players to use the lofted and the low driven pass.
- Wide players should be animated and look anxious to receive the ball.

Rotate wide players with midfield players when appropriate.



## ***Passing for Midfielders 2***



### **Objective of the Practice:**

This practice is designed to a midfield players vision and decision making when passing in the attacking third of the field.

### **Field Preparation:**

Use half field. A grid is marked out 10 yards by 10 yards in the middle of the field. Two midfield players are positioned within the grid, one serving, one receiving. Two cones are placed at the corners of the penalty area with three forwards positioned in between the cones. Supply of balls. Cones. Each forward must wear a different colored vest.

### **Coaching Points:**

The practice starts when the server passes the ball to the receiving midfield player. As the server passes the ball he calls out a color, red, green or blue (indicating the color of the forward player's vest). The midfield player must turn as efficiently as possible and pass the ball to the selected color. To make the practice unpredictable, the forwards must exchange position with each other whenever the receiving player is not facing them.

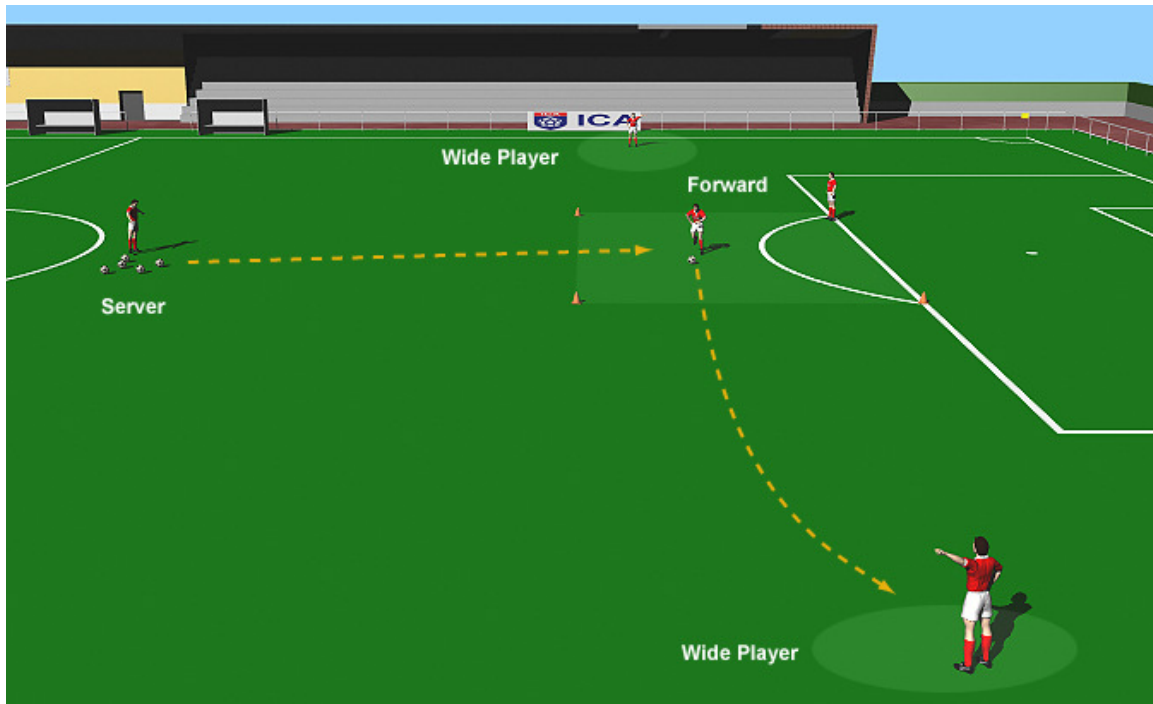
A point is awarded for each successful pass.

**The coach should emphasize the following coaching points:**

- The midfield players should receive the ball using a "side-on" position whenever possible. This will improve his vision and enable him to turn quicker.
- The midfield player should try to play his first touch in a forward direction and out of his feet whenever possible. This will allow him to keep his head up and create a good striking distance between him and the ball.
- The midfield player should deliver crisp round passes to the forwards feet.
- Forward players should be animated and look anxious to receive the ball.

Rotate players with midfield player when appropriate.

## ***Passing for Forwards 1 - Playing the Ball Wide***



### **Objective of the Practice:**

This practice is designed to improve a forwards passing ability when they have their back to goal and play the ball out wide.

### **Field Preparation:**

Use half field. Supply of balls. Cones. Four cones are placed on the edge of the penalty area with two forwards positioned at the cones. A server is stationed in the center circle with a supply of balls. Two receiving players are positioned wide on the side-lines.

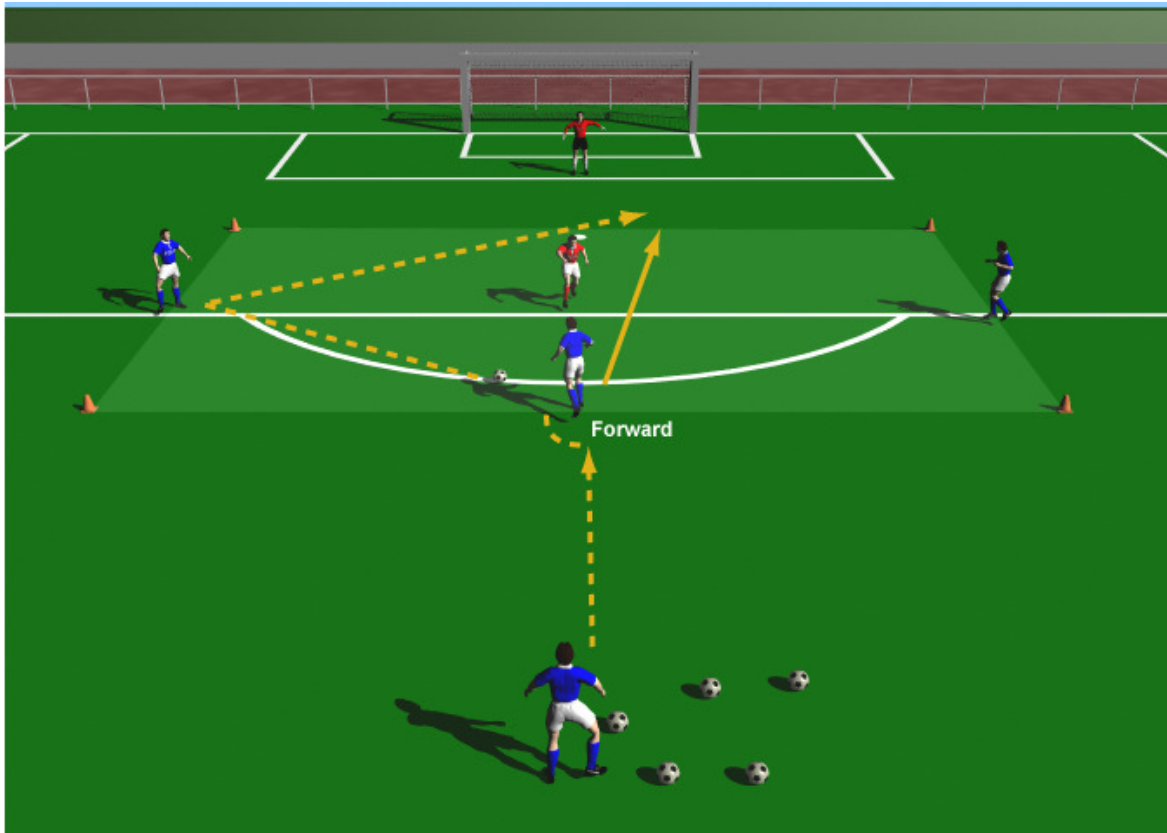
### **Coaching Points:**

The practice starts when the server plays a ground pass to the forward. The forward player runs towards the ball and passes the ball "first time" to either of the wide receivers. After passing the ball, the forward must turn and sprint to the starting position.

### **The coach should emphasize the following coaching points:**

- Server must deliver passes on the ground to enable the forward to pass using "one touch".
- The forward should pass the ball with pace and accuracy.
- Both wide receivers should present themselves as good targets.
- Forwards should go full out on the return sprints.

## ***Passing for Forwards 2 - The Give and Go***



### **Objective of the Practice:**

This practice is designed to improve a forwards passing ability with an emphasis on the "give and go" pass.

### **Field Preparation:**

Use Penalty area. Supply of balls. Cones. A grid is marked out on the edge of the penalty area 10 yards by 10 yards. A defender is placed in the center of the grid. A receiving player is positioned on the sides of the grid. These players are to act as wall players. Two forwards are placed on the side of the grid with a ball.

### **Coaching Points:**

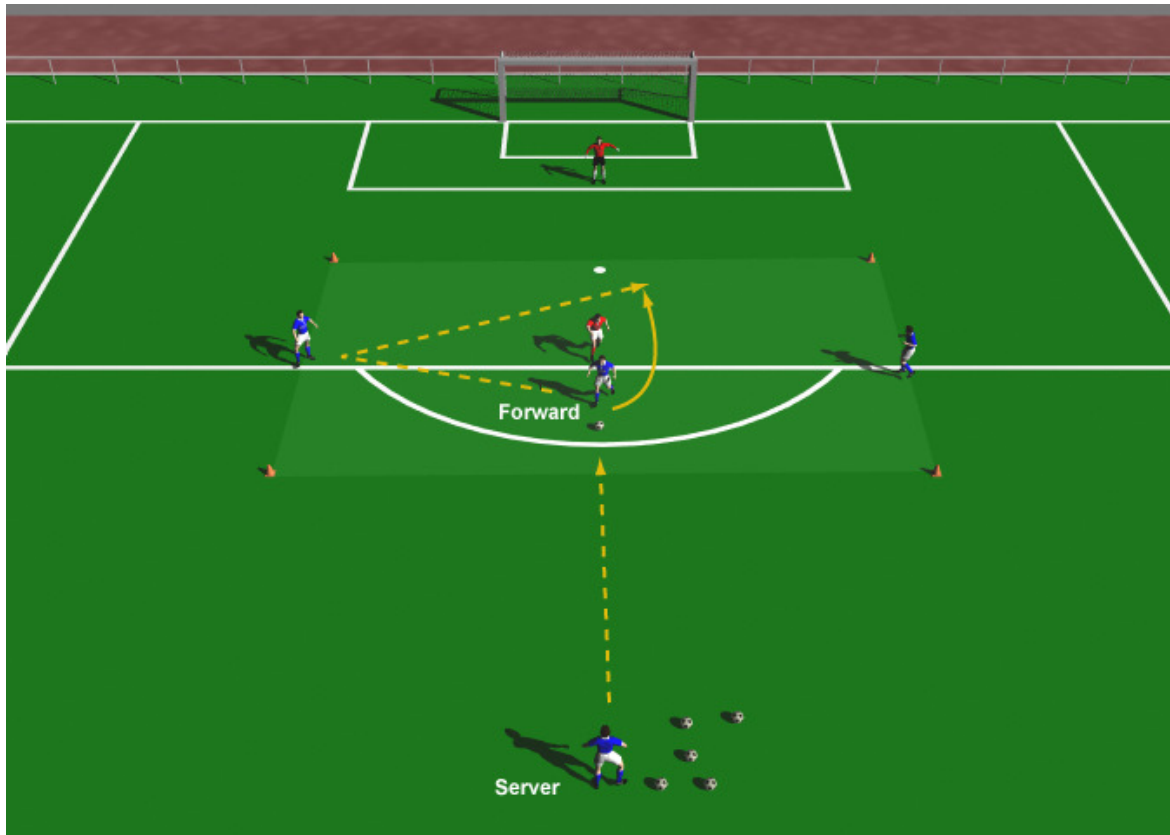
The practice starts when the forward runs at the defender with the ball. The forward looks to commit the defender and play a "give and go" pass with either of the wide receivers. After passing the ball, the forward makes a run behind the defender for a return pass. The forward then attempts to score a goal.

### **The coach should emphasize the following coaching points:**

- The forward should run straight at the defender to make him commit.
- The forward should play a good paced ball to the receiver to enable a "first time" return pass.
- The receiving player should be in a position to be able to return the pass "first time".
- The timing of the support run is crucial, don't over-run the return pass.

- Forward must have a change of speed after receiving the return pass.
- Defender should be passive at first and gradually increase pressure on the forward as the practice progresses.

## ***Passing for Forwards 3 - Back to Goal and Spin Off***



### **Objective of the Practice:**

This practice is designed to improve a forwards passing ability when they have their back to goal.

### **Field Preparation:**

Use Penalty area. Supply of balls. Cones. A grid is marked out on the edge of the penalty area 10 yards by 10 yards. A forward and marking defender are placed in the center of the grid. A receiving player is positioned on the sides of the grid. These players are to act as wall players. A server is placed on the side of the grid with a ball.

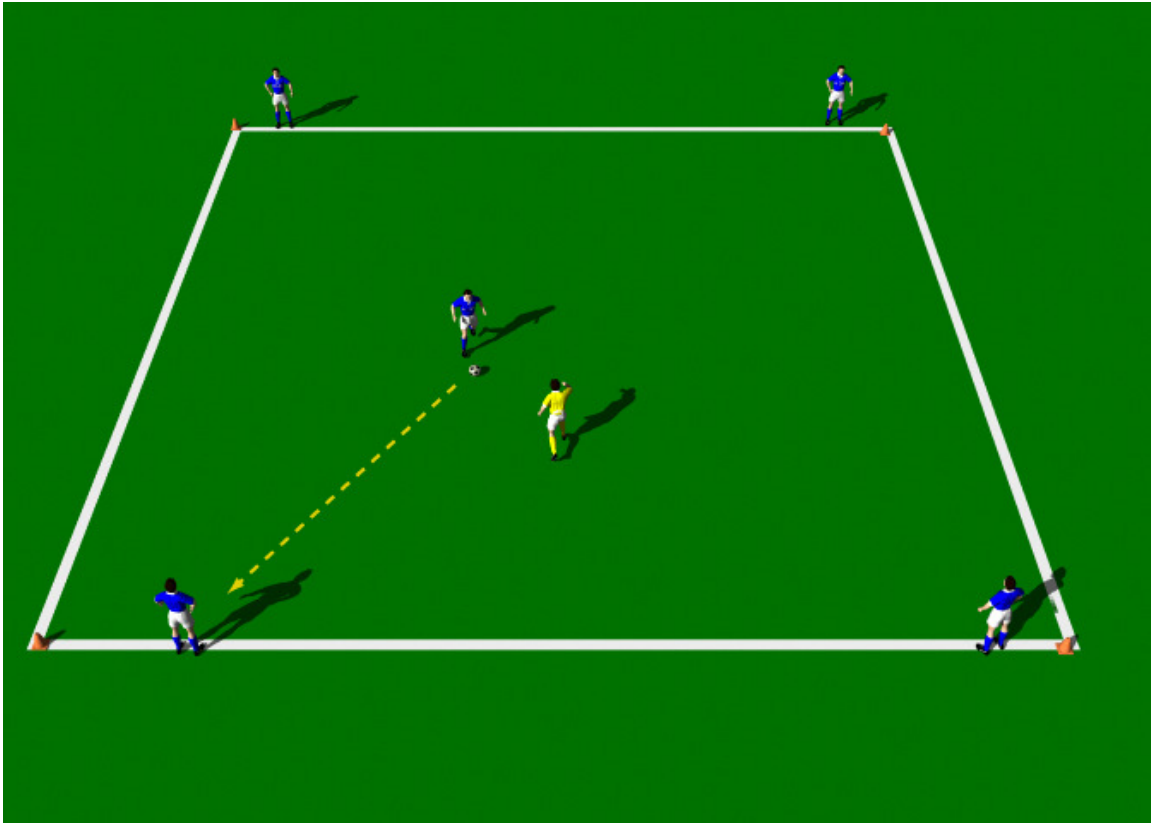
### **Coaching Points:**

The practice starts when the server plays a ground pass to the forward. The forward checks towards the ball and passes it "first time" to either of the wide receivers. After passing the ball, the forward turns and makes a run behind the defender for a return pass. The forward then attempts to score a goal.

### **The coach should emphasize the following coaching points:**

- Server must deliver passes on the ground to enable the forward to pass using "one touch".
- The forward should be encouraged to use the "flick" pass with the outside of the foot.
- Both wide receivers should present themselves as good targets and return the pass "first time".

## ***One Against One with Four Corner Players***



### **Objective of the Practice:**

This practice is designed to improve changes of direction, controlling and playing the ball in one movement, first time passing and Intercepting passes.

### **Field Preparation:**

Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The aim of this exercise is to make sure of retaining possession of the ball as long as possible by dribbling and dummieing, but especially by frequently inter-passing with the four players positioned in the four corners of the playing area. The player in the middle with the ball is put under strong pressure by the continual challenge of the other player and by the way in which the situation is repeatedly changing. In combining with the corner players, the player will try as often as possible to control their passes and play the ball away again all in one movement. If a player pretends to make a pass before actually doing so or pretends to sprint away in another direction, he will succeed in completely surprising and outplaying his challenger. The pace can be kept up by controlling and passing the ball around as quickly as possible.

The opponent in the middle can win the ball in a direct tackle or else try to anticipate passes as they come back from the players in the corners.

**Method**

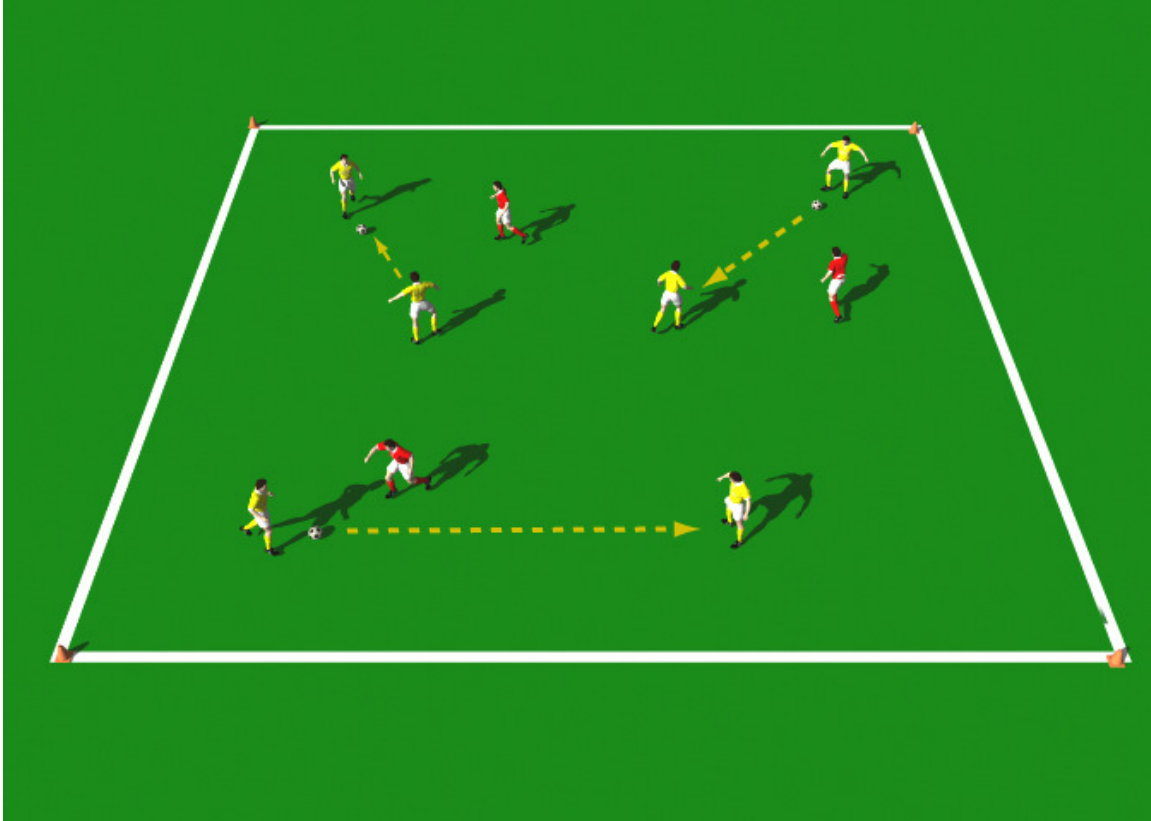
The playing area is determined by four players each one standing in a corner of the square, with the other two players within this square. The man with the ball can use the four corner players to exchange passes. The roles are changed after a certain time.

**Variations**

- The players in the middle can play as they wish.
- The corner players have to play the ball back first time.
- The corner players can pass the ball to each other if the player in the middle is marked.



## ***Two against One***



### **Objective of the Practice:**

This practice is designed to improve Finding space, Positional play, Intercepting passes and Alternating between passes into open space and passes straight to a partner.

### **Field Preparation:**

Area 20 x 20 yards. Groups of three. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

Two-against-one represents the most important numerical superiority in football. By constantly slipping away from his marker and by dummieing off the ball to make his opponent move off in the wrong direction, a player can support his partner who can then hit his pass either into an empty space or straight to the first player's feet. The player without the ball tries to win it by intelligent positional play.

### **Method**

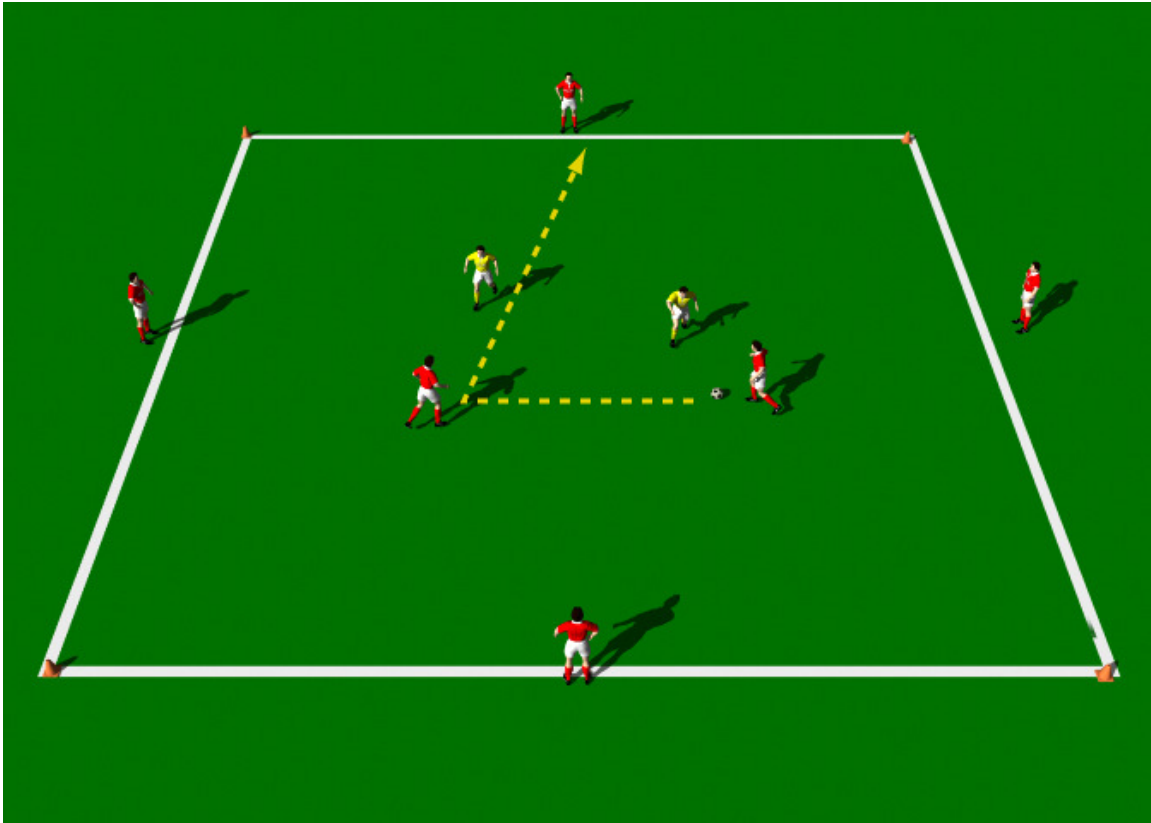
Two players play against one. When this defender wins the ball, he gives it straight back to the attacking pair. Roles are changed after a certain time.

### **Variations**

- No restrictions, with dribbling permitted.
- Three-touch football.
- Every third pass has to be played first time.

- Every pass has to be made first time.
- Having won the ball, the defender changes places immediately with the player who has given it away.

## ***Two against Two***



### **Objective of the Practice:**

This practice is designed to improve "One-two" passing, Scissor movements and Covering.

### **Field Preparation:**

Area 20 x 20 yards. 8 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The exercise is intended for practicing constructive movements, with two suitable players opposing two others. The four supporting players give them permanent support, similar to forwards or defenders during the build-up phase of real match. The game teaches players to keep the ball circulating or to hold onto it, as well as the use of double passes and all sorts of constructive combined movements. The defending pair should mark their men tightly and cover each other well to make it hard for the pair with the ball to use their supporting players.

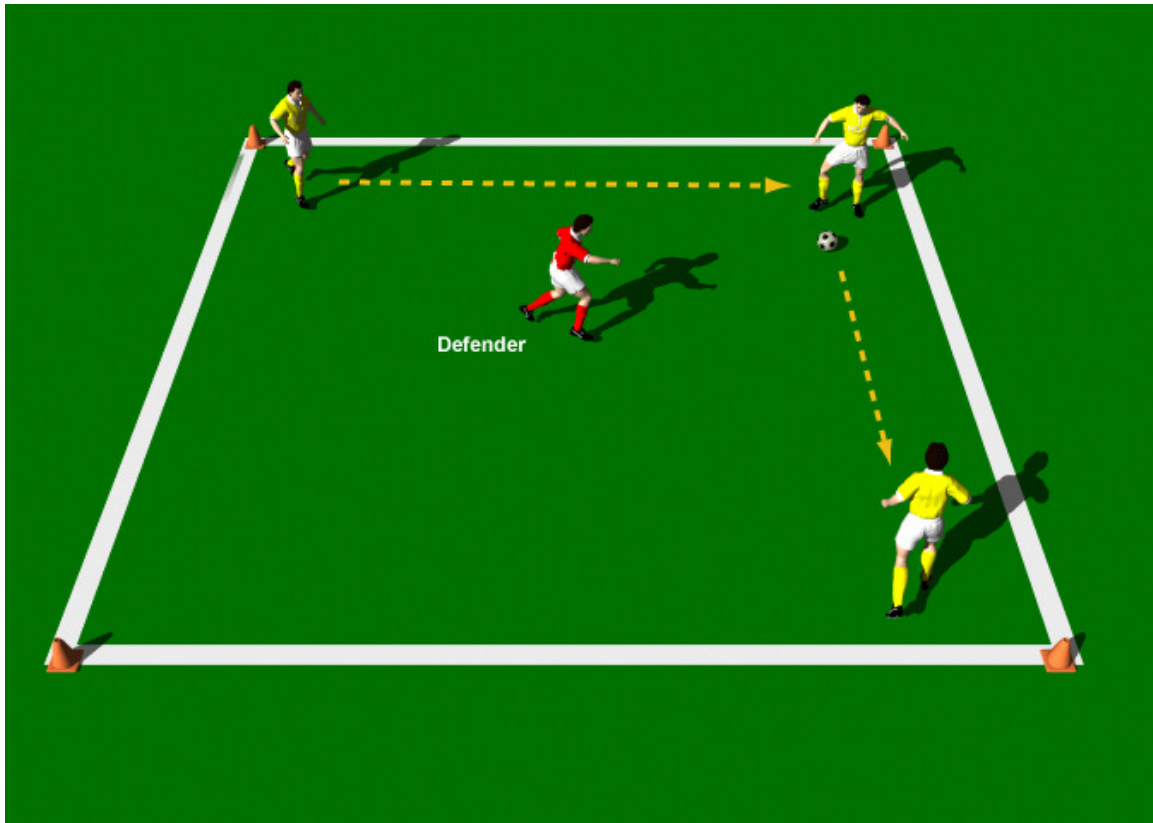
### **Method**

Two players are opposed to two others within an area with fixed corners and with one neutral player on each side of the square who may be used as a link. These four players may move up and down their lines. The player with the ball may pass it to his partner or make use of the four supporting players, who then give the ball straight back to the pair from whom they have received it.

### **Variations**

- The supporting players have to return the ball first time.
- The players in the square are only allowed to touch the ball three times.
- The game can also be played with 1:1 or 3:3.

## Three versus One



### Objective of the Practice:

This practice is designed to improve Finding space, Triangular movements, First-time passing and Anticipating passes.

### Field Preparation:

Area 10 x 10 yards. 4 players. Supply of balls. Cones. Colored bibs.

### Coaching Points:

A three-against-one situation rarely occurs in an actual match, as the lone player would have little hope of success. The team should therefore make sure that one of its players is not caught in such a situation. The aim of this exercise is to force the attacking team into constantly trying to find space, so that the player with the ball always has two possibilities of passing, either to his left or to his right. This means that once a pass has been made, the player is himself obliged to move in order to take up a position ready to receive another pass. The defending player has to try to intercept the passes by clever positioning and by dummying to the man with the ball.

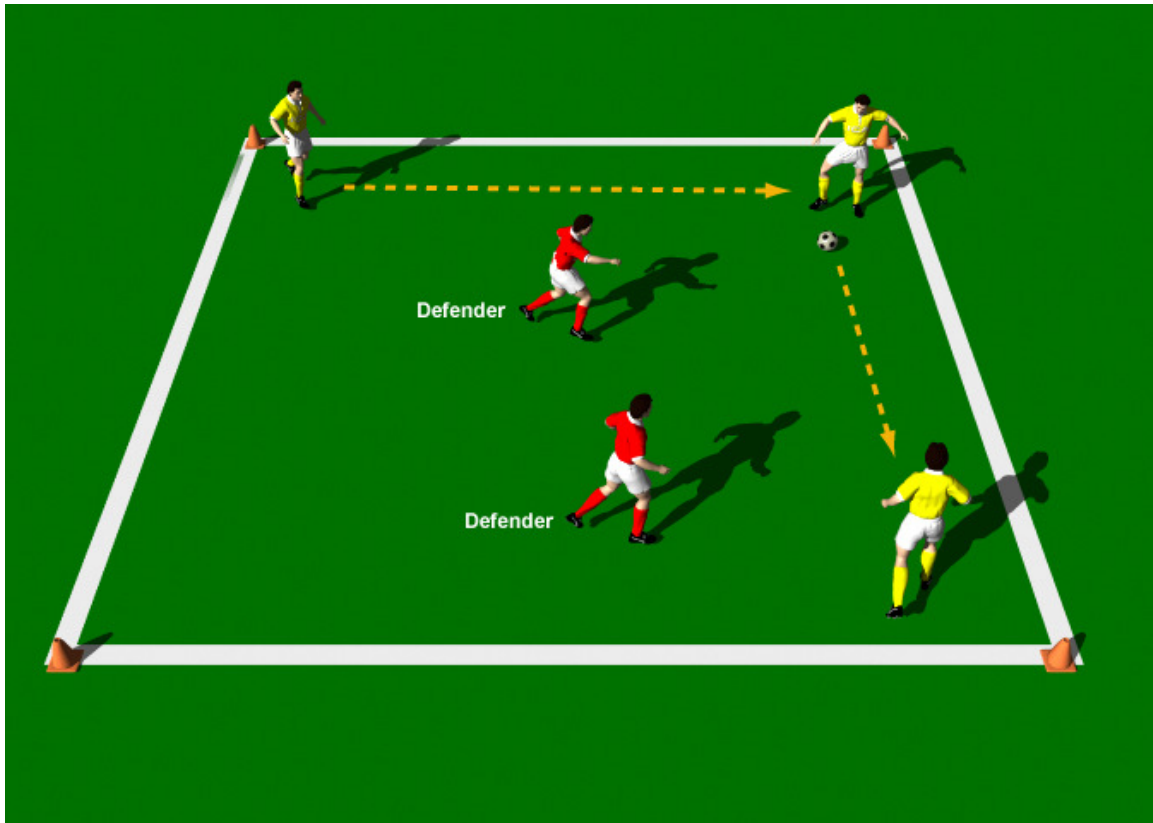
### Method

Three players face one defender and pass the ball among themselves as long as they can, while the opponent tries to intercept their passes. When he succeeds in doing so, he gives the ball back to one of the three players, and after a certain time the players change roles.

### **Variations**

- No restrictions.
- Two-touch football.
- Every other pass must be made first time.
- First-time passing.

## Three versus Two



### Objective of the Practice:

This practice is designed to improve Marking and finding space, Triangular movements, First-time passing and Defensive co-ordination.

### Field Preparation:

Area 20 x 20 yards. 5 players. Supply of balls. Cones. Colored bibs.

### Coaching Points:

The object is for the three players to keep the ball as long as they can, while the defenders try to intercept their passes. The players with the ball continually have to adapt to the changing situation, with the ball sometimes best played first time and sometimes the player with the ball having to keep it until one of his partners is unmarked. Sensible dribbling of the ball can be an effective device to alternate with passing movements. The two defenders need a good mutual understanding and have to co-ordinate well. One challenges the player with the ball while the other covers space and tries to cut out the pass.

### Method

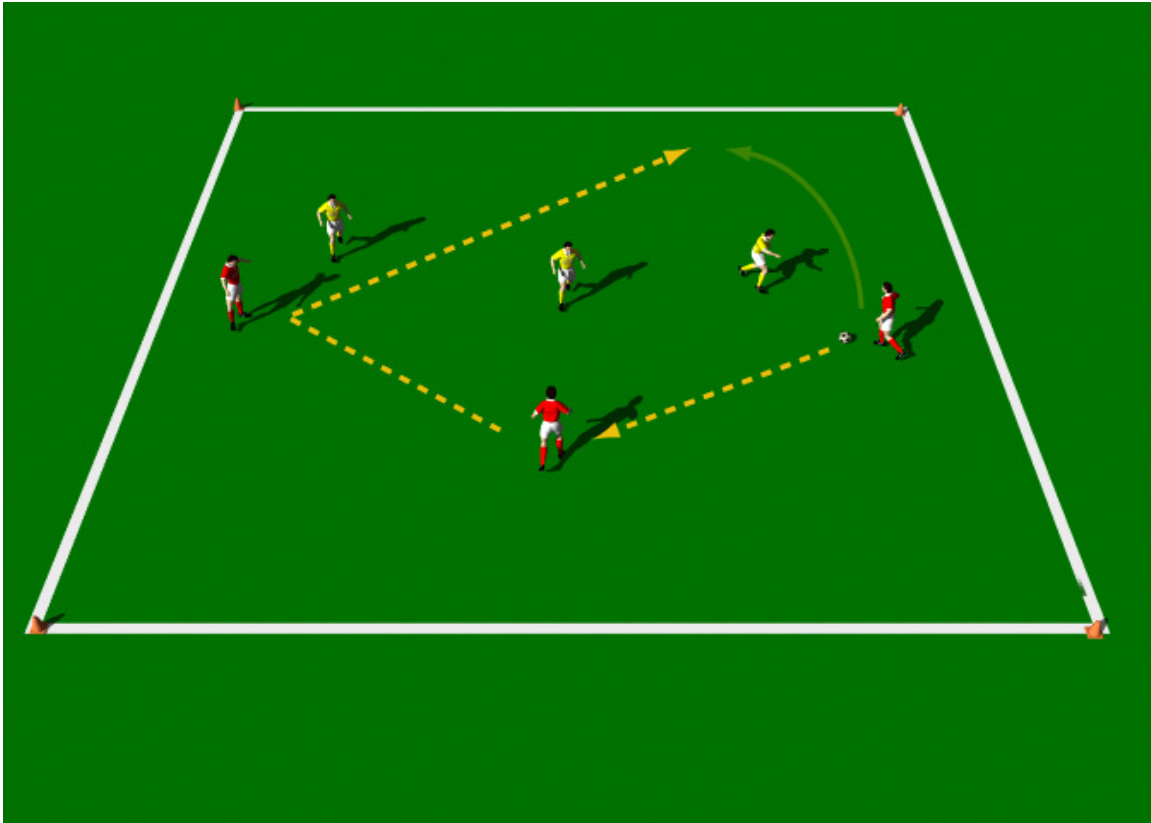
Three attacking players play against two defenders. Once the defenders have won the ball, they have to give it back to the attackers. Roles are reversed after a certain time

### **Variations**

- Three touches of the ball per player.
- Every third pass has to be played first time.
- Players have to head their passes whenever they can.



## ***Three Against Three (Attacking the Goal-lines)***



### **Objective of the Practice:**

This practice is designed to improve Making players play wider, Alternating between safe passes and forward passes, Reverting from attack to defense and vice versa, Mutual covering.

### **Field Preparation:**

Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The aim of this exercise is for forwards to get past the other side by means of individual actions or combined passing movements and then cross the opposing goal-line with the ball at their feet.

All players should always be involved in the action, as the goals are 25 metres wide. So the team with the ball should use the whole width of the pitch to open up its game as much as possible, with a series of safe passes. Playing wide in this way is intended to out-manuever the opposing defense and open up gaps in their defensive cover. The man with the ball should take advantage of these gaps and play a decisive through pass to one of his partners who is positioned among the opposing defense.

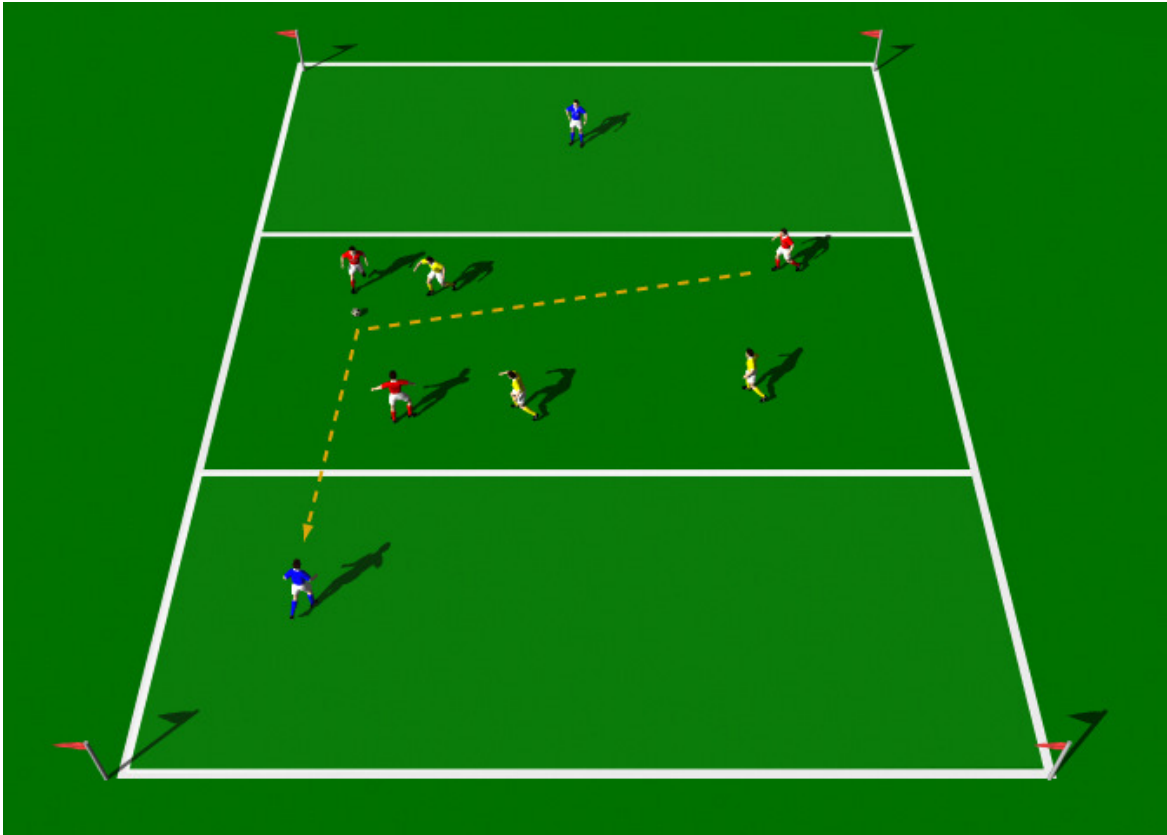
### **Method**

Two teams play against each other.

### **Variations**

- This type of exercise may also be played 2:2, 4:4 or 5:5.
- Goals are only valid if they are scored by the player crossing the goal-line with the ball at his feet.
- Three-touch football.

## ***Three versus Three***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Cross-field passes, Changing the direction of the play.

### **Field Preparation:**

Area 20 x 20 yards. 8 players. Supply of balls. Cones. Colored bibs.

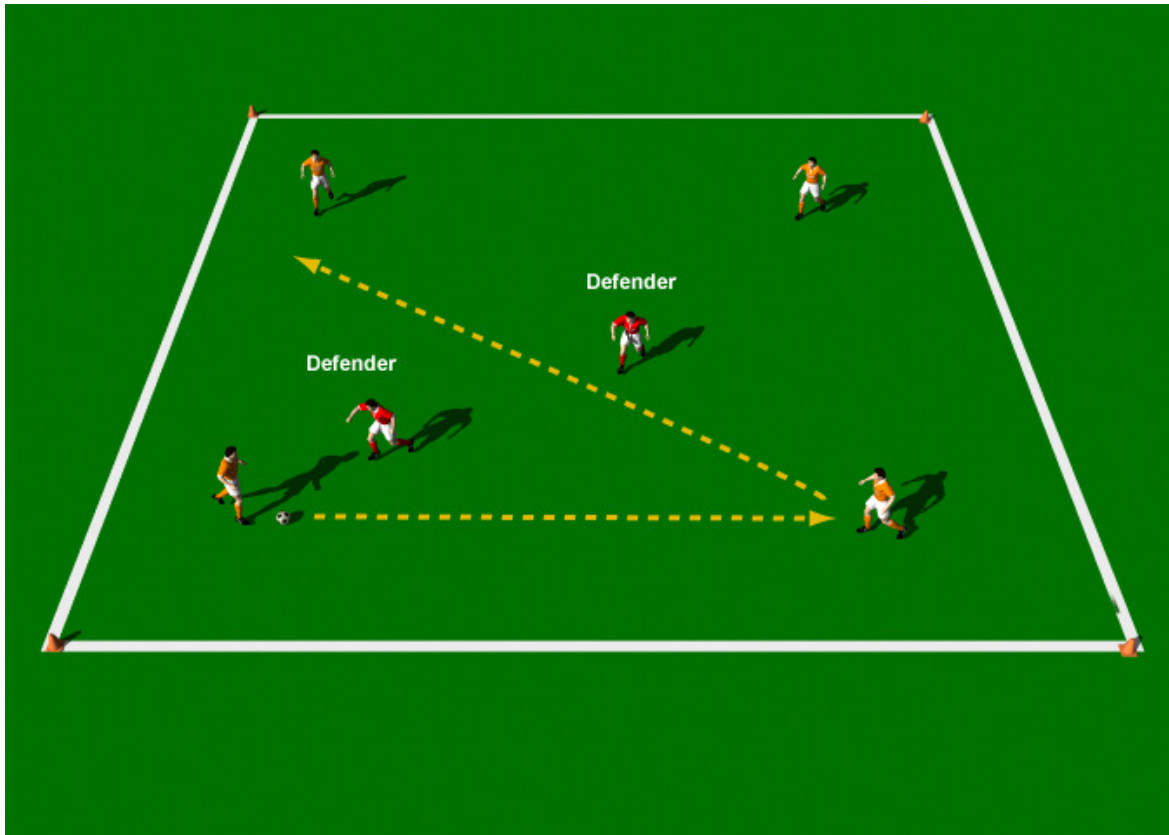
### **Coaching Points:**

The team with the ball has to try to keep possession with the help of an extra player who is stationed outside the playing area. The object is to create opportunities of switching the play by a single long pass directed to a second supporting player positioned outside the playing area on the far side. These changes of direction have to be carefully prepared by an exchange of short passes while the defenders do everything they can to prevent this. The exercise not only improves the alternation between a series of short passes and a single long pass, but it also entices players to bunch up in one section of the field as they often do in match play.

### **Method**

Three play against three, with those in possession enjoying the support of an extra player. They try to work the ball free and hit long passes across to the second supporting player who is outside the outer zone on the far side of the playing area. Once the ball has been switched in this way, the two teams immediately continue the exercise in the other zone and aim their long passes to the other supporting player.

## ***Four against Two***



### **Objective of the Practice:**

This practice is designed to improve Alternating between square passes and diagonal passes, First-time passing and Defensive co-ordination.

### **Field Preparation:**

Area 20 x 20 yards. 6 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The point of the exercise is for the players to retain the ball by moving it around with square and diagonal passes while two opponents try to intercept. One of the defending pair puts pressure on the man with the ball in such a way that his partner can cover accordingly. The way in which these two cover space requires a keen sense of anticipation and very precise co-ordination.

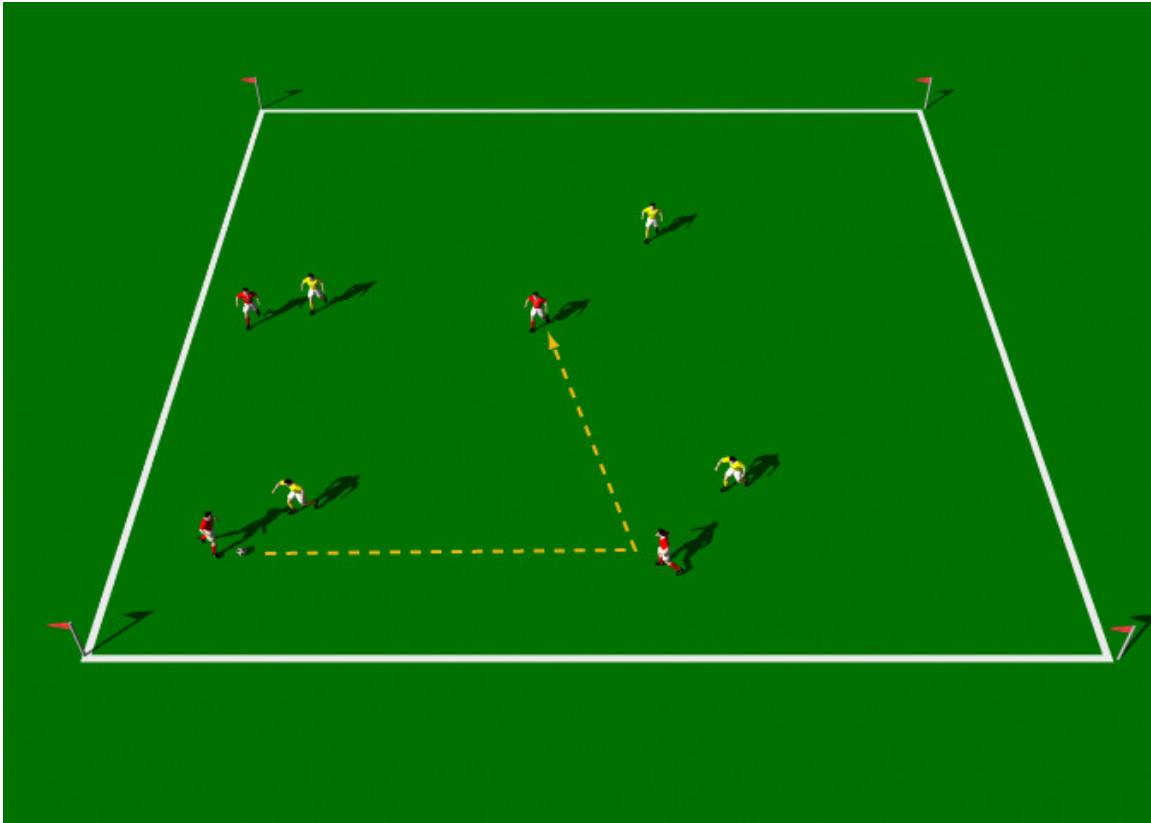
### **Method**

Four players are stationed at the corners of the playing area and two opponents move around inside the square. If the players in the middle succeed in intercepting the ball, they give it straight back to the players forming the square. Roles are swapped after a certain time.

### **Variations**

- Three-touch football for the four corner players.
- Every third pass must be made first time. All passes have to be made first time.

## ***Four against Four***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Alternating between long and short passes, Harassing the player with the ball and Defensive co-ordination.

### **Field Preparation:**

Area 50 x 50 yards. 8 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The aim is to keep possession of the ball as long as possible, but also to attempt effective passing movements as a basis for launching attacks. The defending team tries to prevent this by marking the attacking players closely and by coordinating their defensive interventions.

A feature of this exercise is the way in which the ball frequently changes hands, the high number of mistakes arising from the constant pressure which comes from the two sides being of equal number. It is therefore extremely important for players to slip their markers and for both sides always to play together well. After exchanging several short passes, the players should try to switch the game by means of a long pass.

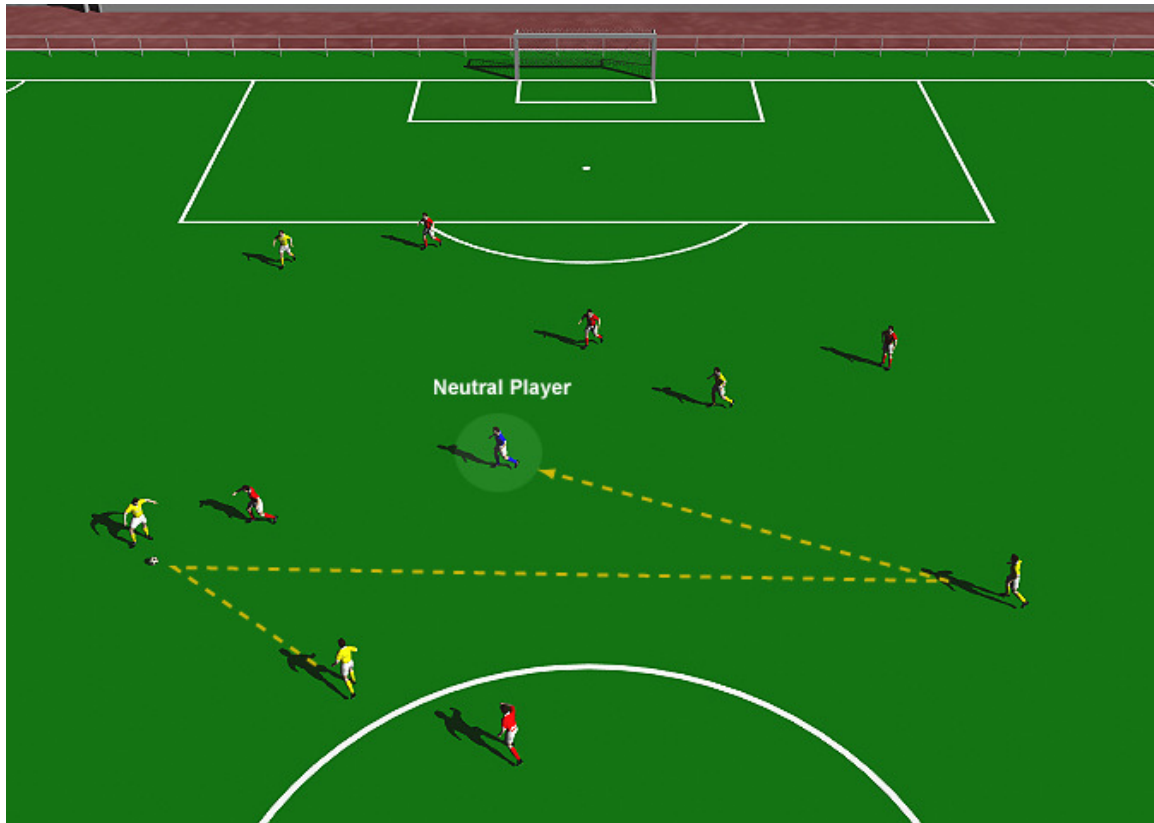
### **Method**

Two sides of four players each opposed to one another.

## **Variations**

- Three-touch football.
- Every fourth pass (at the most) must be made first time.
- Every fourth pass (at the most) must be a long pass.
- Each player is given a specific opponent to mark throughout the exercise.
- This type of game may also be played with 3:3, 5:5 or 6:6.

## ***Five Against Five Plus One Neutral Player***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Switching the direction of the play, Direct return passes and Integration of a key midfield player.

### **Field Preparation:**

Area half field. 11 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

The idea here is to make use of a key player who directs the team on the pitch. He is usually a midfield player but may sometimes be a libero, and he dictates the exercise by serving his partners with passes which may be short or long, powerful or subtle, along the ground or through the air. Once he has made his pass, he then takes up a position where he can always be found by his colleagues, and when he receives the ball back again he tries to change the direction of the play by hitting a long pass across to the other side of the pitch.

### **Method**

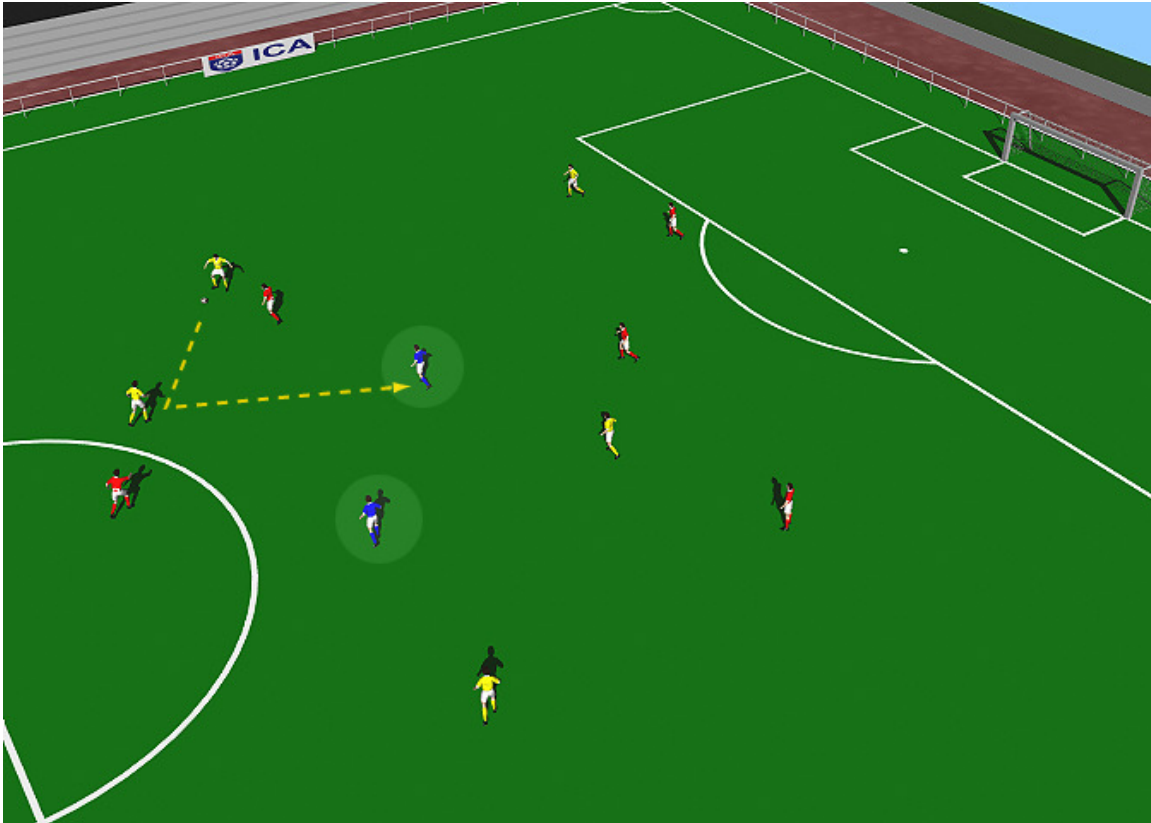
Five players against five opponents. One neutral player takes the key role, playing with the side which has the ball, who then use their numerical superiority to vary their game and use more different passing movements.

## **Variations**

- Five pairs of players mark each other individually.
- Every third pass has to be played back to the key player.
- The key player can only touch the ball three times.
- The key player has to play the ball first time.
- The neutral player can be a goalkeeper who can use his hands to throw the ball back to a partner to start a new movement.
- This type of exercise can also be played with 2+1, 3:3+1 or 4:4+1.



## Seven Against Five



### Objective of the Practice:

This practice is designed to improve Marking and finding space, Switching the direction of the play and First-time passing.

### Field Preparation:

Area half field. 14 players. Supply of balls. Cones. Colored bibs.

### Coaching Points:

Alternating between man-to-man marking and covering space. The aim is to retain possession of the ball while the defending players try to intercept it as quickly as possible and then become the attacking team themselves. The seven-man team should be more precise in building up its movements, using first-time passing to raise the pace while use of long cross field passes helps switch the direction of the game. The intensity of the exercise may be seen from the way in which the teams have to keep changing roles and take it in turns either to attack or defend. The five-man team resorts to man-to-man marking for nearby opponents, while defenders furthest from the ball cover space rather than players.

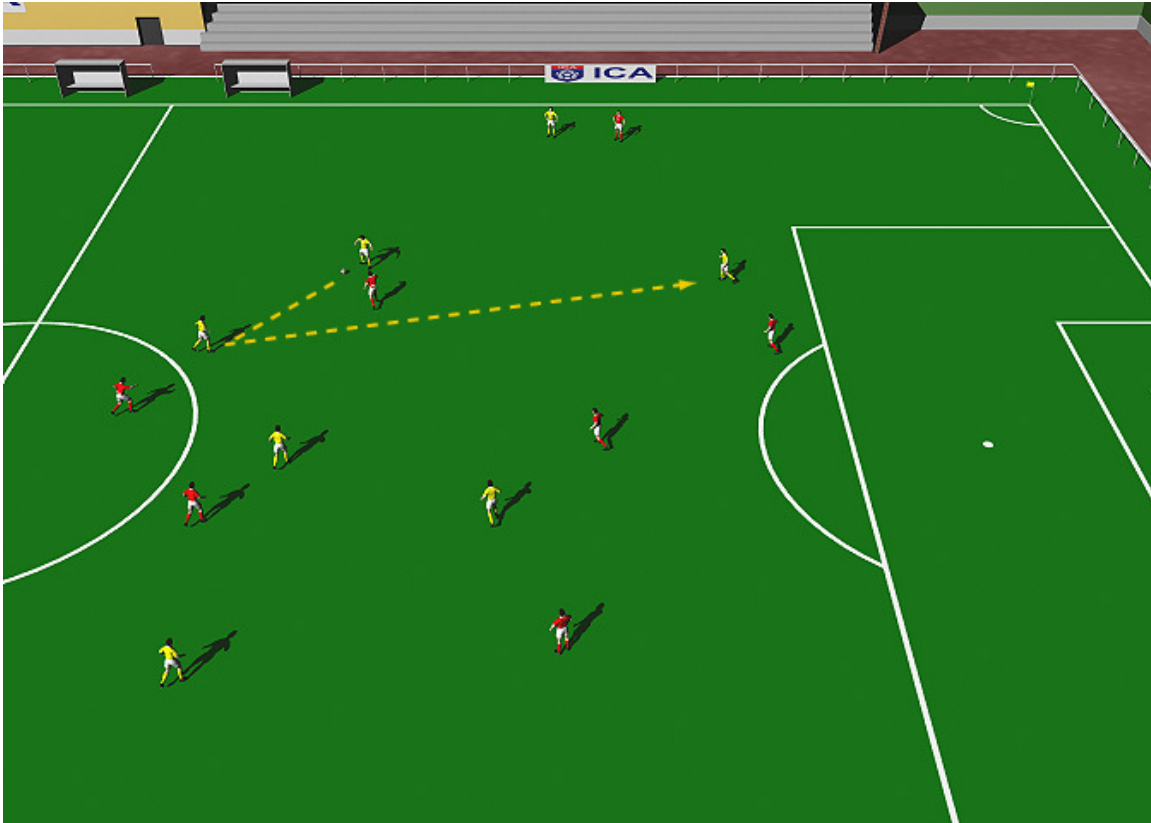
### Method

The seven-man team is given certain restrictive instructions while the five-man team is free to play as it wants.

### **Variations**

- Two or three touches per player.
- Every second or third pass must be made first time.
- Every fourth pass must be a long pass.

## ***Seven Against Seven***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Switching the point of the play and Sustaining pressure.

### **Field Preparation:**

Area half field. 14 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

Each team tries to retain possession of the ball as long as possible by individual actions or combined movements. With seven players playing seven, the ball tends to change hands rapidly, and this takes the flow out of the game, as the player with the ball is constantly being put under pressure by a direct opponent in a limited space. These frequent one-against-one situations are a characteristic feature of the exercise, which also demands great teamwork because of the need to play effectively off the ball.

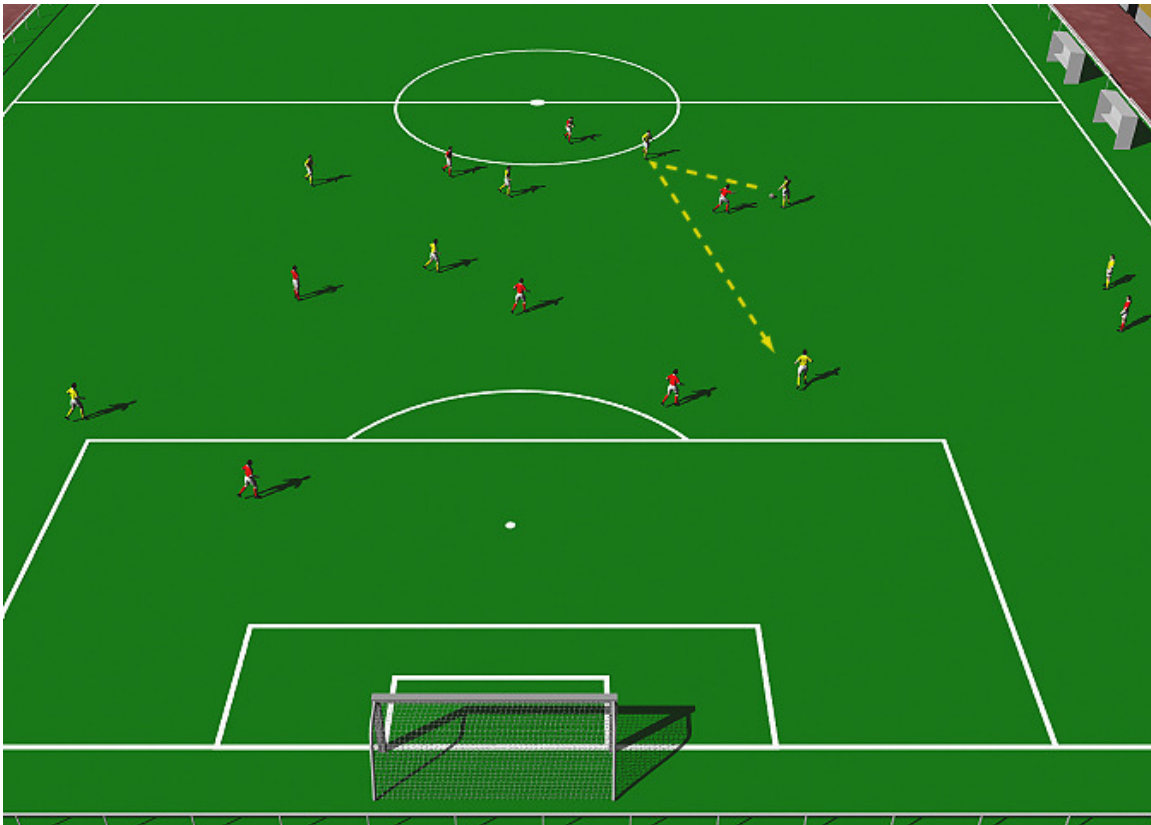
### **Method**

Two equal teams on a pitch big enough to allow them to play open football.

### **Variations**

- Two, three or four pairs of players are picked out at the start of the exercise to mark each other closely.
- Players are only allowed to touch the ball two or three times each.
- This type of exercise can also be played with 6:6, 8:8 or 9:9.

## ***Eight versus Eight (Attacking the Goal-lines)***



### **Objective of the Practice:**

This practice is designed to improve Widening the game to out-maneuver the defense, Changing the direction of the game, Changing the pace and Constant teamwork in defense.

### **Field Preparation:**

Area half field. 16 players. Supply of balls. Cones. Colored bibs.

### **Coaching Points:**

Because the two goals are very wide, the players have to be well distributed all over the playing area. The side in possession of the ball tries to open the game up as much as possible in an effort to get players bunched on one side of the pitch. The defending team reacts to the danger by always moving across to this side of the pitch to defend its goal-line. When this happens, the attacking team sends a long pass across the field to change the direction of its attack and to make use of the space vacated by the defenders. This exercise gets players to move the ball around well, and also calls upon the perception of the build-up players and the opportunism of players moving into empty spaces. It also stresses everybody's capacity to adapt as they continually have to revert from defense to attack and vice versa, while always making sure that they are covering one another.

### **Method**

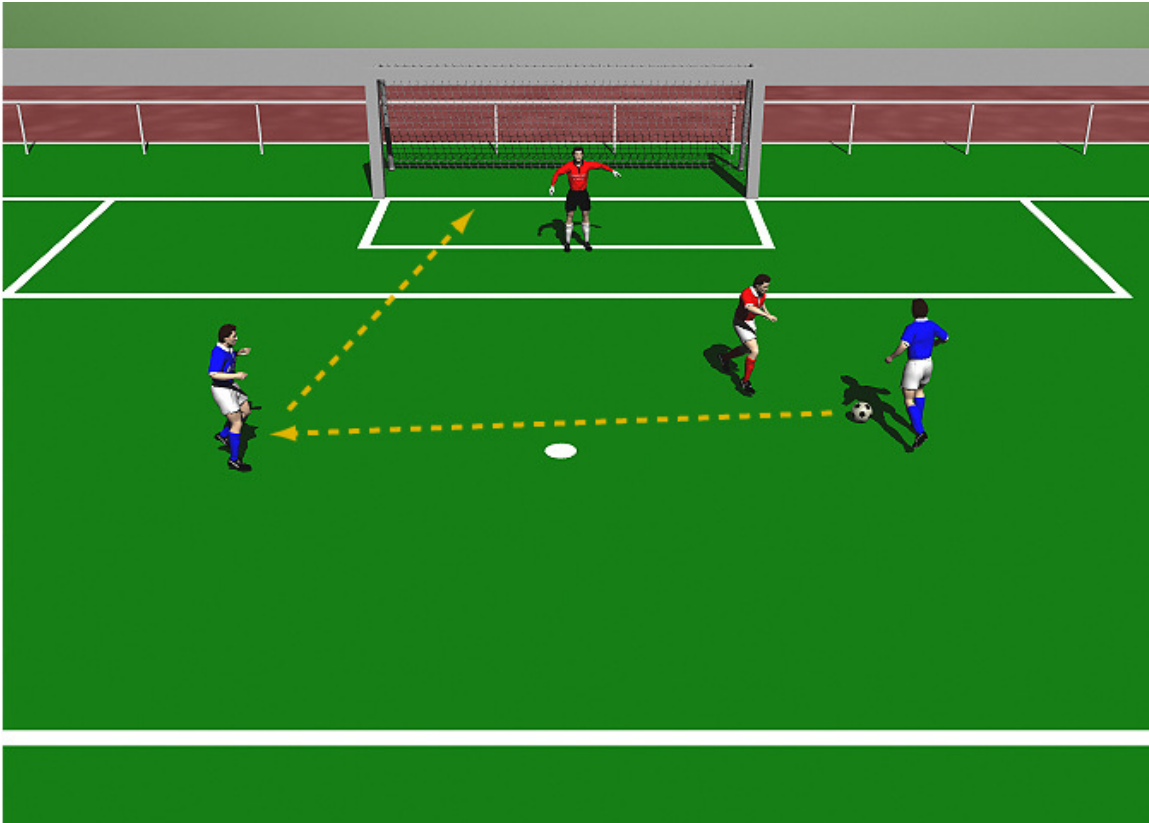
Two teams playing against one another.

The goals are marked by corner flags and by posts placed on the centerline.

## **Variations**

- Three-touch football for all players.
- If a goal is scored after a one-two passing movement, it counts double.
- The game can be played with or without off-side.

## ***Two versus One - plus Goalkeeper***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Direct passing, Dribbling, Dummying and Tackling.

### **Field Preparation:**

4 players; a midfielder + a forward against a defender + a goalkeeper. Playing area: half the pitch, with a standard goal.

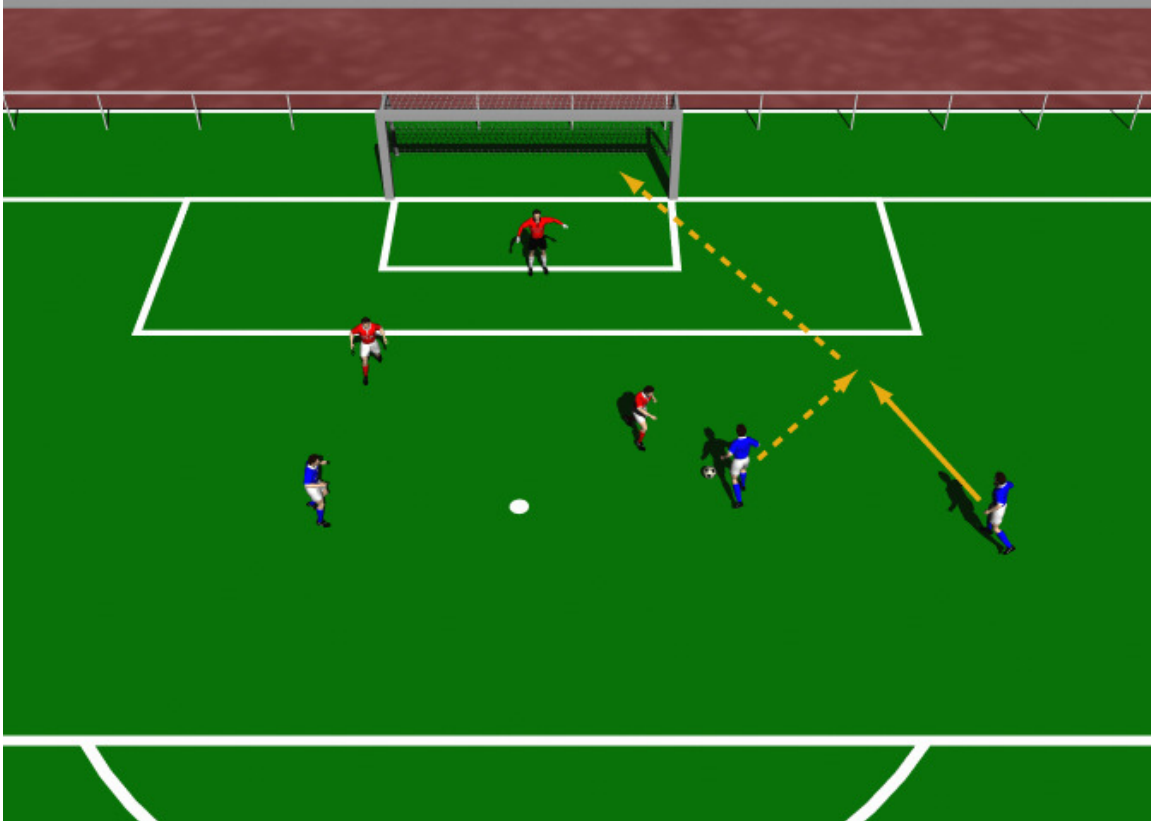
### **Coaching Points:**

The aim of this exercise is to improve co-ordination and mutual understanding between midfield players and strikers. The midfield man uses all sorts of passes to put his partner through to goal, while always staying behind him in support and ready to receive a pass back. Thus the midfield player's support gives the striker the choice of either trying to go for goal alone with the ball, or attempting a different combination with the playmaker, which may catch the opposing defender by surprise. The defender marks his man tightly and tries to cut out any sudden move towards goal or any shot. The goalkeeper does not simply stay back in his goal, but always takes part in the action by narrowing the shooting angle or by coming right out of his goal whenever necessary.

### **Method**

The midfielder plays the ball forward to his partner, who then tries to get past the defender and go on to score. If the defender or the goalkeeper wins the ball, they give it straight back to the attacking midfielder player. **Variations** The introduction of a second defender would allow the midfielder player to try to score goals too.

## ***Three versus Two - plus Goalkeeper***



### **Objective of the Practice:**

This practice is designed to improve Marking and finding space, Constant support, Direct passing and Covering.

### **Field Preparation:**

6 players; a midfielder + 2 forwards against 2 defenders + a goalkeeper. Playing area: half the normal pitch, with a standard goal.

### **Coaching Points:**

The midfielder player sends a variety of passes to his two partners in attack, who try to outplay the opposing defenders either by unexpected passing combinations or by dribbling. The play-maker is always in a position to support his forwards. The defenders mark individual opponents tightly or else make sure they are always well positioned to cover.

### **Method**

A midfielder and two forwards play against two defenders and a goalkeeper. The midfielder player is not allowed to shoot. The defenders and the goalkeeper return the ball immediately to the midfielder man whenever they win possession.



## **Variations**

- If one of the forwards has to pass back to the play-maker in midfield, both forwards must then immediately swap positions and try to take advantage of the slightest lapse in the marking by the defenders.
- If an extra defender is introduced, then the play-maker is allowed to move forward if the opportunity arises and take a shot at goal.
- When the defenders win the ball, they have to make three consecutive passes before giving it back to the attacking side.

## ***Five versus Four - plus Goalkeeper***



### **Objective of the Practice:**

This practice is designed to improve Opening up empty space, Integration of a midfield player in the attack, Support for the attack and Well organized cover in defense.

### **Field Preparation:**

10 players; 2 midfielders + 3 forwards against 4 defenders + a goalkeeper. Playing area: half a normal pitch, with a standard goal.

### **Coaching Points:**

One of the midfield players sends passes up to his three forwards while always positioning himself where he can receive a pass back from them. The other midfield player takes part in the attack, either in an extra supporting role or as an extra attacker. He can do this either by moving down the wing after the winger has made space there by dropping back slightly or by moving into the center; or else he can move through the center as a fourth forward when the center-forward himself has vacated the central attacking position and left a gap in the defense.

Defenders have to cover their defensive zones intelligently by clever positional play.

### **Method**

Two midfield players and three forwards play against four defenders and a goalkeeper. As soon as the defenders win the ball, the game stops and is restarted with the attacking side from the center of the pitch.

### **Variations**

- The midfield players cannot score.
- The midfield players can score.
- Once they have won the ball, the defenders have to try to make ten consecutive passes before giving the ball back to the attacking side.

## ***Six versus Six - plus Goalkeeper***



### Objective of the Practice:

This practice is designed to improve Marking and finding space, Creating goal chances, Integration of a midfield player into attack and Reciprocal covering by the defenders.

### Field Preparation:

13 players; 3 midfielders + 3 forwards against 2 midfield + 4 defenders and a goalkeeper.  
Playing area: half a normal pitch, with a standard goal.

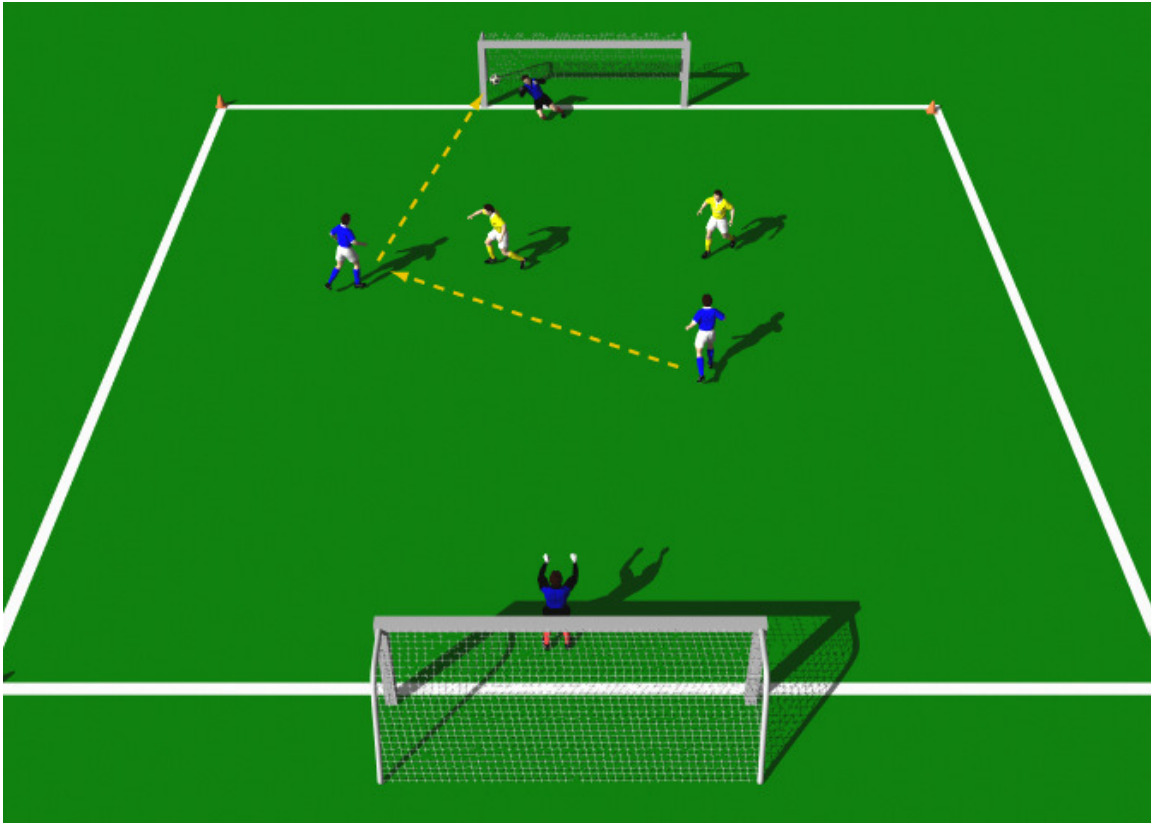
### Coaching Points:

The attacking team tries to score goals by various combined movements or by players taking the initiative individually. The play-maker builds up an attack towards the opposing goal by passing the ball to a teammate, and one of the three midfield men tries to join the forward line by moving into empty space. The second midfield player supports his three forwards so that he can restart the attack if one of them passes the ball back to him, while the third midfield player covers for both his partners. These three roles in midfield should be fulfilled by each of the three players in turn according to the situation, but preferably in accordance with each player's own special abilities. The three defenders mark the forwards while a fourth defender covers for all his teammates.

## Method

Three midfield players and three forwards play against two midfield players, four defenders and a goalkeeper. Once the defenders have won the ball, they give it straight back to one of the opposing midfield players and the attack starts again.

## ***Two Against Two (two goals)***



### **Objective of the Practice:**

This practice is designed to improve Combinations (one-two), Scissor movements, Switching from attack to defense and vice versa and Mutual covering.

### **Field Preparation:**

6 players; 2 v 2 with 2 goalkeepers. Playing area: 30 x 20 yards. Standard goals.

### **Coaching Points:**

Playing two men against two on a small pitch gives players a chance to progress by means of simple inter-passing movements. They have to be accompanied by continual changes of pace if they are to prove effective. Having outplayed the opposing defenders, the player with the ball should take every opportunity to shoot at goal, in circumstances which realistically correspond to those in a competitive match. When a player loses the ball, he must be covered by his partner to prevent the opponent who now has the ball from having a clear run at goal.

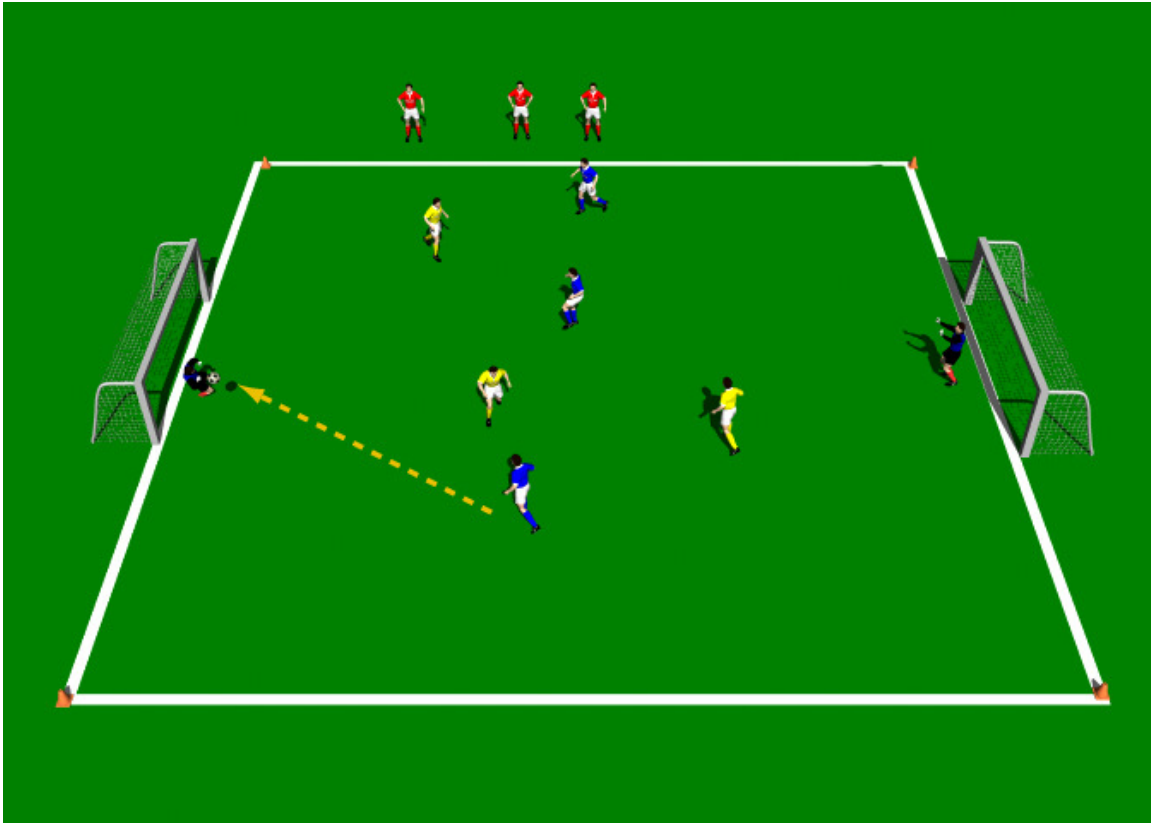
### **Method**

Two players play against two, each side also having a goalkeeper (or an extra player who can also act as goalkeeper). The pair with the ball try to outplay the other pair by inter-passing or by individual moves.

### **Variations**

This exercise can also be played with small goals one metre wide.

## ***Three Against Three (two goals)***



### **Objective of the Practice:**

This practice is designed to improve Various combinations, Direct passing and Mutual covering.

### **Field Preparation:**

11 players; 3 teams of 3 players each, plus 2 neutral goalkeepers. Playing area: 30 x 30 yards, with two standard goals.

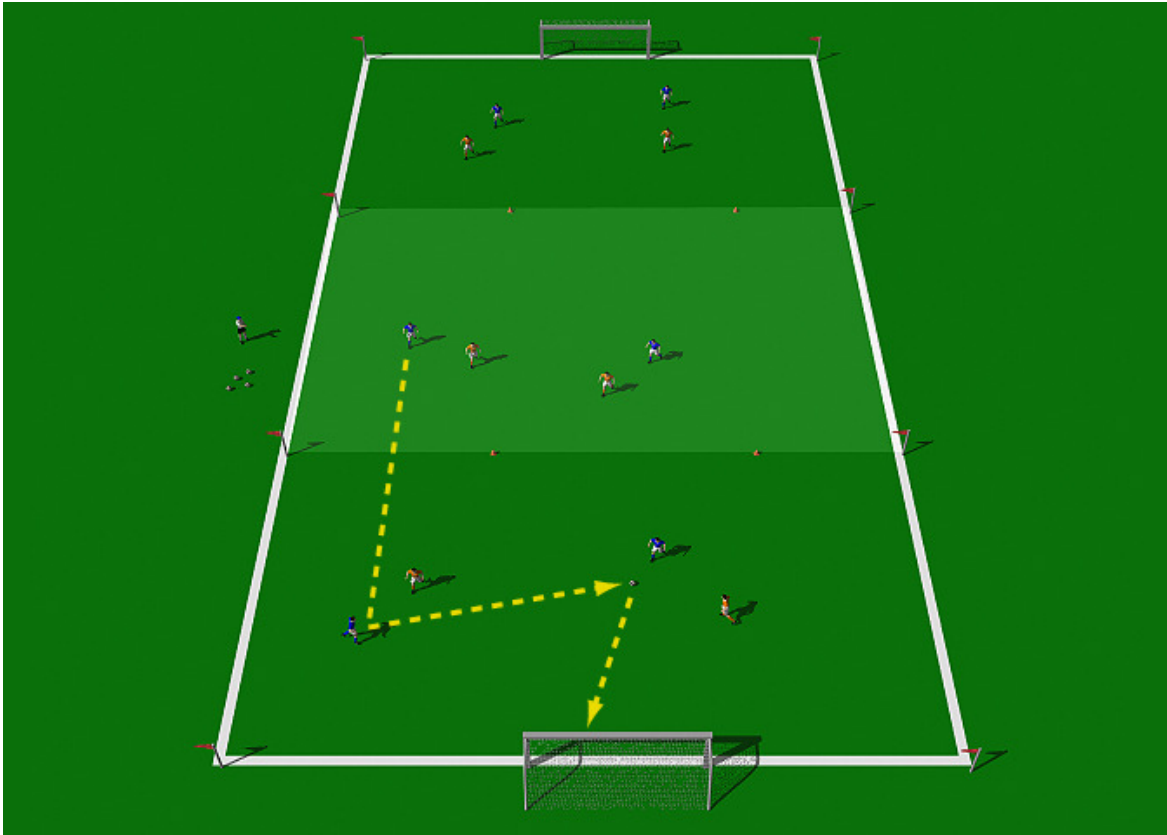
### **Coaching Points:**

This game is played on a small pitch and encourages players to use direct passing movements to try to play their opponents out of position and score as many goals as possible. The fast pace of the game is maintained by allowing one of the three teams to take a rest after each attack has been completed. In defense, players have to cover for each other at all times in an effort to slow down the build-up of the other team's attacks. The defenders should wait for the best moment to make their intervention.

### **Method**

Three teams each of three players take part in the exercise, with a neutral goalkeeper in each goal. One team attacks while the other defends and the third team takes a rest. Once an attacking movement is over, the defending team has its turn to attack against the team which has been resting, and the team which has just been attacking takes its turn to sit it out. Teams rotate in this way non-stop. **Variations** If the attacking team succeeds in winning back possession of the ball before the halfway line after having lost it, the same team may continue to attack.

## Three Zone Game



### Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### Field Preparation

- ☐ 12 Players (6 v 6)
- ☐ Area 20 yards x 30 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Full Size Goals

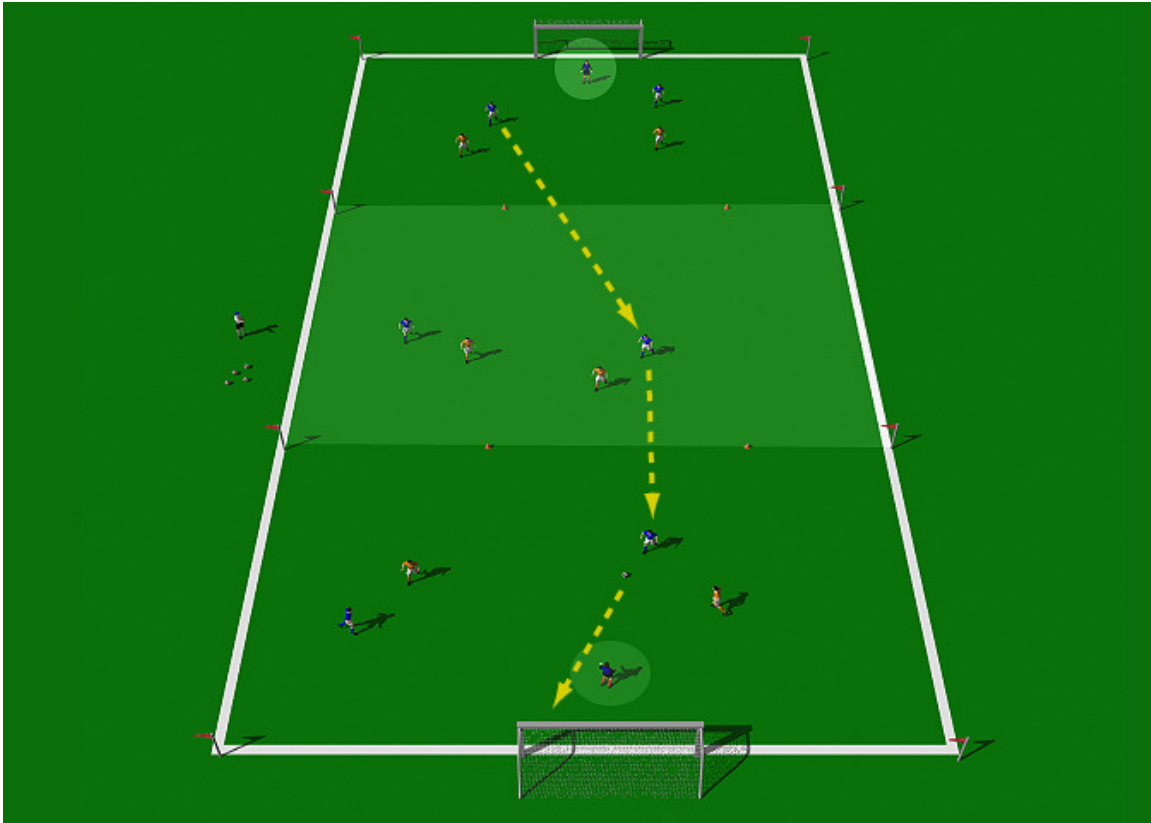
### Coaching Points

The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal using a "one touch" shot. If a team scores they now attack the opposite side. Rotate zones often.

### Focus On:

- ☐ Small group attacking and defending tactics.
- ☐ Pressure, Cover, Communication
- ☐ Dribbling, Give and Go's, Over Lapps.

## ***Three Zone Game with Goalkeepers***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 12 Players (6 v 6)
- ☐ Area 20 yards x 30 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Full Size Goals plus 2 Goalkeepers

### **Coaching Points**

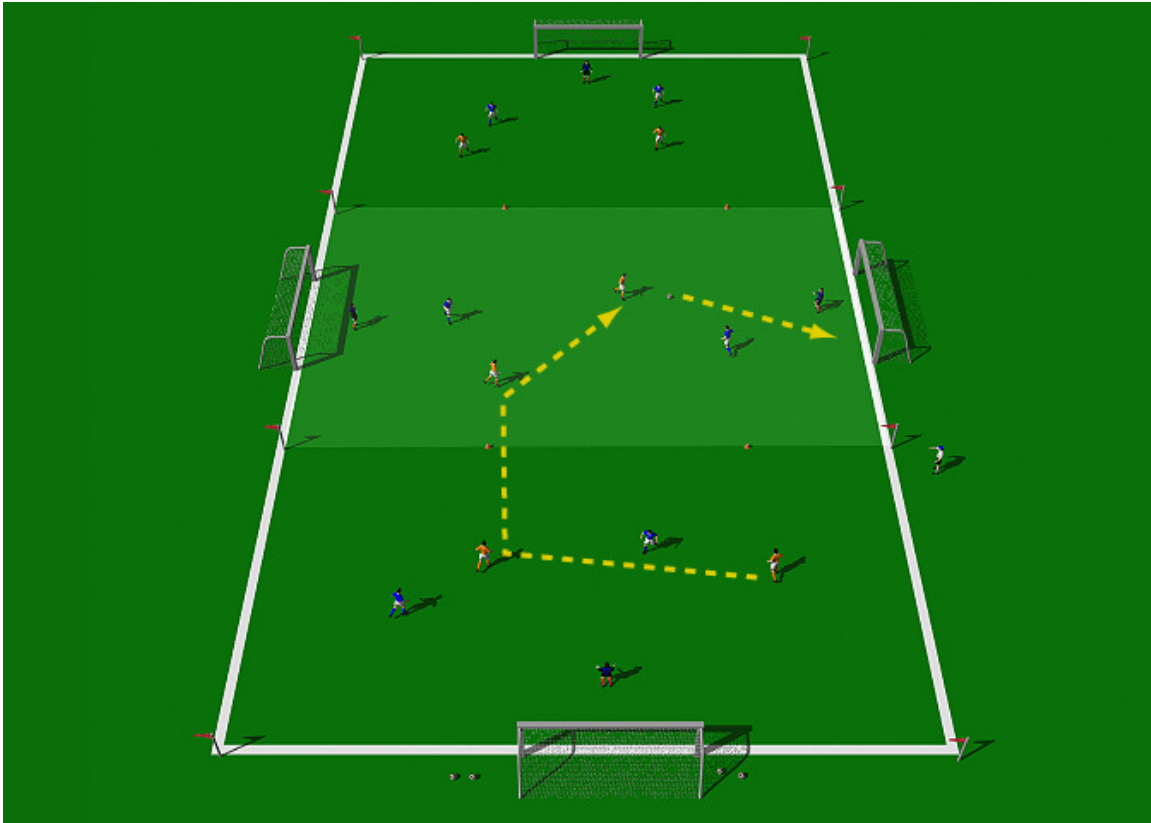
The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal. If a team scores they now attack the opposite side. Rotate zones often.

### **Focus On:**

- ☐ Small group attacking and defending tactics.
- ☐ Pressure, Cover, Communication
- ☐ Dribbling, Give and Go's, Over Lapps.



## ***Three Zone Game with Four Goals***



### **Objective of the Practice:**

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

### **Field Preparation**

- ☐ 12 Players (6 v 6)
- ☐ Area 20 yards x 30 Yards
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Four Full Size Goals plus 4 Goalkeepers

### **Coaching Points**

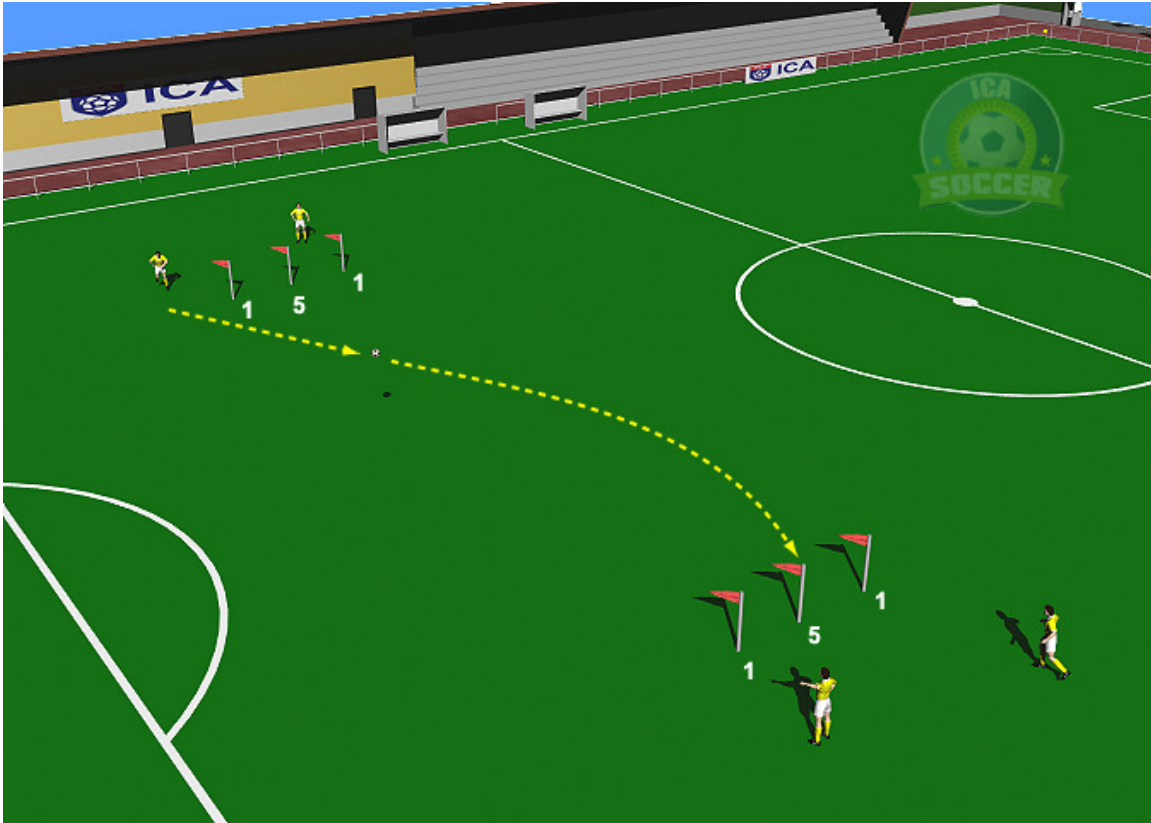
The practice area is divided equally into three zones. Two players from each team is positioned in each zone. Players can move zones, but they must balance the numbers. Must always have two players in zone. The object is to try and score a goal. If a team scores they now attack the opposite side. Rotate zones often.

### **Focus On:**

- ☐ Small group attacking and defending tactics.
- ☐ Pressure, Cover, Communication
- ☐ Dribbling, Give and Go's, Over Lapps.

# **Intermediate Passing**

## *Hit the Flag*



### **Objective of the Practice:**

This practice is designed to improve long range passing techniques. It is a fun and challenging exercise that players thoroughly enjoy.

### **Field Preparation:**

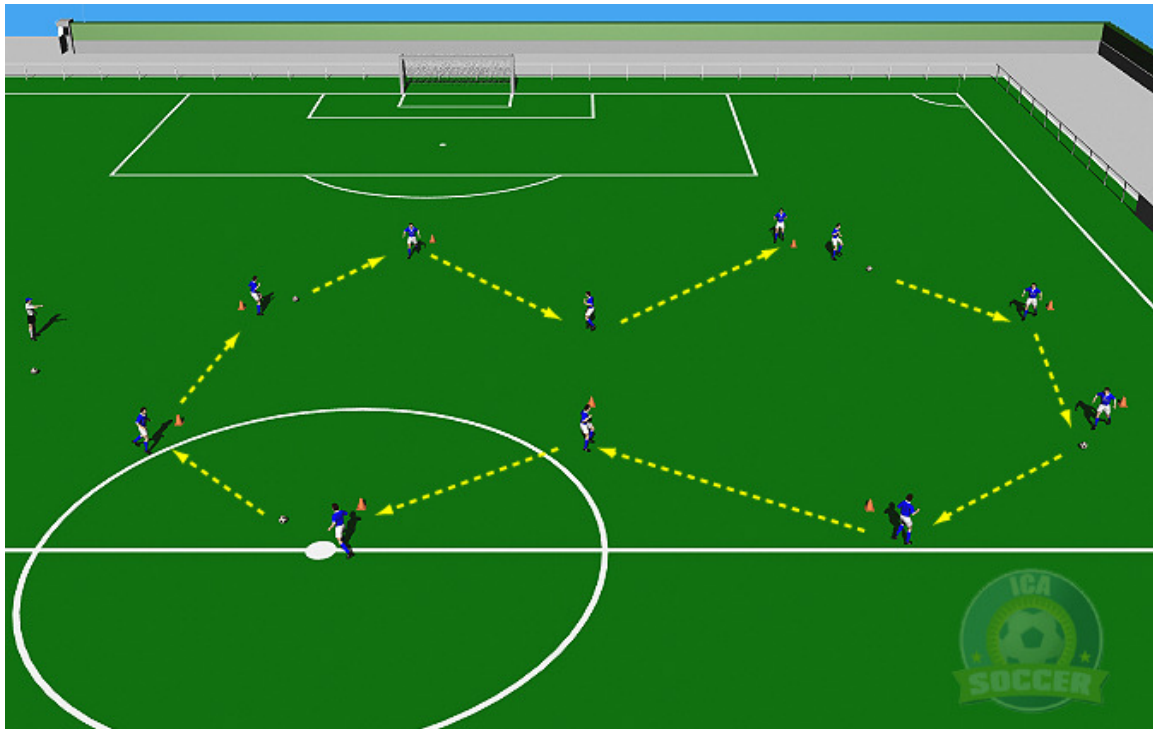
4 players, 6 flag poles. 2 balls. ( see diagram above).  
Flag poles are positioned 40 yards opposite and 1 yard apart.

### **Coaching Points:**

Players challenge each other as teams, 2 players per team. Object is for the player to pass the ball in the air and try to hit the opposite flag pole. The center flag pole is worth 5 points, the 2 wider flag poles are worth 1 point each. Alternate players passing each time. First team to score 10 points wins. Change players in teams.

Use lofted passes, Chip passes, Bent passes and driven passes.

## Follow Ball Drill



### Objective of the Practice:

This practice is designed as a simple passing drill which can be used in any warm up session or a pre-cursor to a passing session.

### Field Preparation:

Use entire team. Cones are set up 10 yards apart. ( see diagram above).  
Use 1 ball, every other player.

### Coaching Points:

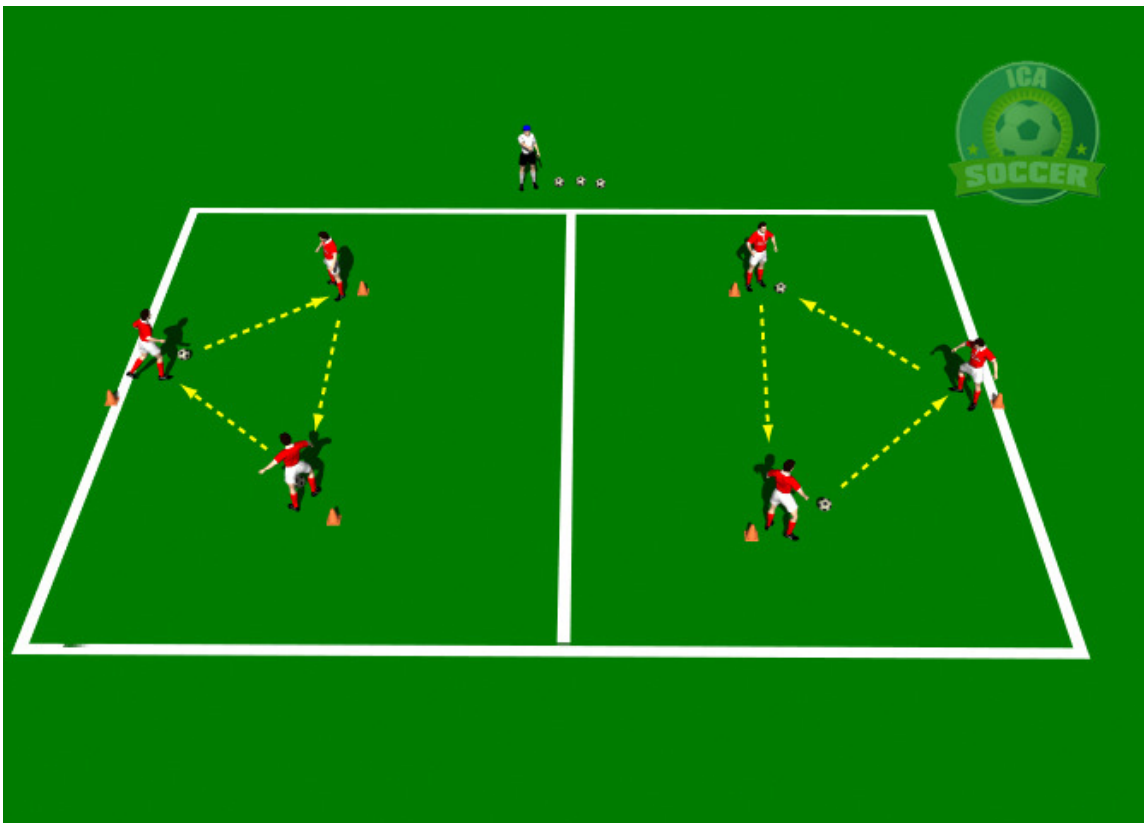
Players pass the ball **"clockwise"** from cone to cone. After they pass the ball to the next player they must quickly run to the next cone. Effectively working their way around all the cones. Limit to "2 touches". On the coach's command, players reverse direction without interrupting the tempo of the drill.

Emphasize fast paced passes!  
Use inside and outside of the foot.  
Work for 10 minutes.

### Progression – Play "1 touch"

Other variation is have players dribble the ball to the cone.

## Triangle Passing



### Objective of the Practice:

This practice is designed to improve passing techniques with an emphasis on "Passing Angles" and the "Speed of the pass".

### Field Preparation:

3 players are positioned at a cone. Cones are set up in a 10 yard triangle. (see diagram above). Use 2 balls.

### Coaching Points:

Players pass the ball **"clockwise"** around the triangle playing "One Touch".

On the coach's command, players reverse direction without interrupting the tempo of the drill.

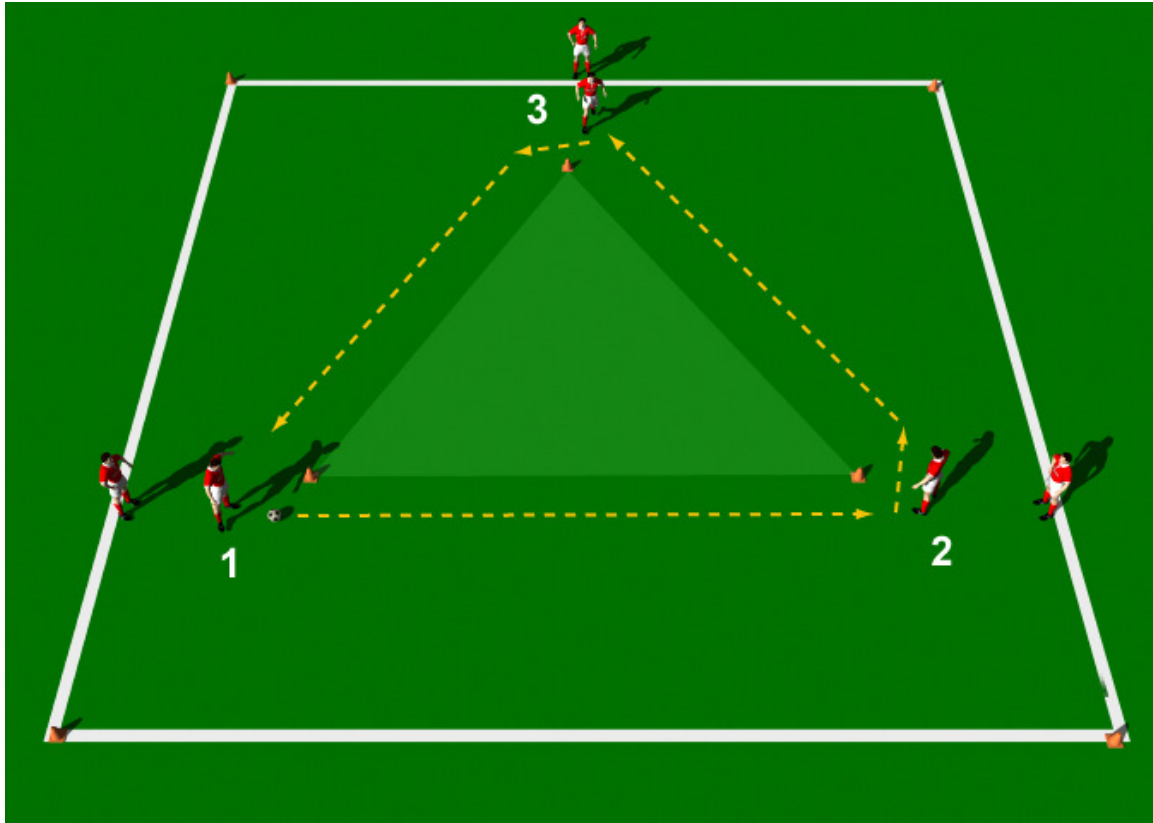
Emphasize fast paced passes!

Use inside and outside of the foot.

Work for 10 minutes.

**Progression** – Play "1 touch"

## ***Passing in Triangles***



### **Objective of the Practice:**

This practice is designed to improve passing techniques with an emphasis on the players "first touch".

### **Field Preparation:**

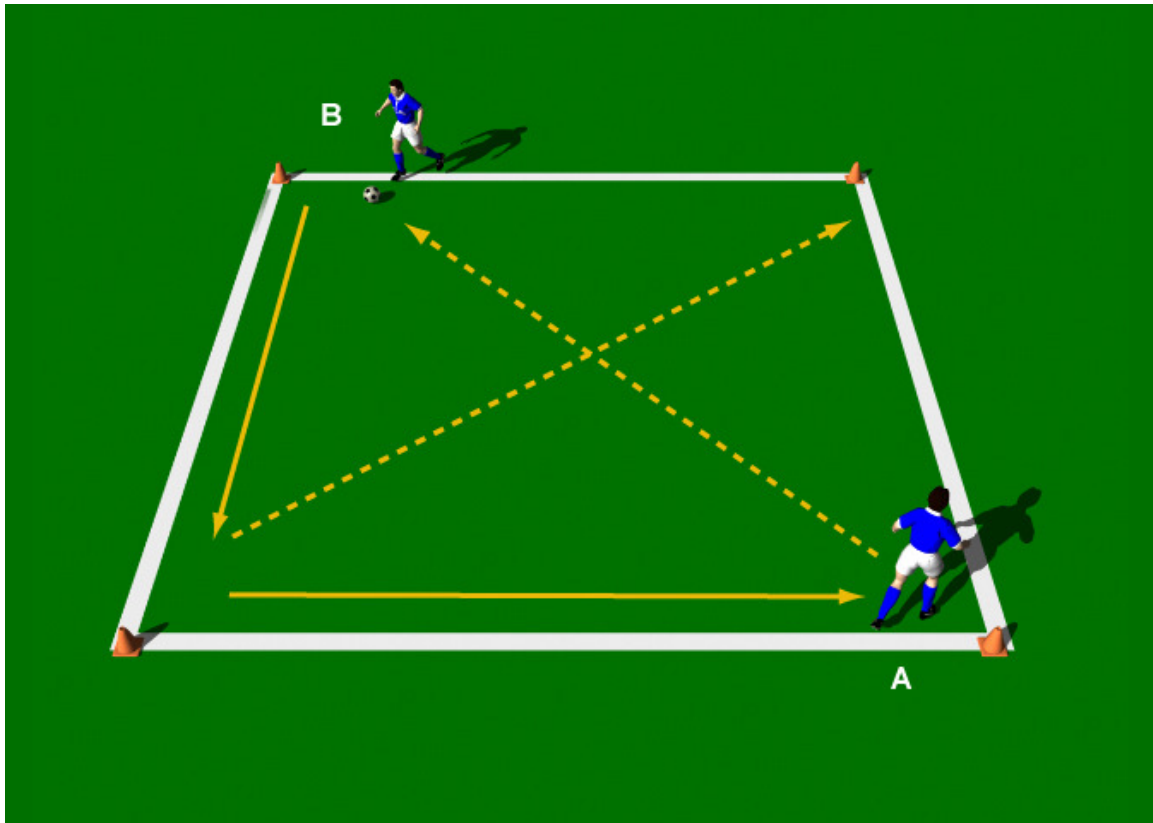
Players are set up in a triangle, using cones on the corner, minimum 3 players on each corner. 20 yards between players

### **Coaching Points:**

Ball is played from 1 to 2. Ball has to be played to the outside of the cone and player 2 must show angle to the correct side of cone. Player 2 controls it to the other side of the cone and plays to player three. Player 1 runs to back of group two. Repeat

**Progression** – 1. Change direction 2. Make triangle bigger 3. Run with ball before passing.

## ***Diagonal Passing Drill***



### **Objective of the Practice:**

This is a good passing exercise to use in your warm up. It develops short range passing techniques, good movement and first touch.

### **Field Preparation**

Practice area approximately 10 yards x 10 yards, 2 players, 1 Ball.

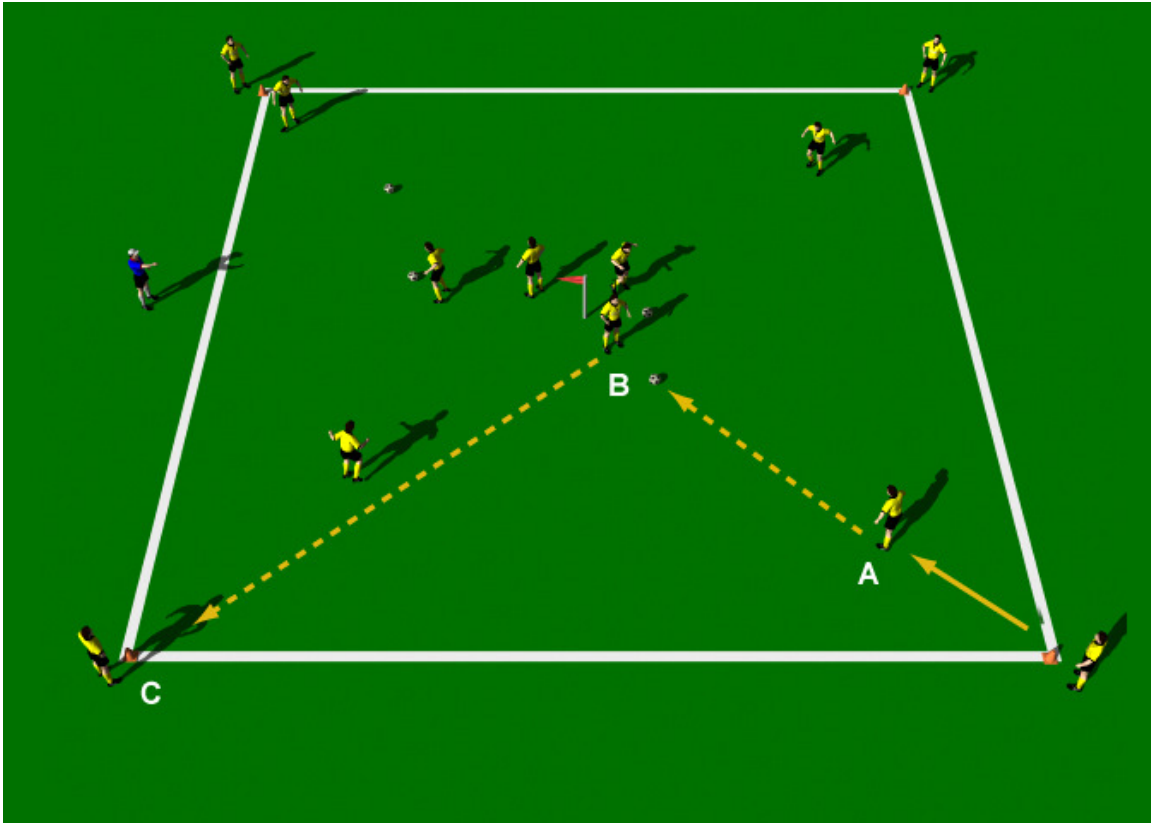
### **Coaching Points**

The 2 players start diagonally opposite each other. Moving anti-clockwise, Player "A" dribbles the ball to the first cone and plays a diagonal pass for player "B" to run onto. Player "B" dribbles the ball to the next cone and plays a diagonal pass for player "A" to run onto. This sequence is repeated moving around the square. First players are allowed unlimited touches, but quickly condition the practice to "two touch".

☐ **Change direction of the drill and work on opposite foot.**

- ☐ Develop a high tempo rhythm as quickly as possible.
- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

## ***Passing Rotation Exercise***



### **Objective of the Practice:**

This is a great group practice to develop short range passing techniques and first touch.

### **Field Preparation**

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 4 Balls.

### **Coaching Points**

Place 4 players at the center flag pole. Position 2-3 player at a cone on each corner of the square. The first player at each cone has a ball.

### **Running with the Ball**

To get the players warmed up for the exercise we will first have the players run with the ball. The first player with the ball dribbles the ball to the player facing them in the center of the square. The receiving player redirects the ball towards the next cone on the right and dribbles the ball the next player in line.

### **Passing the Ball**

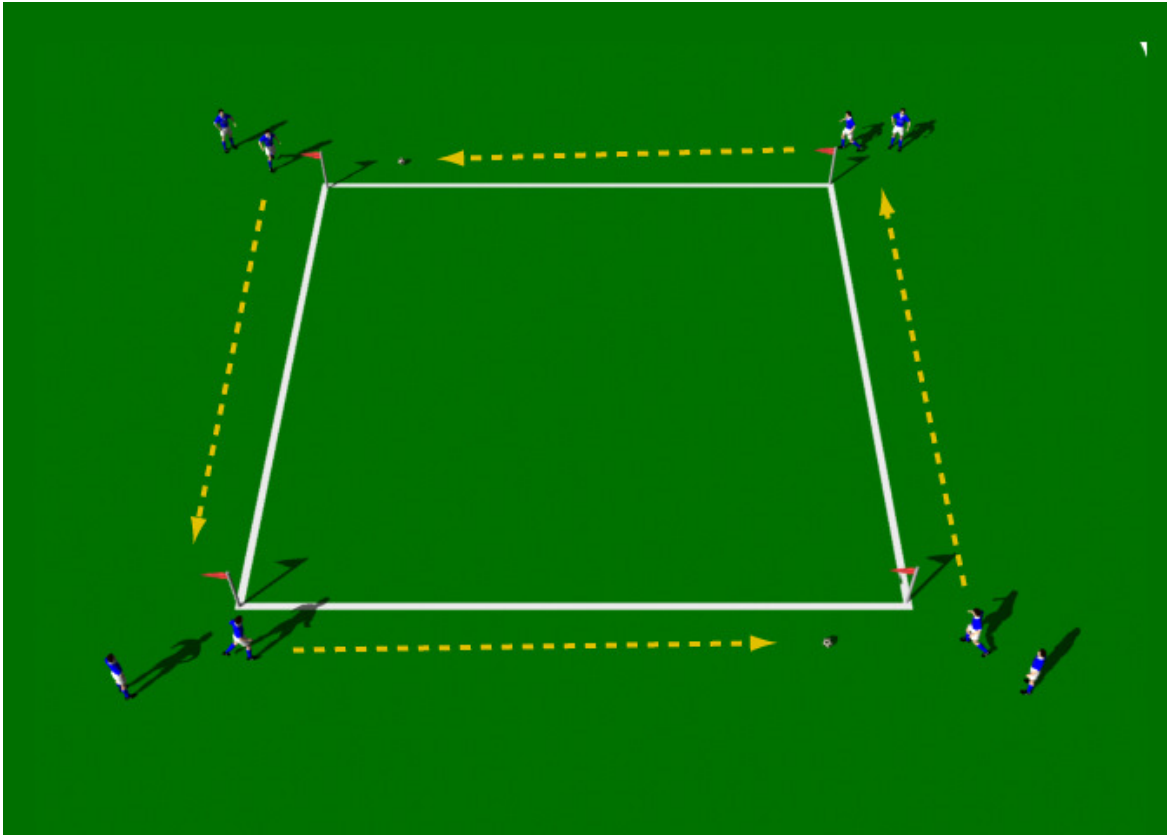
The first player with the ball passes to the player facing them in the center of the square. After passing the ball they follow the ball and take the receiving players place. The receiving player redirects the ball towards the next cone on the right and dribbles the ball the next player in line.



**Change direction of the drill and work on opposite foot.**

- ☐ Coach should develop a high tempo rhythm as quickly as possible.
- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

## Passing Square Two Touch



### Objective of the Practice:

This is a great group practice to develop short range passing techniques.

### Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

### Coaching Points

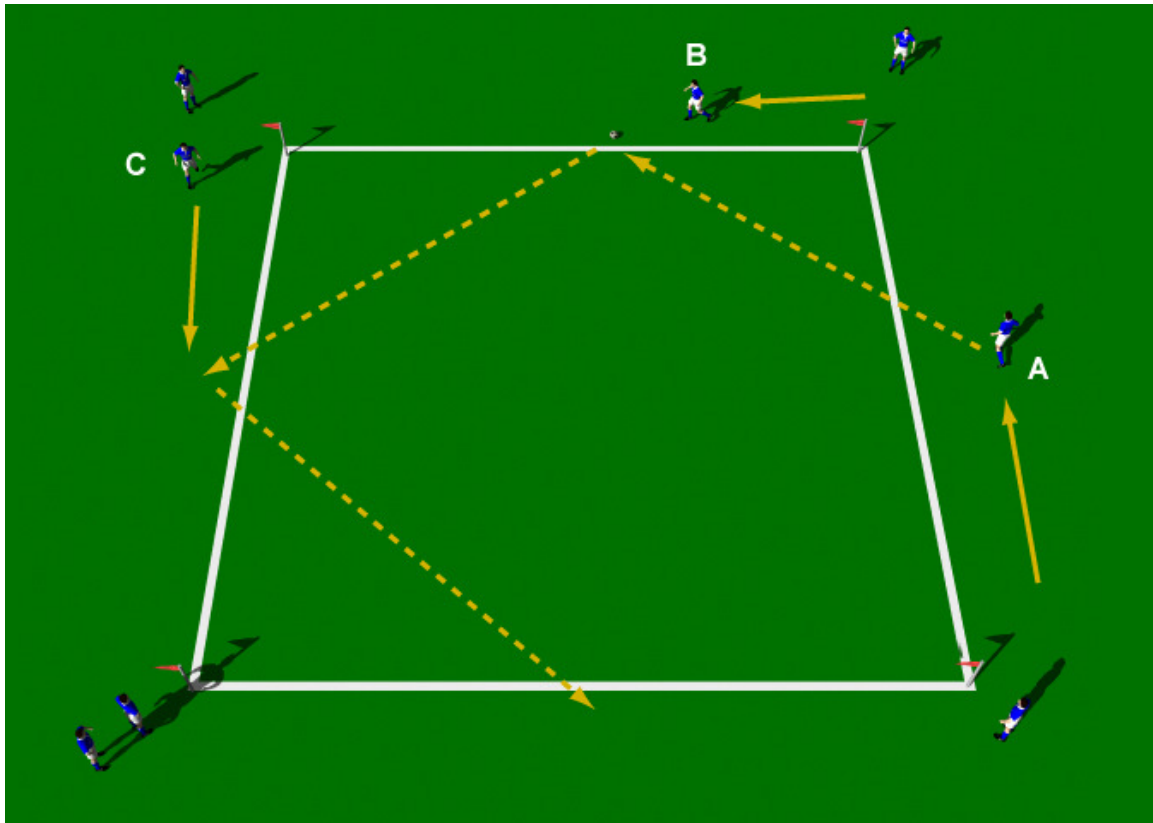
Place 2-3 players at each flag pole. Start with one ball. The first player with the ball dribbles to the next flag pole on the right and gives it to the next player who does the same. This is repeated around the square. This will get the players warmed up for the exercise. The Square passing drill starts with the player with the ball passing to the first player at the next flag to the right. The ball is played firmly across the ground with pace. First players are allowed unlimited touch, but quickly condition the practice to "two touch". A second ball should be added as soon as the players have established a good tempo. **Change direction of the drill and work on opposite foot.**

### Progression:

Now after passing the ball the players must follow their pass and make an explosive run to the flag pole.

- ☐ Coach should develop a high tempo rhythm as quickly as possible.
- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

## ***Passing Square One Touch***



### **Objective of the Practice:**

This practice is a progression from the Passing Square - Short and Long Drill. It is a great group practice to develop short range passing techniques.

### **Field Preparation**

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

### **Coaching Points**

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" has made a timed run to receive the ball. Player "B" passes "one touch" to player "C" who has made a timed run. Player "C" passes "one touch" to the next player in sequence. The routine is repeated around the square in this manner.

Players should time their runs. Don't get ahead of the ball!

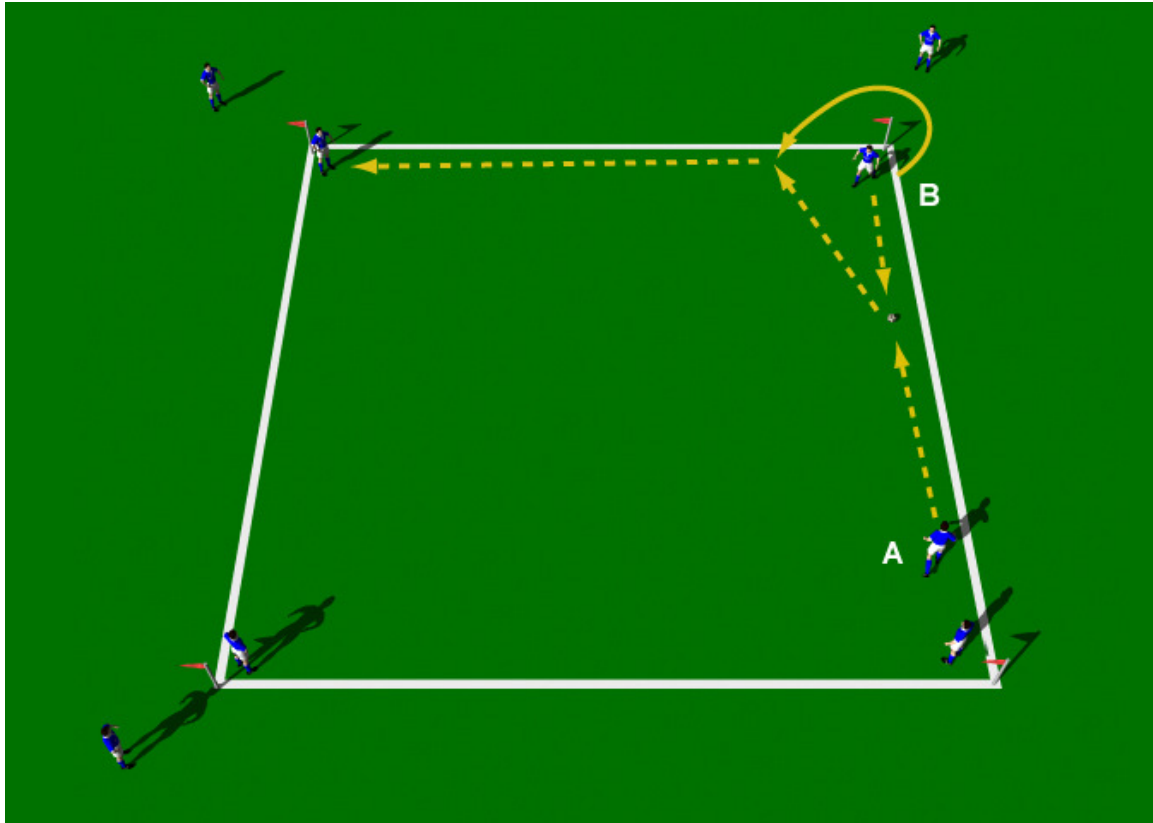
### **Progression:**

A second ball should be added as soon as the players have established a good tempo.

### **Change direction of the drill and work on opposite foot.**

Coach should develop a high tempo rhythm as quickly as possible. Players must constantly be moving and communicating with each other. Passes should be quality followed with explosive runs into space.

## ***Passing Square "Give and Go"***



### **Objective of the Practice:**

This practice is a progression from the Passing Square - Two Touch Drill. It is a great group practice to develop short range passing techniques.

### **Field Preparation**

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

### **Coaching Points**

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" then repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receives a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

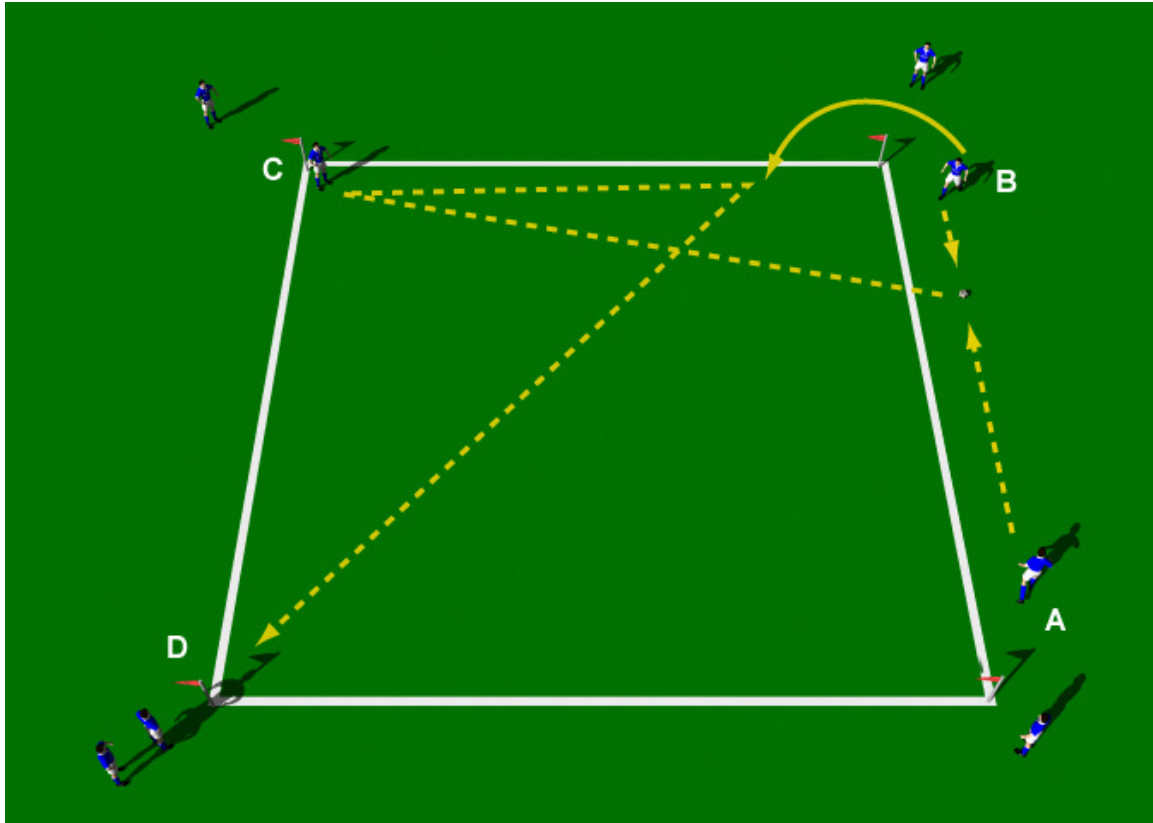
### **Progression:**

A second ball should be added as soon as the players have established a good tempo.

### **Change direction of the drill and work on opposite foot.**

- ☐ Coach should develop a high tempo rhythm as quickly as possible.
- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

## ***Passing Square "Short and Long"***



### Objective of the Practice:

This practice is a progression from the Passing Square - Give and Go Drill. It is a great group practice to develop short range passing techniques.

## Field Preparation

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 2 Balls.

## Coaching Points

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole. Player "A" passes a diagonal ball to player "C", who lays the ball on for player "B" to pass long to player "D". The routine is repeated around the square in this manner starting from player "D". Players should time their runs. Don't get ahead of the ball!

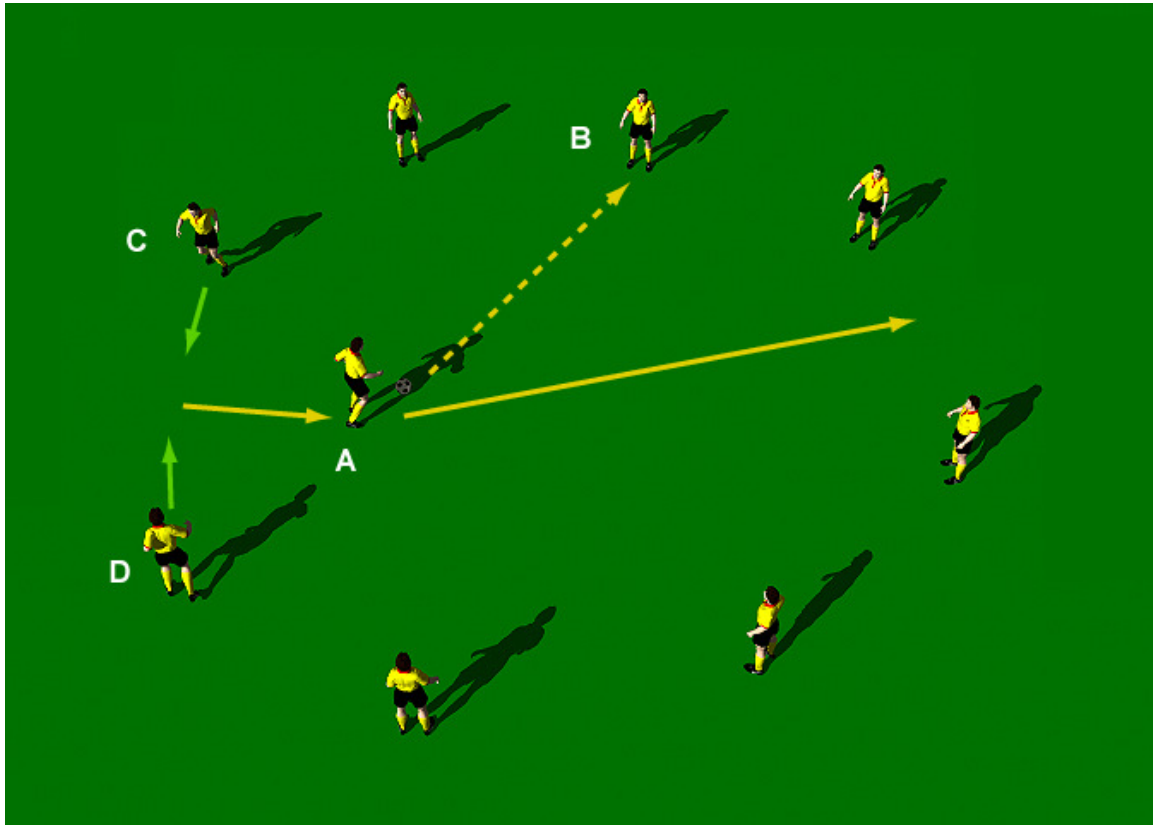
### Progression:

A second ball should be added as soon as the players have established a good tempo.

**Change direction of the drill and work on opposite foot.**

- ❑ Coach should develop a high tempo rhythm as quickly as possible.
- ❑ Players must constantly be moving and communicating with each other.
- ❑ Passes should be quality followed with explosive runs into space.

## ***Improving Passing, Communication and Balance***



### **Objective of the Practice:**

This is a great group practice to develop their passing techniques while focusing on communication and Team Balance. Best used for player age 14 and upwards.

### **Field Preparation**

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 1 Ball.

### **Coaching Points**

The exercise starts with the players in a large circle 15-20 yards. In the diagram above, player “A” passes the ball to player “B”. Player “A” must make a run into a space between 2 players, but he CANNOT follow his own pass. As he runs into space, players “C” and “D” must quickly close the gap he created and balance the circle. The object of the exercise is to make sure the circle is always balanced. The practice can be made more challenging by adding another ball.

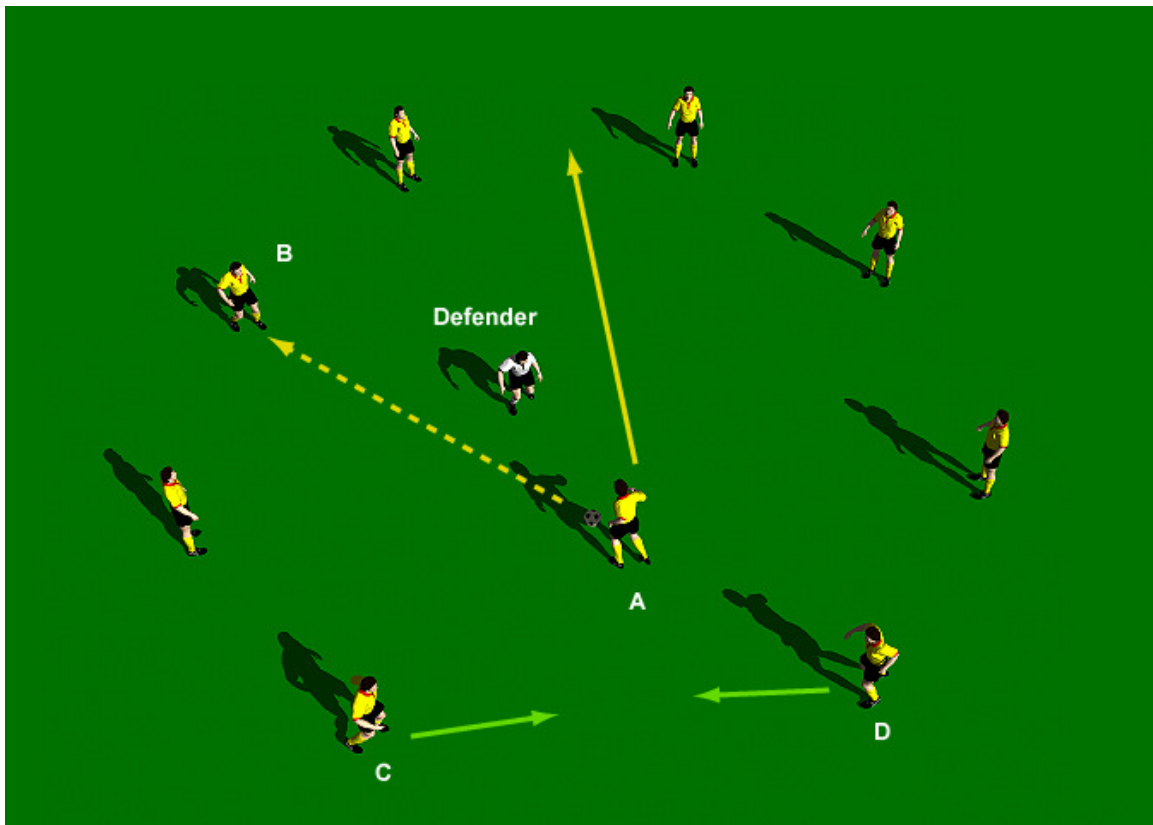
Coach should develop a high tempo rhythm as quickly as possible.

- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

### **Progression:**

Perform same exercise as above but now add a defender. first restrict the defending to be passive then go flat out.

## ***Improving Passing, Communication and Balance 2***



### **Objective of the Practice:**

This is a great group practice to develop their passing techniques while focusing on communication and Team Balance. Best used for player age 14 and upwards.

### **Field preparation:**

Practice area approximately 20 yards x 20 yards, Group of 8 to 12 players. 1 Ball.

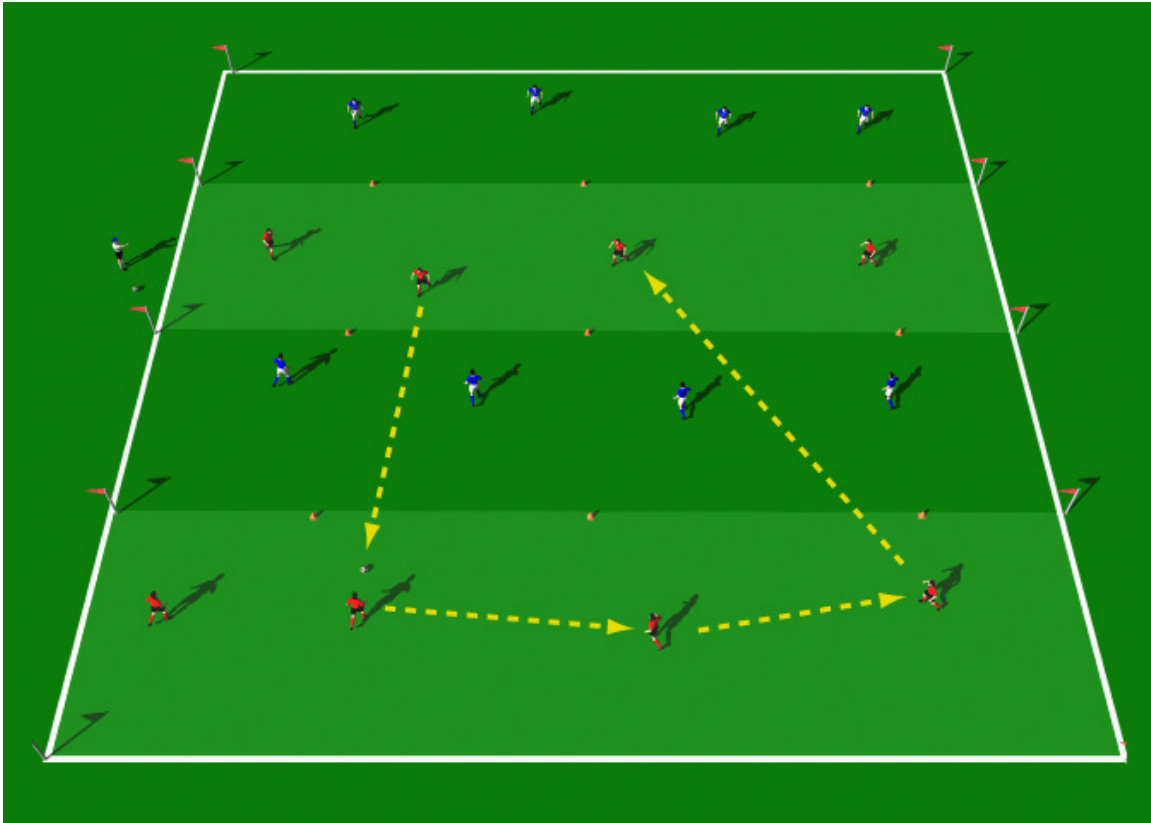
### **Coaching Points:**

The exercise starts with the players in a large circle 15-20 yards. In the diagram above, player "A" passes the ball to player "B". Player "A" must make a run into a space between 2 players, but he CANNOT follow his own pass. As he runs into space, players "C" and "D" must quickly close the gap he created and balance the circle. The object of the exercise is to make sure the circle is always balanced. The practice is more challenging because now a defender is added to win the ball.

Coach should develop a high tempo rhythm as quickly as possible.

- ☐ Players must constantly be moving and communicating with each other.
- ☐ Passes should be quality followed with explosive runs into space.

## ***Improving Penetration when Passing***



### **Objective of the Practice:**

This is a great group practice to develop penetration when passing ball. Best used for player age 14 and upwards.

### **Field Preparation:**

Make a practice grid approximately 40 yards x 20 yards, Supply of balls and cones, two team of eight players. (Divide group of eight into two 4's)

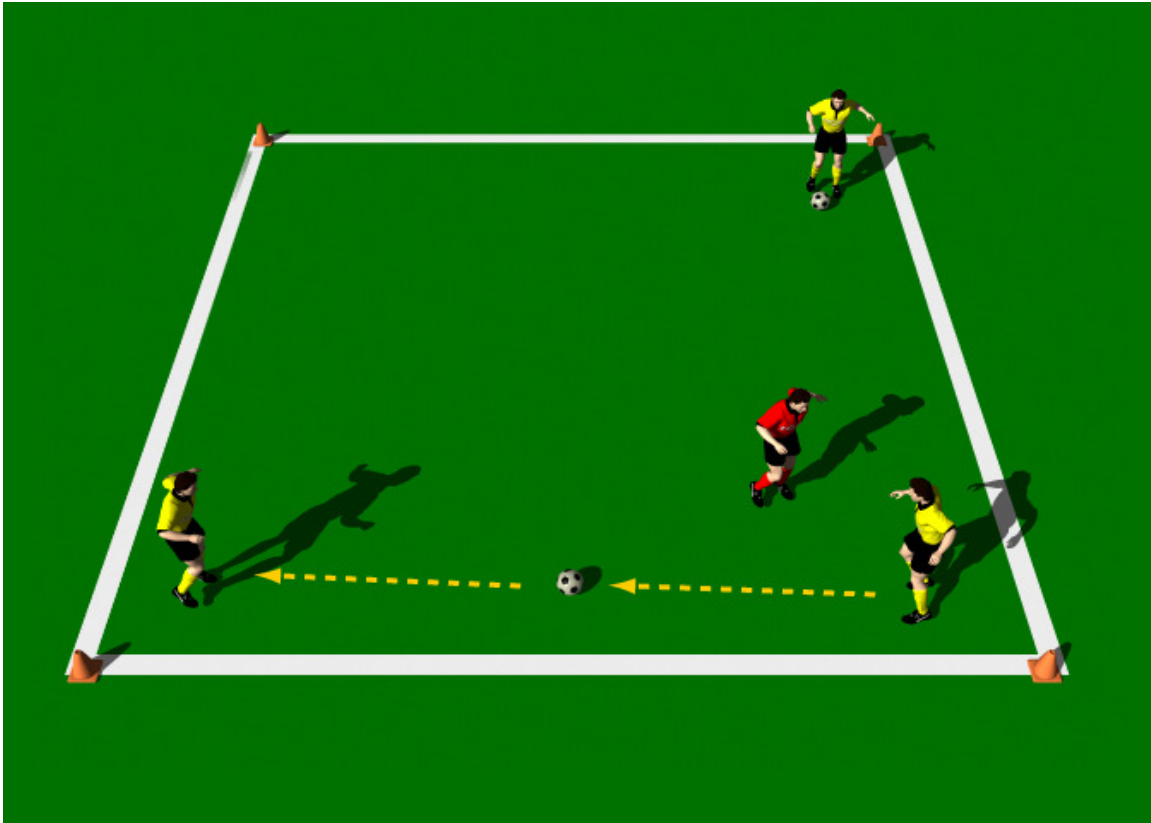
### **Coaching Points:**

Make two team of six players, divide each team into two groups of three. Position players as in the diagram above. All groups are restricted to the respective grids and cannot tackle the opposition. The red team starts with possession of the ball. The object of the game is to move the ball quickly within their own grid until an opening appears to play forward to another red player in the opposite grid. The red team is award a goal if they can find a red team mate with a pass. The red team again attempts to keep passing the ball between each other to score points. If the yellow players intercept the ball, they too try to score points by passing back and forth in between the red players. The ball may not be played above head height. Coach should develop a high tempo rhythm as quickly as possible.

The advanced supporting players without a ball must always work to offer the best possible angles for the players in possession. The players in possession must move the ball rapidly to create passing lanes for penetration. Defenders should press high.



## ***Improving Quick Decisions when Passing***



### **Objective of the Practice:**

To improve the speed of each players decision making when passing the ball.

### **Field Preparation:**

Practice grid approximately 10 yards x 10 yards, 2 balls, 5 cones, four players.

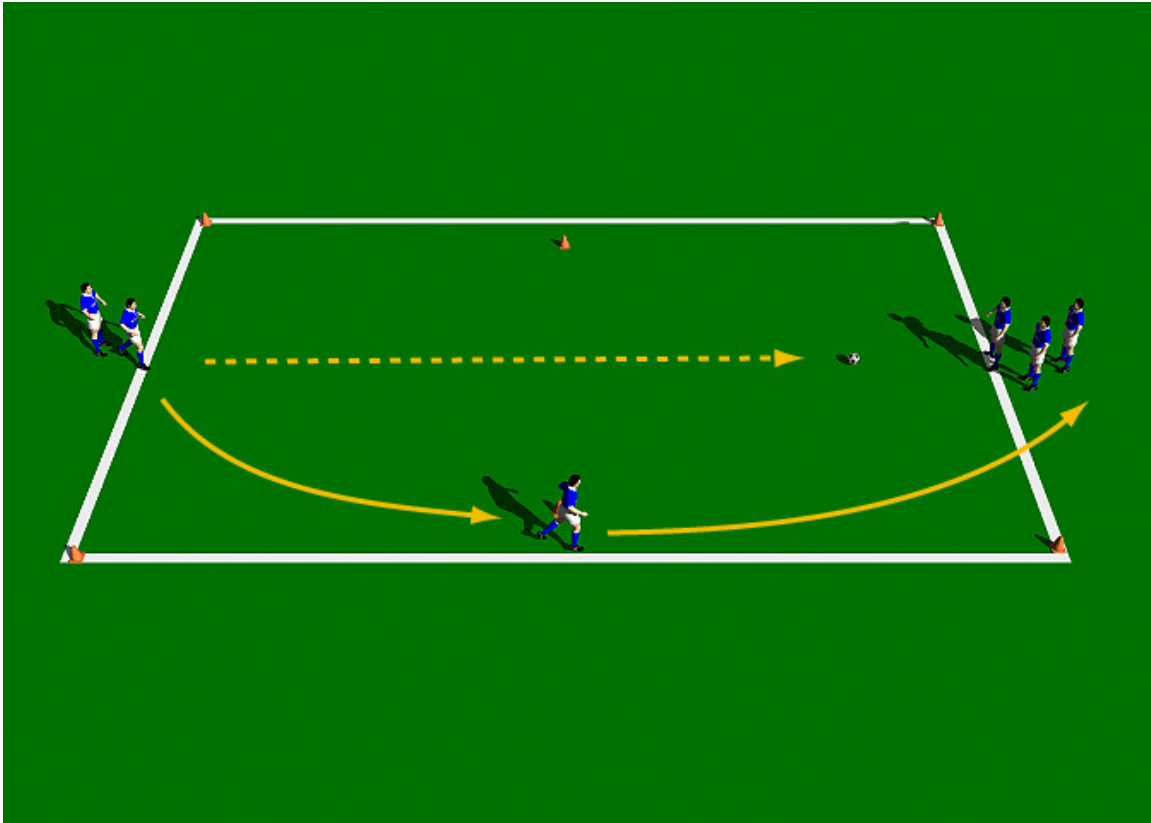
### **Coaching Points:**

Four players are positioned within a grid (3 attackers + 1 defender). The three players must try to keep possession from the defender using 2 balls. The three players in possession may move anywhere within the grid. The defenders goal is to "tag" (not tackle) the players in possession. The defender can be identified by using a colored vest or by having them hold a cone. Once a player is tagged by the defender they switch roles. A goal is scored for every ten passes the attackers can make. The supporting player without a ball must always work to offer the deepest and widest possible angles for the players in possession. The supporting player should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

## ***Pass and Overlap***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on an overlapping run after making a pass.

### **Field Preparation:**

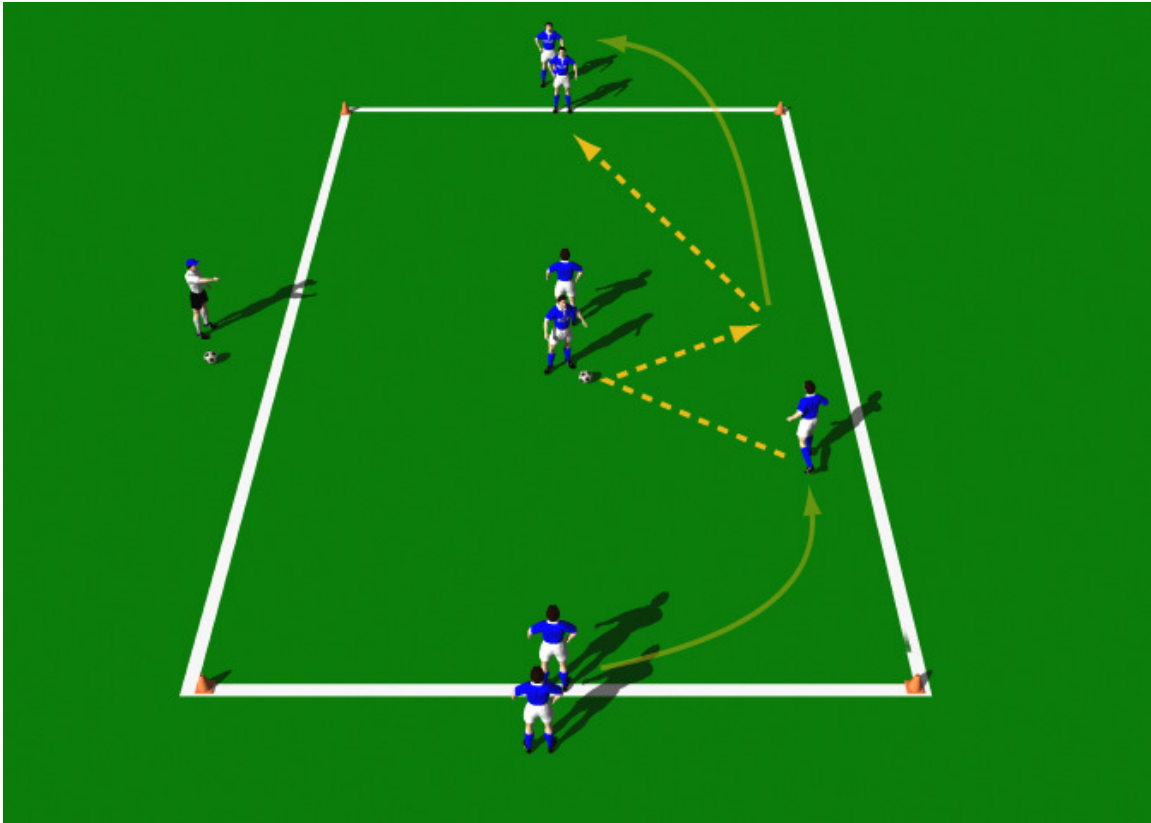
Area 10 x 20 yards. Small group of players. 1 ball. Cones.

### **Coaching Points:**

Two groups are positioned at opposite sides of the grid. The first player passes the ball through the two center cones to the player at the opposite side. After passing the ball, the player makes a fast supporting run around the side cone and joins the opposite group.

- Encourage players to keep the ball on the ground.
- Move quickly after passing the ball.
- Try to play "one touch" passes whenever possible.

## ***Give and Go Drill***



### Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" as it relates to a "give and go" situation. Emphasis should be placed on "pace, accuracy and timing".

### Field Preparation:

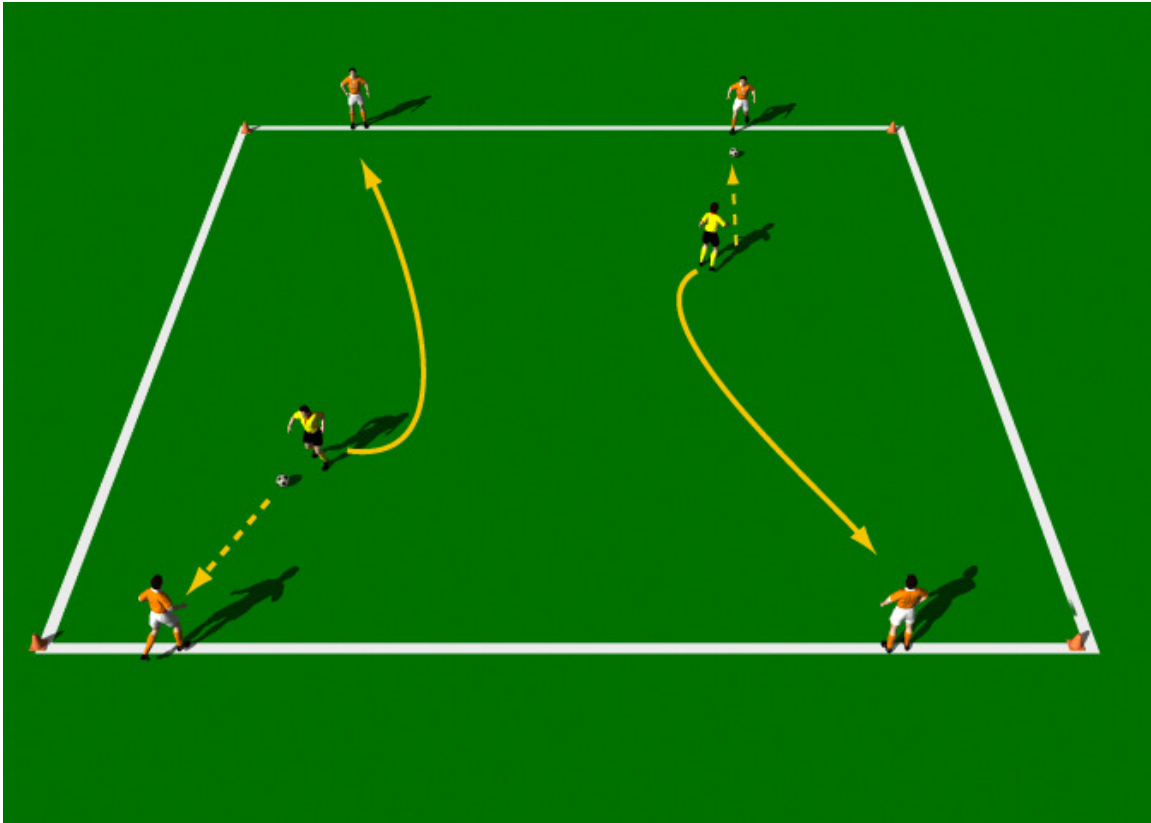
Area 10 x 20 yards. Small group of players. 1 ball. Cones.

### Coaching Points:

Players at each end of the grid alternate playing a "give and go" with the receiving player facing them in the center of the grid. Once the player receives the ball back from the center player they must pass it to the player on the opposite side of the grid to repeat.

Players should keep score. A goal is awarded for every completed "give and go" with a quality pass forward.

## ***Passing Rotation***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on pace, accuracy and “one touch” passing.

### **Field Preparation:**

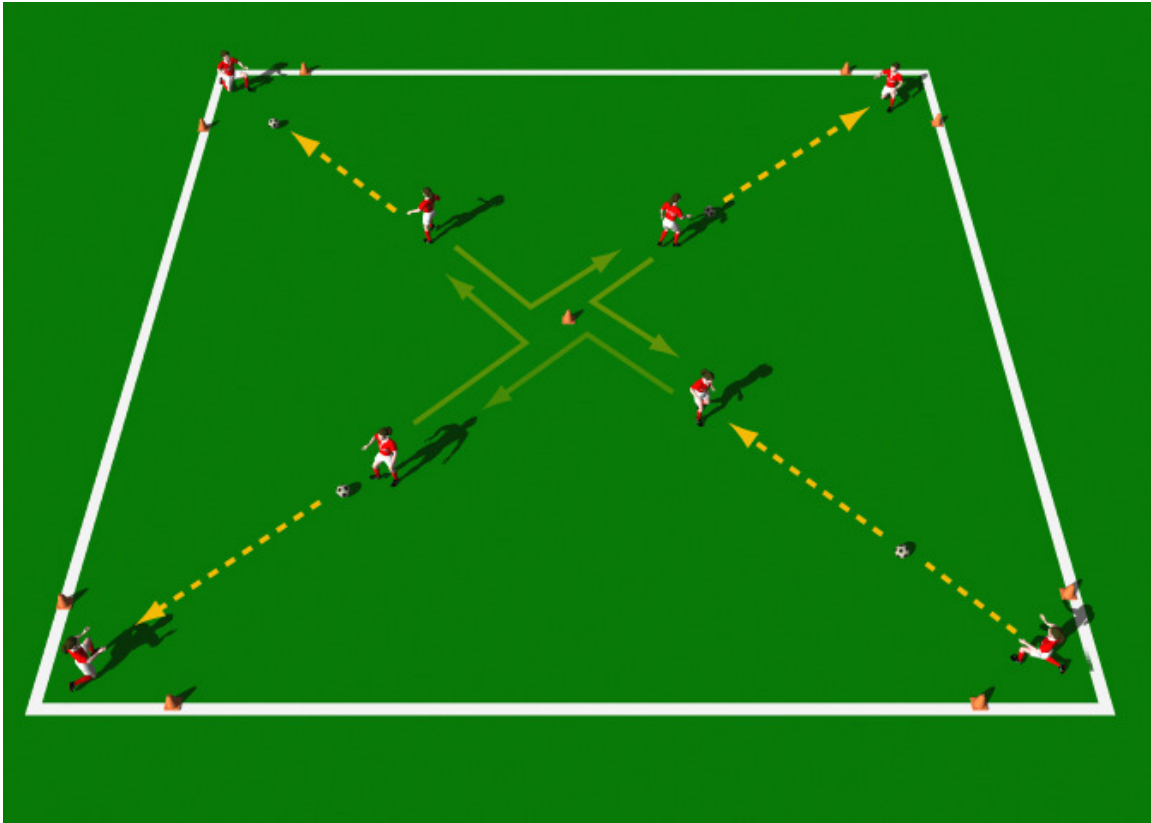
Area 20 x 20 yards. 6 players. 2 balls. Cones.

### **Coaching Points:**

A player is positioned in each corner of the grid. Two players in the center rotate receiving passes from the corner players. Players in the center must try and pass the ball “first time” to either of the two servers they are facing. The two servers should look to exchange passes between them whenever possible and not stand still with the ball at their feet.

Players in the center work for 60 second then rotate with two servers. See which pair can get the most passes in 60 seconds.

## ***Passing Rotary Drill***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

### **Field Preparation:**

Area 20 x 20 yards. 8 players. 4 balls. Cones.

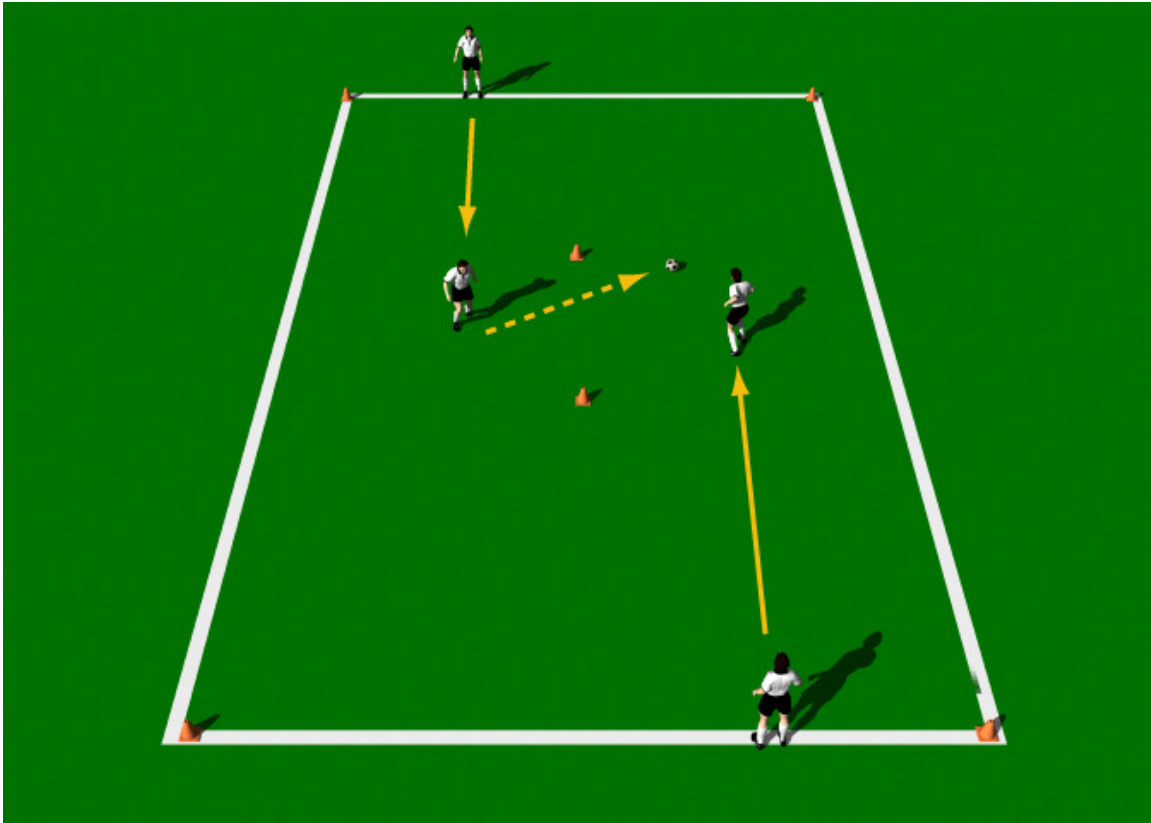
### **Coaching Points:**

A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball. Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point.

After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server.

Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

## ***Reverse Pass Drill***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the "Reverse Pass."

### **Field Preparation:**

Area 10 x 20 yards. 4 players. 1 ball. Cones.

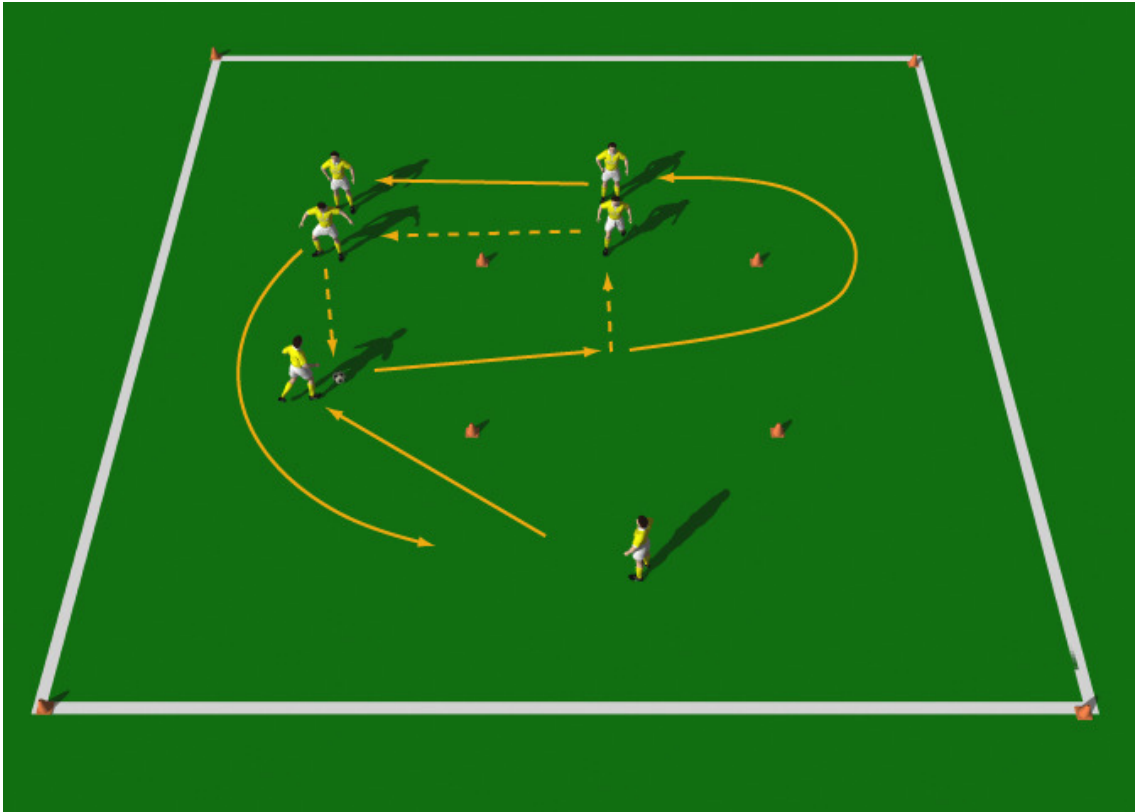
### **Coaching Points:**

Two groups are positioned at each end of a grid 10 yards x 20 yards. One player runs with the ball towards the opposite player. At the middle cones the player in possession executes a reverse pass for their partner to take in their stride. After the exchange, both players accelerate to the end of the grid. Next pair then repeat the practice.

### **The coach should emphasize the following coaching points:**

- Slow down speed at moment of executing the reverse pass.
- Fake in the opposite direction before passing the ball.
- Accelerate explosively, with and without the ball.
- Receiver should accept the ball using the laces of the shoe so the ball is taken in stride. Controlling the ball using the inside of the foot will slow down run.

## Three Pass Game



### Objective of the Practice:

This practice is designed to improve team possession. Emphasis of the game can be on; fitness, possession, defending, pressing, team shape or speed of play. Can also be used as a warm up activity when doing a tactical session with 8 v 8 or higher. Sets the tone for a good practice.

### Field Preparation:

Area 10 x 20 yards. Small group of players. 1 ball. Cones. Colored bibs.

### Coaching Points:

In an area approximately 10 yards x 20 yards, place four cones as in the diagram above.

Divide your players

into 3 sets of 2 players. Use one ball.

**Position One:** - Player passes the ball forward to player at position two.

**Position Two:** - Player sprints forward, receives the ball and makes a lateral run with the ball between the cones. At the mid-way point the player passes to position three and continues through the cone to join the end of position three.

**Position Three:** - On receiving the ball from, the player passes to position one and follows the pass to join the end of position one.

**All players must move the position they pass too.**

This drill is designed to encourage players to;

- Move the ball
- Receive the ball
- Create or see an opening for the pass
- Pass and move "off the ball"

**The coach should emphasize the following coaching points:**

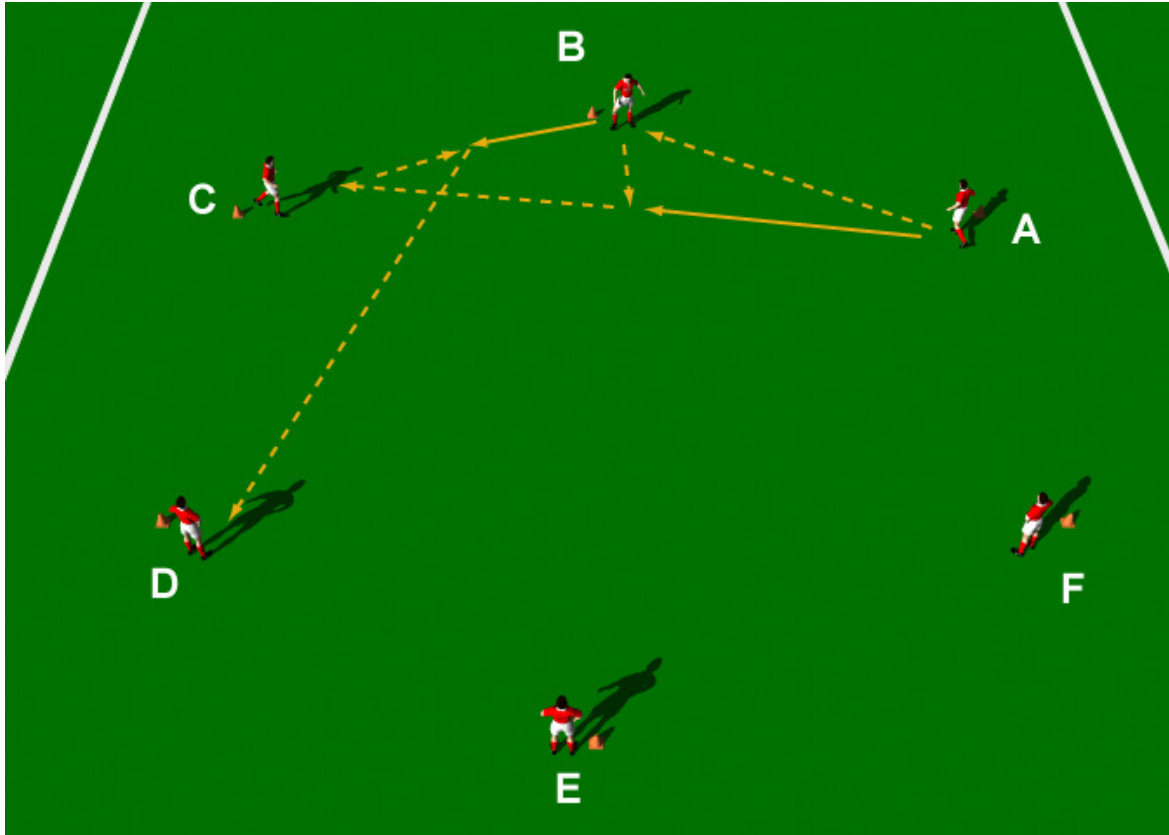
- Explosive movements
- Quality of the players "first touch"
- Head up for vision
- Pace (speed) of the pass
- Accuracy of the pass

**Progression:**

- Introduce a second ball
- One touch passing at positions one and three
- At position two - encourage creativity, step over's, fakes, stop and go, chop etc.
- Encourage constant motion
- Add defender - position one challenges
- Game situation (realism)
- Fast transition from defense to offense.



## ***Passing with the Right Speed***



### **Objective of the Practice:**

This practice is designed to improve passing and support with an emphasis on the "speed" of the pass.

### **Field Preparation:**

Area 30 yard circle. Small group of players. 1 ball. Cones.

### **Coaching Points:**

Using a group of players set up a circle with a player at each cone. Player "A" starts with the ball and plays the ball to player "B". "B" then passes the ball back to player "A" (if possible to the right leg). Player "A" passes the ball to player "C" who comes to meet the ball, and asks for the ball. Player "B" walks towards player "C" and passes the ball he receives from player "C" to player D.

D passes to C

C passes to E

E passes to D, who plays the ball to A

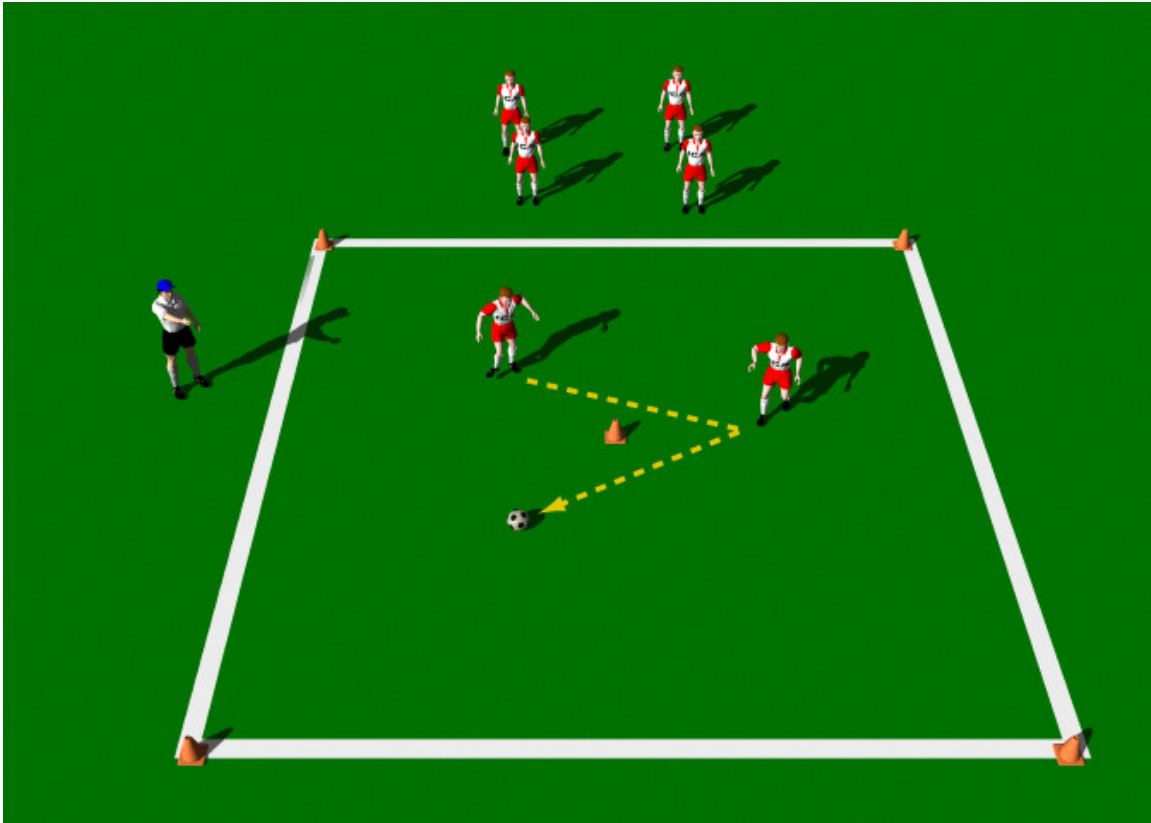
F passes to the ball to E, and E plays the ball back to player F.

### **The coach should emphasize the following coaching points:**

- Pass the ball with the right speed
- Play the ball with the right leg
- Players go and meet the ball

- Play one touch if possible
- Accuracy of the pass

## ***The Give and Go***



### **Objective of the Practice:**

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Give and Go" pass.

### **Field Preparation:**

Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

### **Coaching Points:**

Two groups of players are positioned at the end of a grid 10 yards x 10 yards. A cone is placed in the middle of the grid to represent a defender. The players take turns advancing in pairs. In the middle of the grid the players play a "give and go" pass around the center cone and continue to finish at the opposite side of the grid.

When all players have reached one side, they repeated the drill in the opposite direction. They also reverse roles as the passer and receiver.

**The coach should emphasize the following coaching points:**

#### **Player with the ball**

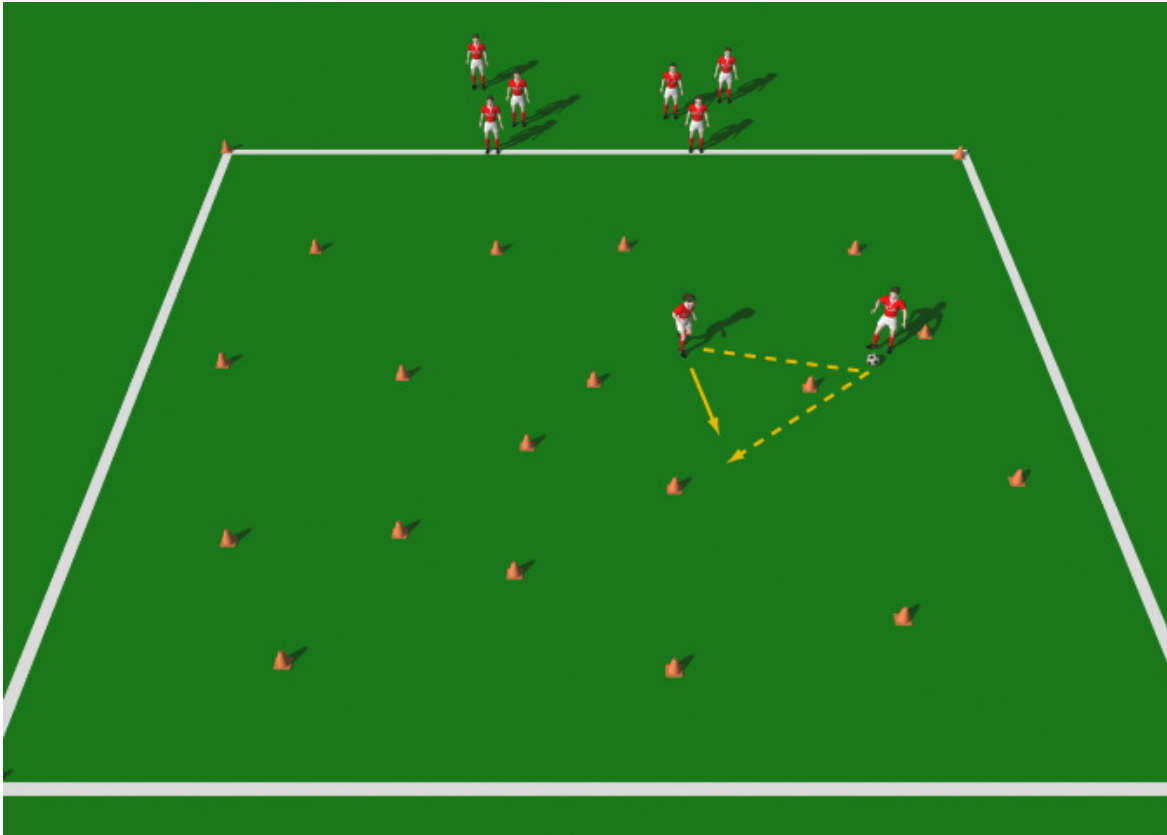
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.

- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.
- Pass the ball firmly to the inside of the players feet
- Call for the return pass
- Move with speed to the end line once you receive the return pass.

### **Player without the ball**

- Time your run. Not too fast or slow.
- Open your body position (side on) to see your partner and be in a good position to receive and pass the ball.
- Get balanced
- Call for the ball
- Pass the ball back firmly into space using "one touch"
- Support the ball quickly to the end line.

## ***The Mine Field***



### **Objective of the Practice:**

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Give and Go" pass.

### **Field Preparation:**

Area 20 x 20 yards. Large group of players. Supply of balls. Cones.

### **Coaching Points:**

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Give and Go" pass.

Two groups of players are positioned at the end of a grid 20 yards x 20 yards. Cones are placed in the grid to represent defenders. The players take turns advancing in pairs. In the middle of the grid the players play a series of "give and go" passes around the cones and continue to finish at the opposite side of the grid.

When all players have reached one side, they repeated the drill in the opposite direction.

**The coach should emphasize the following coaching points:**

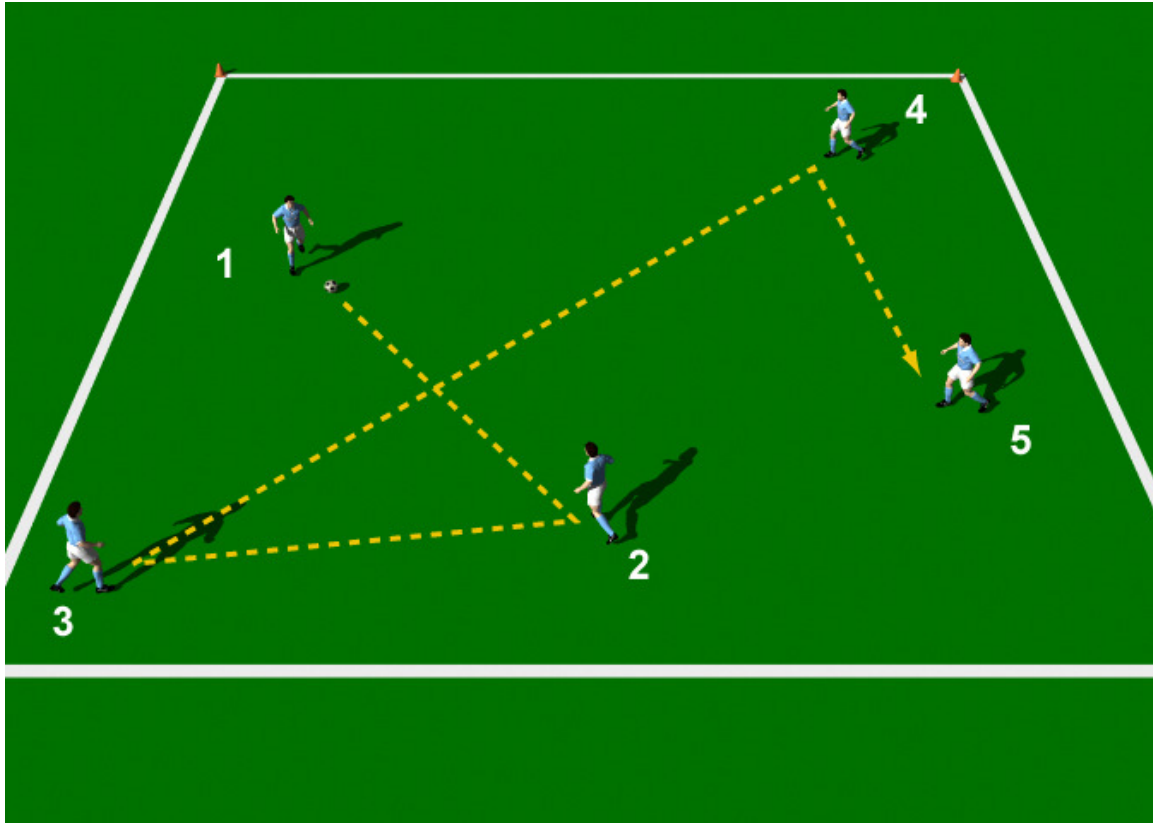
**Player with the ball**

- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.
- Pass the ball firmly to the inside of the players feet
- Call for the return pass
- Move with speed

**Player without the ball**

- Time your run. Not too fast or slow.
- Open your body position (side on) to see your partner and be in a good position to receive and pass the ball.
- Get balanced
- Call for the ball
- Pass the ball back firmly into space using "one touch"
- Support the ball quickly

# Numbers Game



## Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on awareness of supporting players.

## Field Preparation:

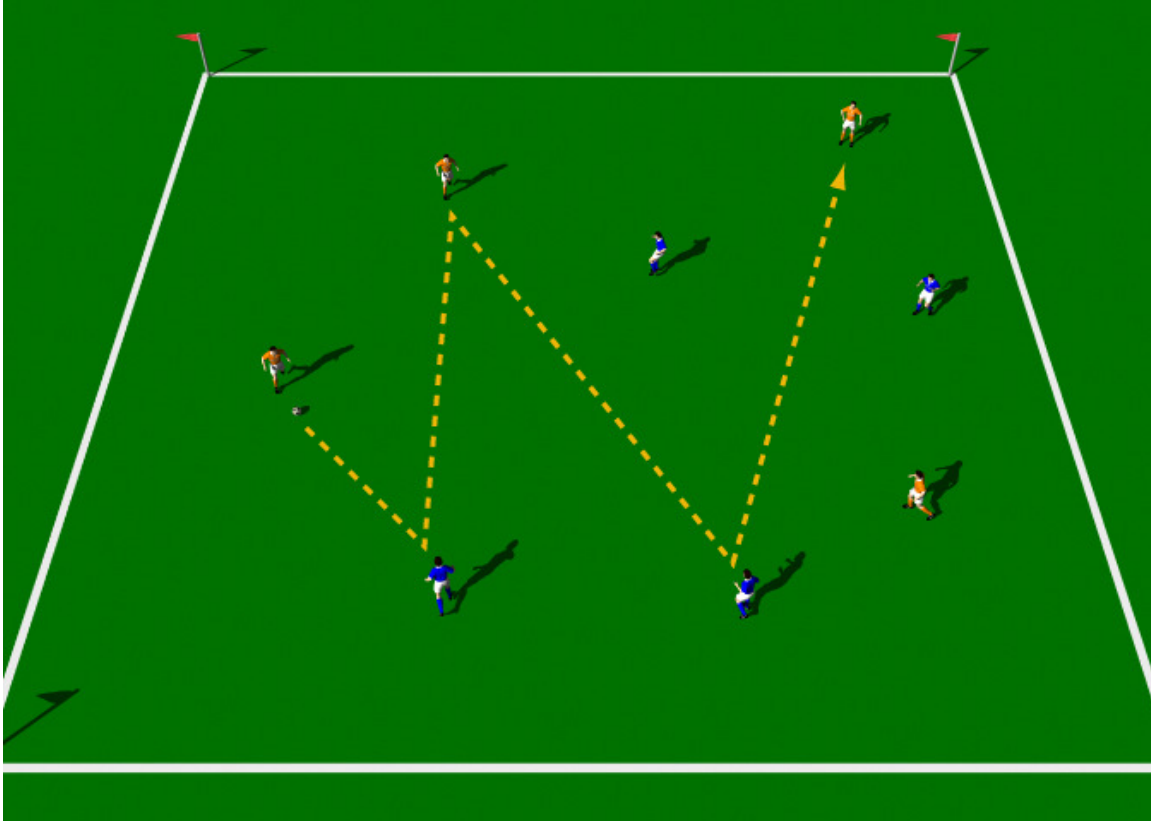
Area 20 x 20 yards. Small group of players. 1 ball. Cones.

## Coaching Points:

Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5. The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

The players should move continually around the full area of the grid, constantly adjusting their position. Players should be encouraged to look around them before they receive a pass, enabling them to identify the next passing option quickly.

# The Color Game



## Objective of the Practice:

This practice is designed to improve each player's vision when passing the ball.

## Field Preparation:

Area 30 x 30 yards. Small group of players. 1 ball. Cones. Colored bibs.

## Coaching Points:

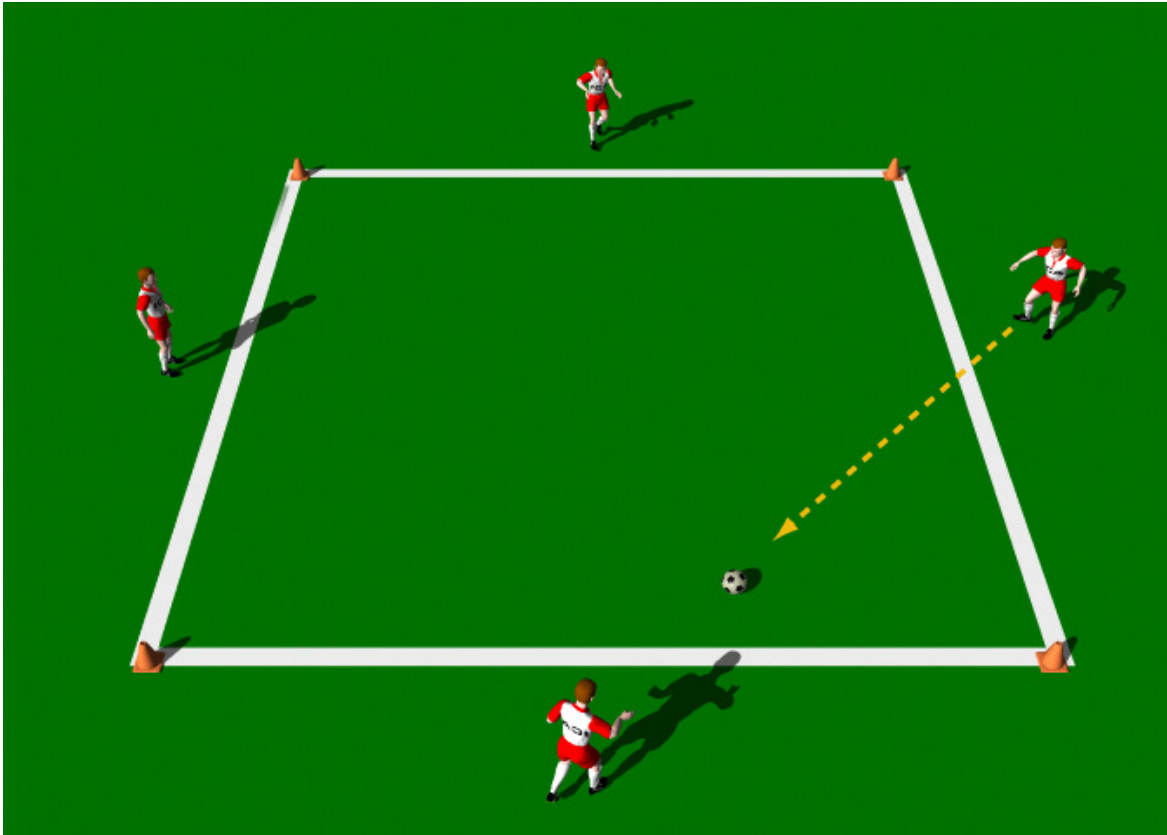
An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "**Red Player - Yellow Player**" (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play. Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

## Progression:

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the player's feet. The play is continued with the "Red-Yellow" sequence until the coach calls another player's name.



## ***Passing and Support***



### **Objective of the Practice:**

This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

### **Field Preparation:**

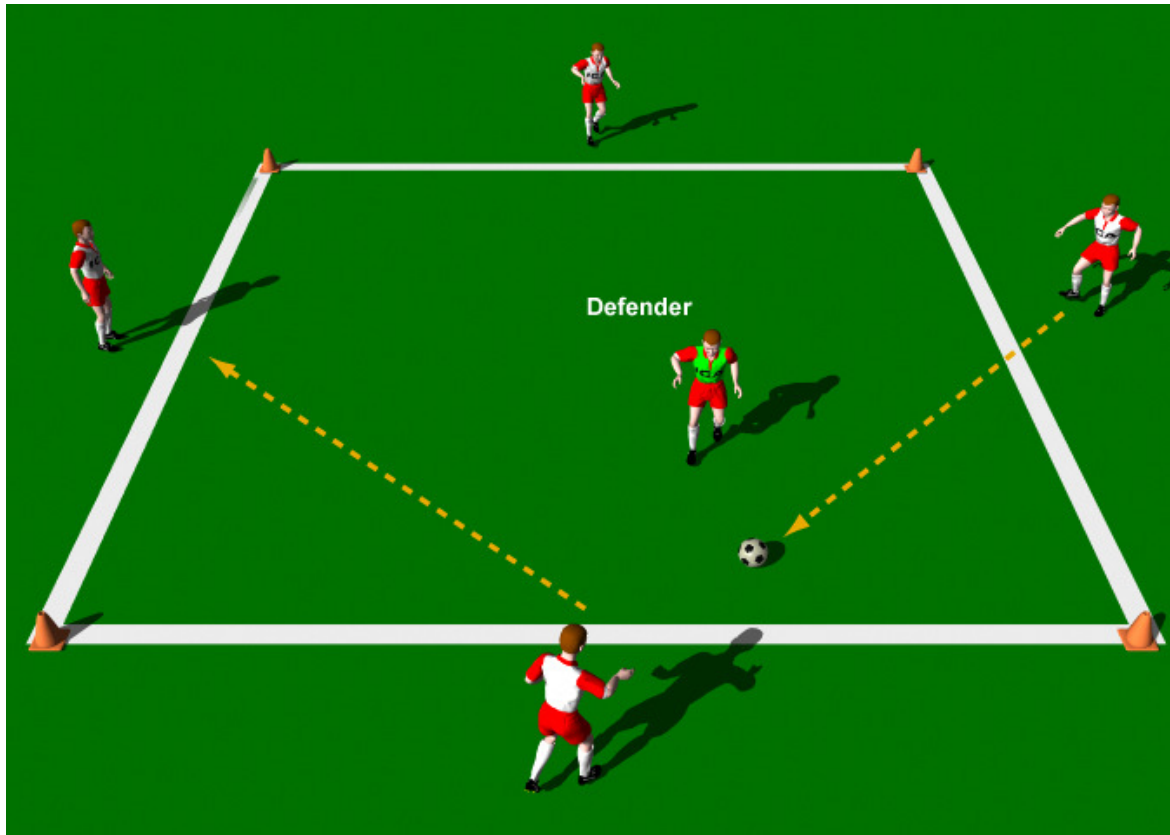
Area 10 x 10 yards. 4 players. 1 ball. Cones.

### **Coaching Points:**

Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle. Players should be constantly moving their feet and asking for the ball.

Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.

## ***Pass Outside the Grid***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace, accuracy and timing”.

### **Field Preparation:**

Area 10 x 10 yards. 5 players. 1 ball. Cones.

### **Coaching Points:**

A grid is marked off 10 yards by 10 yards. A player is positioned on each side of the grid. One defender is placed in the center of the grid. Three resting defenders are stationed outside the grid.

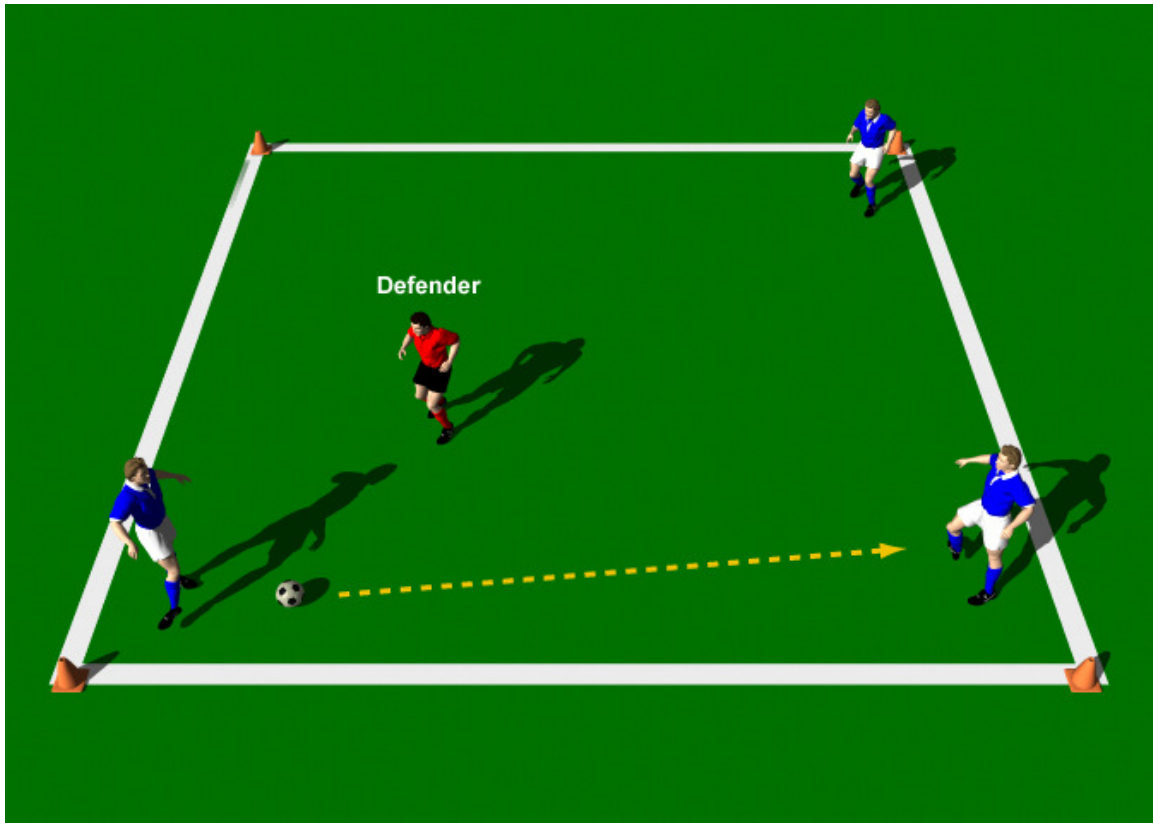
The object of the practice is for the four players on the outside of the grid to keep possession of the ball without it being intercepted by the center defender. The outside players cannot enter the grid and the pressurizing defender cannot leave the grid. The outside players receive a goal for eight consecutive passes. Increase the number of passes per goal to challenge players. Coach can also place a condition of one or two touch passing.

Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

**The coach should emphasize the following coaching points:**

- Players should always be alert and light on their feet.
- Disguise your intentions before passing the ball by using head fakes and body feints.
- Deliver quality accurate ground passes to feet.
- Deliver a pass your partner can hit first time.
- Consider the speed of the pass, not too hard and not too soft.
- Offer a good supporting angle once you have passed the ball.
- Communicate with the player in possession of ball.

## 3 v 1 Passing Under Pressure



### Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “disguise, pace, accuracy and timing”.

### Field Preparation:

Area 10 x 10 yards. 4 players. 1 ball. Cones. Colored bibs.

### Coaching Points:

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to dispose the players in possession.

The two supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

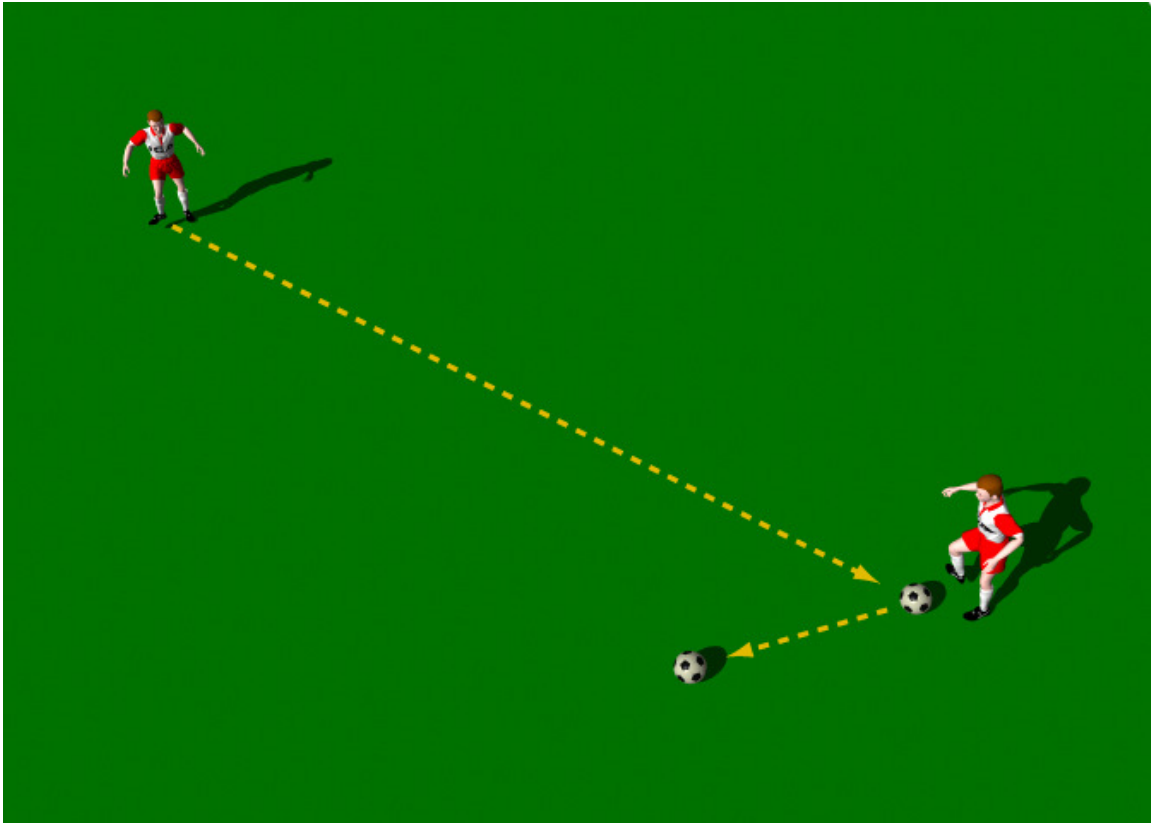
- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them.

If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player.

Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

## ***Hit the Ball***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass”, with an emphasis on accuracy.

### **Field Preparation:**

Area 20 x 20 yards. 2 players. 1 ball.

### **Coaching Points:**

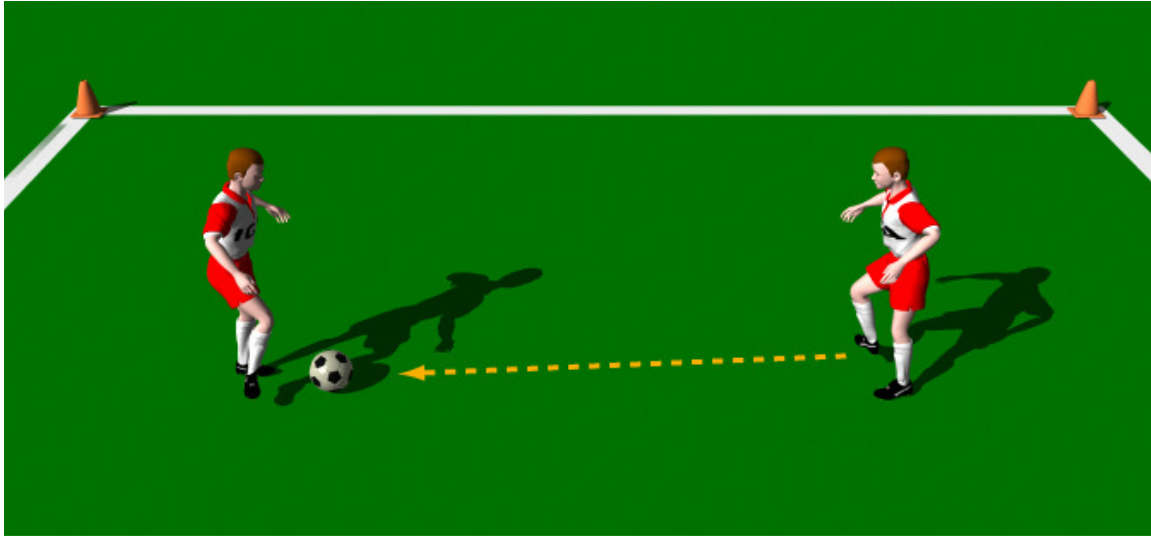
Two players are positioned in a grid 20 yards x 20 yards. One player starts the practice with two balls. The player passes the first ball to their partner to control and redirect approximately 2 to 5 yards in front of them. They then pass the second ball for their partner to redirect and try to hit the first ball.

### **The coach should emphasize the following coaching points:**

- Keep the feet moving and be balanced at all times.
- Develop a feel for the correct distance you need to redirect the ball.
- Adjust the body position to hit the ball with the pass.
- Give firm and accurate passes to your partner feet when serving.

The first player to hit the ball 3 times wins. Rotate so different players compete against each other.

## ***One Touch, Two Touch***



### **Objective of the Practice:**

This practice is designed to improve a players quick thinking to play one or two touch passes.

### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball.

### **Coaching Points:**

Two players are positioned in a grid 10 yards x 10 yards. The practice starts when one player passes the ball to their partner. At the same time they pass the ball they must shout out either "one" or "two". When receiving the ball their partner must take as many touches as the number called. If the number is "one" they must pass the ball back first time. If the number is "two" they must control the ball on their first touch and return the pass on their second touch. When returning the pass to their partner they also call out a number.

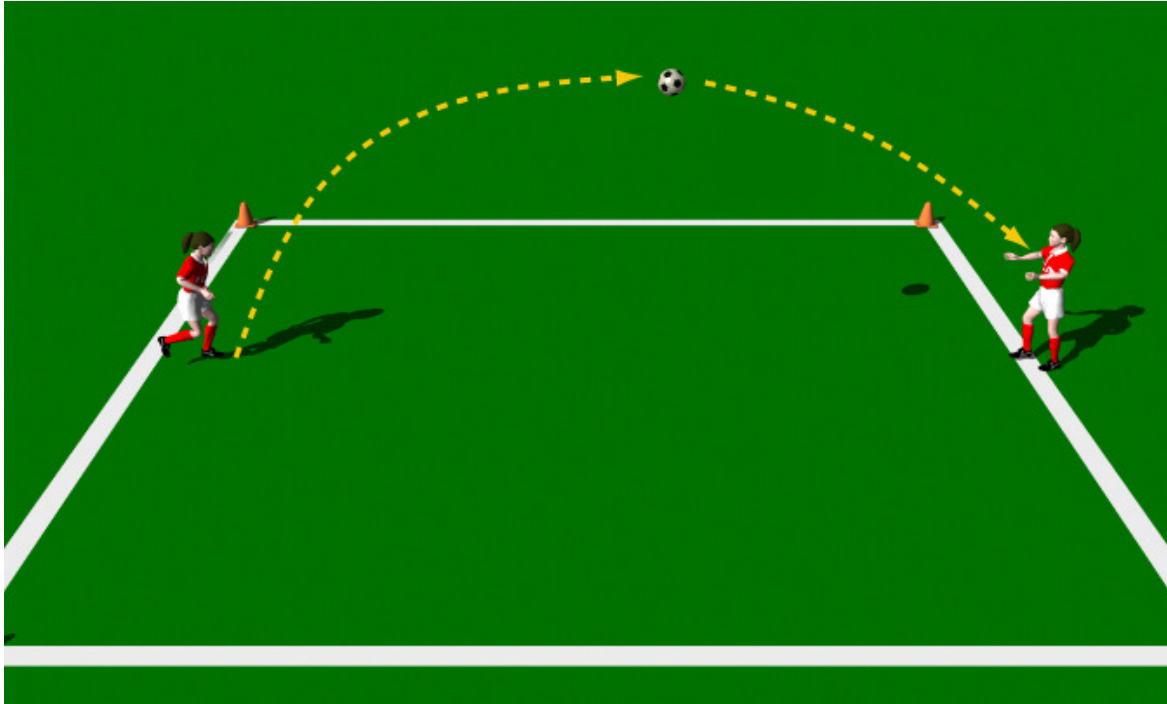
Players are awarded a point for every mistake that their partner makes. First player to get five points wins. Rotate so different players compete against each other.

### **The coach should emphasize the following coaching points:**

- Make sure players call out the number at the same time they pass the ball to allow time for the receiving player to react.
- Players should always be alert and light on their feet.
- Deliver quality accurate ground passes.

If the player has to take a touch before passing, ensure that the first touch is played in front of the player and out of his feet, enabling him to easily pass the ball on his second touch.

## ***Mechanics of the Chip Pass***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Chip Pass” with an emphasis on accuracy.

### **Field Preparation:**

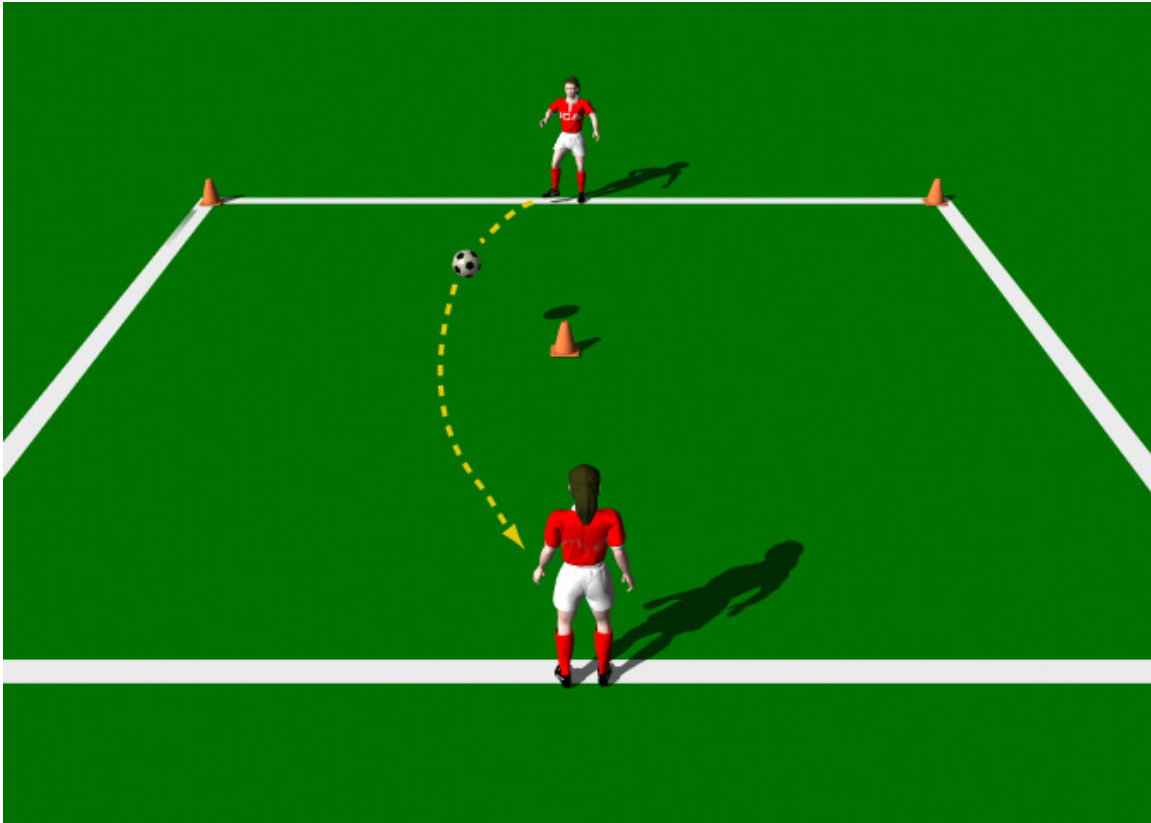
Area 10 x 10 yards. 2 players. 1 ball. Cones.

### **Coaching Points:**

Two players are positioned within the grid, one serving, and one receiving. The server rolls the ball for the player to chip back to their hands. The object is for the player chipping the ball to gradually move further away from server and maintain the accuracy of the chip pass. The player should increase the distance in five-yard increments, moving only when a successful chip pass is made into the hands of the server.



## ***Mechanics of the Bent Pass***



### **Objective of the Practice:**

This practice is designed to introduce players to the correct mechanics involved in the execution of the "Bent Pass".

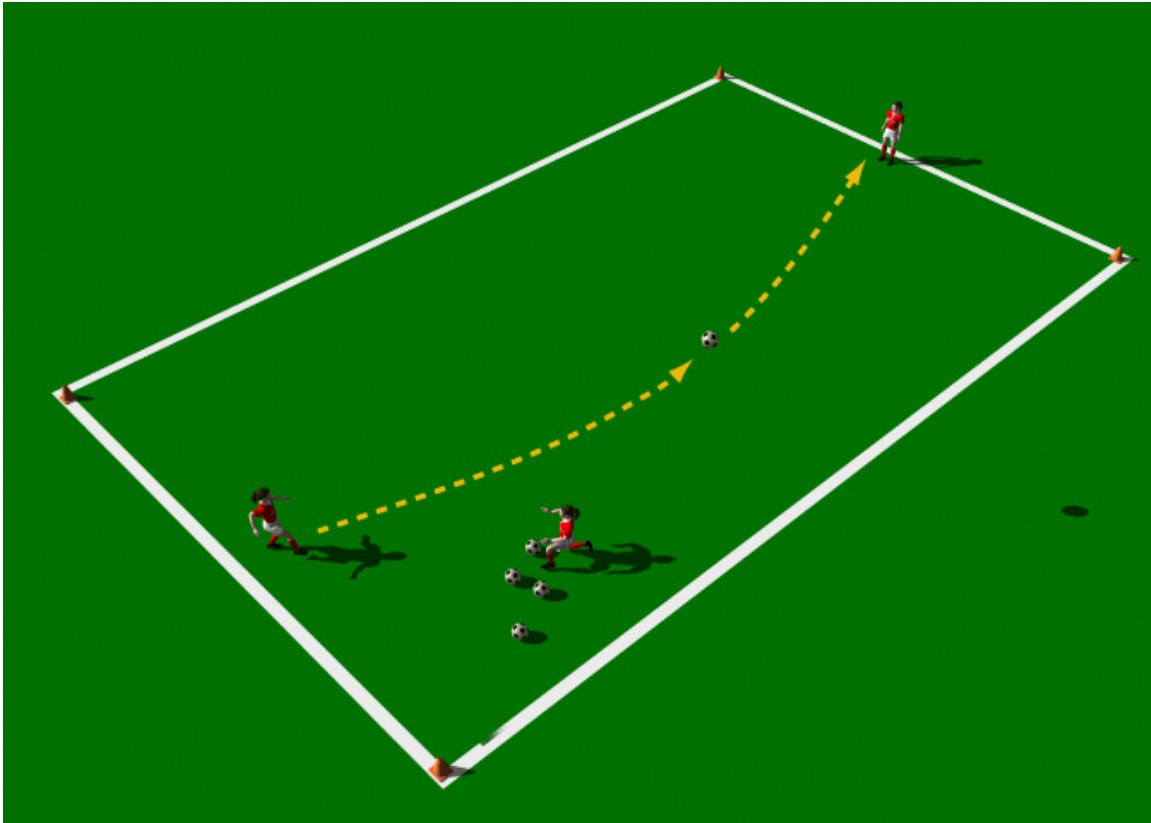
### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball. Cones.

### **Coaching Points:**

Two players are positioned at opposite sides of the grid. A cone is placed directly in-between both players. Players alternate passing the ball around the cone using the "Bent Pass".

## ***Mechanics of the Lofted Pass***



### **Objective of the Practice:**

This practice is designed to introduce the correct mechanics involved in the execution of the "Lofted Pass".

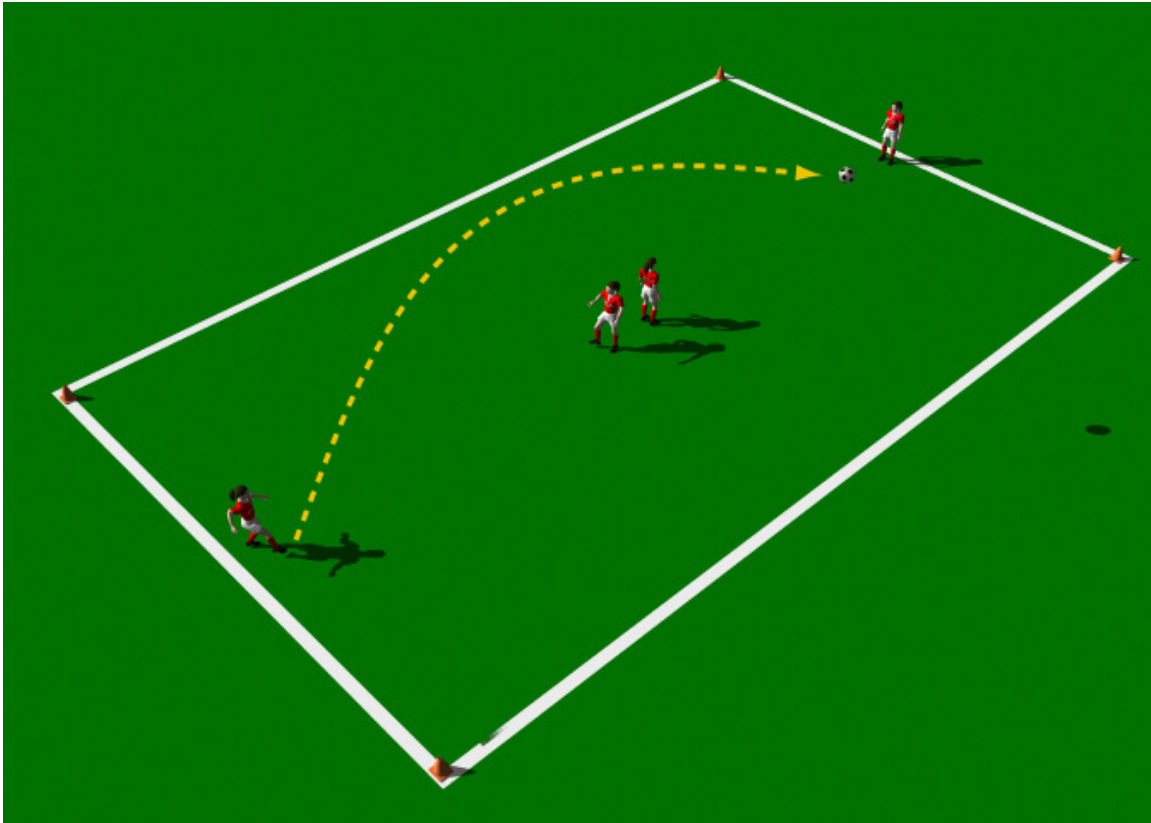
### **Field Preparation:**

Area 10 x 30 yards. 2 players. 1 ball. Cones.

### **Coaching Points:**

Three players are positioned in a grid 10 yards x 30 yards. One player acts as a server, one as a receiving player and the other to catch the lofted pass. The server rolls the ball for the receiver to pass first time to the catcher at the opposite end of the grid. Rotate regularly to provide each player an opportunity to act as the receiver.

## ***Aerial Passing Drill***



### **Objective of the Practice:**

This practice is designed to introduce players to the correct mechanics involved in the execution of the “Bent, Lofted and Chip Pass.”

### **Field Preparation:**

Area 10 x 30 yards. 3 players. 1 ball. Cones.

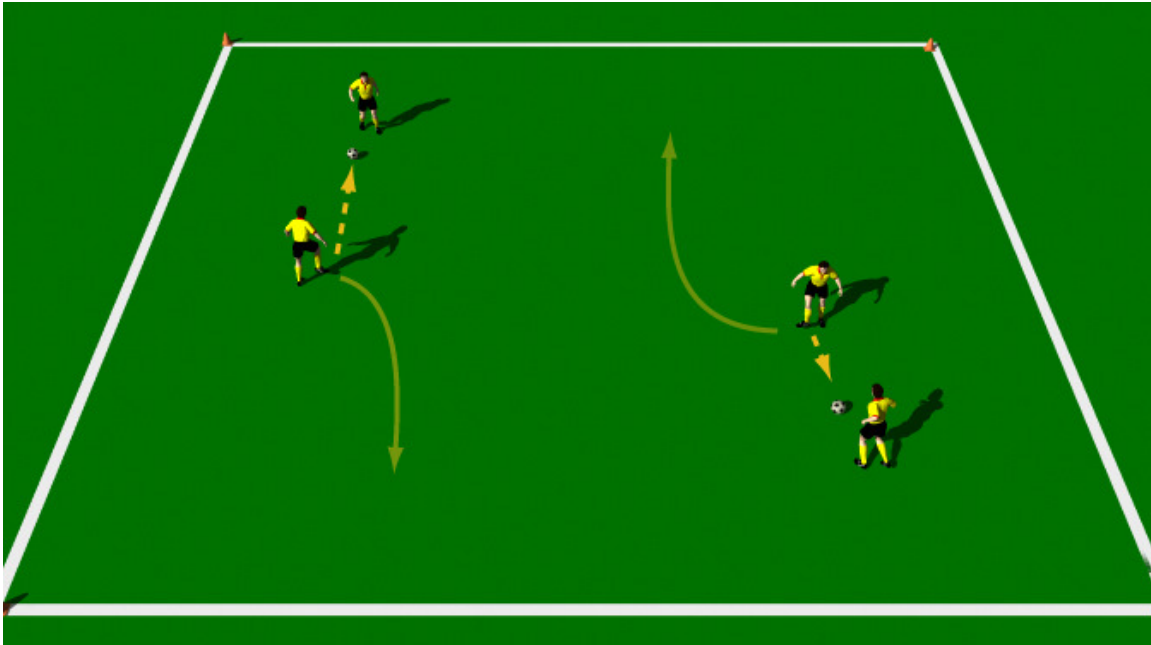
### **Coaching Points:**

Four players are positioned within the grid, two serving, and two receiving. The server passes the ball for the player to pass around the server to the receiver at the opposite end of the grid.

The receiver controls the ball, passes to the server and the practice is repeated from that side. Players are restricted to using aerial passes only.

Rotate the servers with the receivers every five minutes.

## ***Return the Pass***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with emphasis on "pace and accuracy".

### **Field Preparation:**

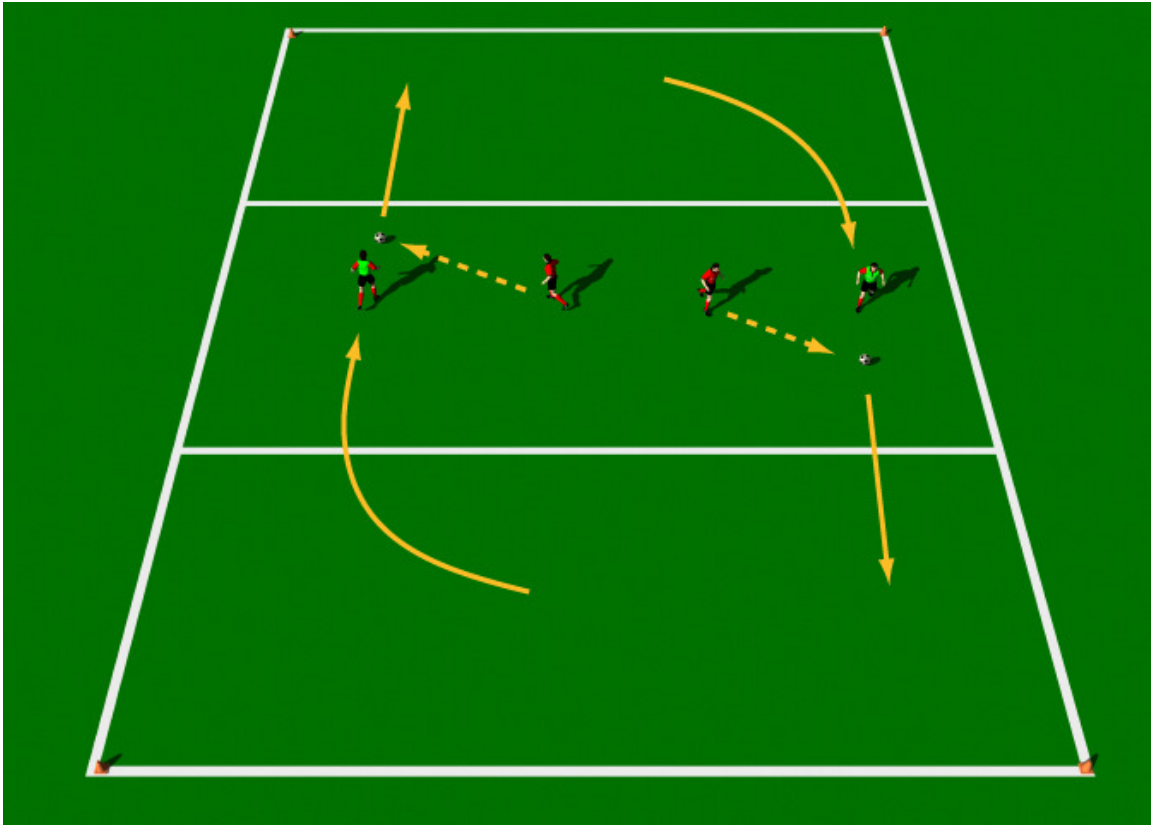
Area 20 x 20 yards. 4 players. 2 balls. Cones.

### **Coaching Points:**

Two pairs of players are positioned in opposite grids. Players start the practice by passing the ball quickly around their own grid.

On the coach's command the player in possession of the ball runs directly to the free player in the opposite grid and makes a pass, receives the return pass, then runs back to their own grid and repeats the practice.

## ***Pass and Overlap***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on the "overlapping run".

### **Field Preparation:**

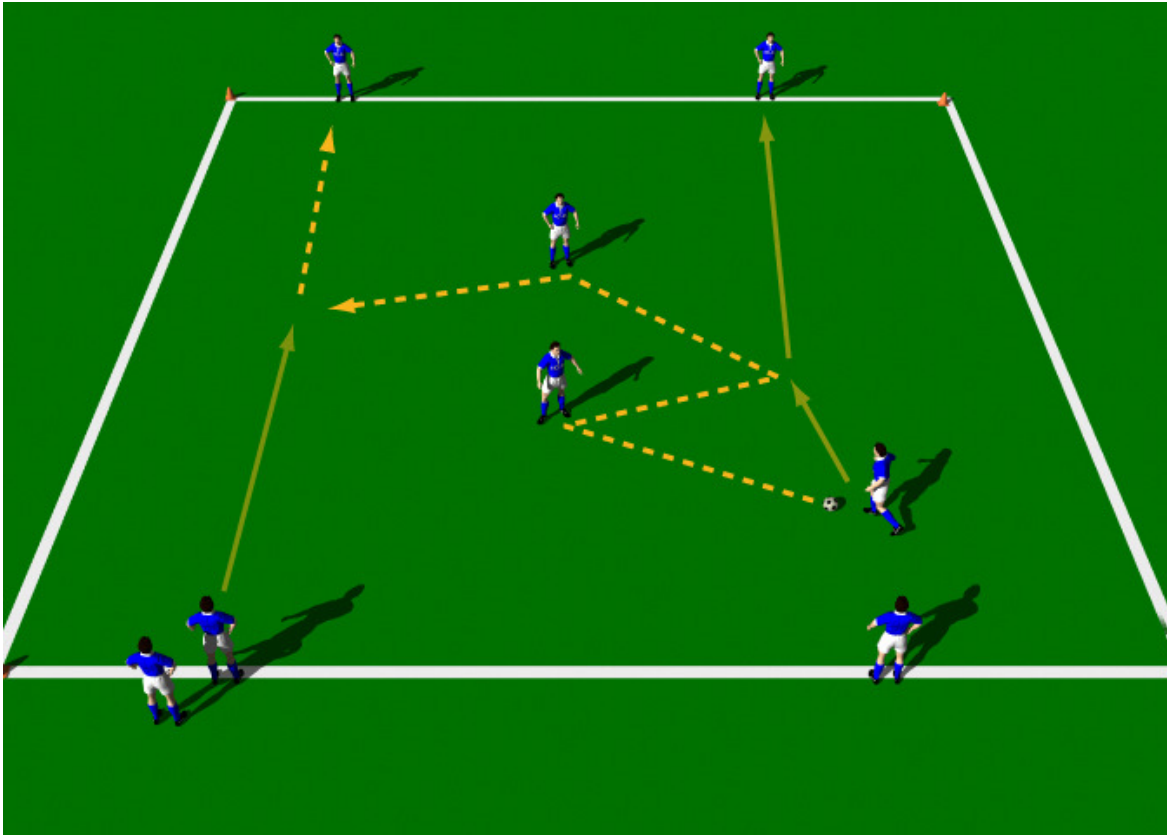
Area 20 x 20 yards. 4 players. 2 balls. Cones.

### **Coaching Points:**

Two pairs of players are positioned in opposite grids. Players start the practice by passing the ball quickly around their own grid.

On the coach's command the players exchange grids using an overlapping run. Once both pairs of players are in the opposite grid the practice is repeated.

## ***First Man, Second Man***



### **Objective of the Practice:**

This practice is designed to improve each players technical ability in short range passing with an emphasis on “pace and accuracy”.

### **Field Preparation:**

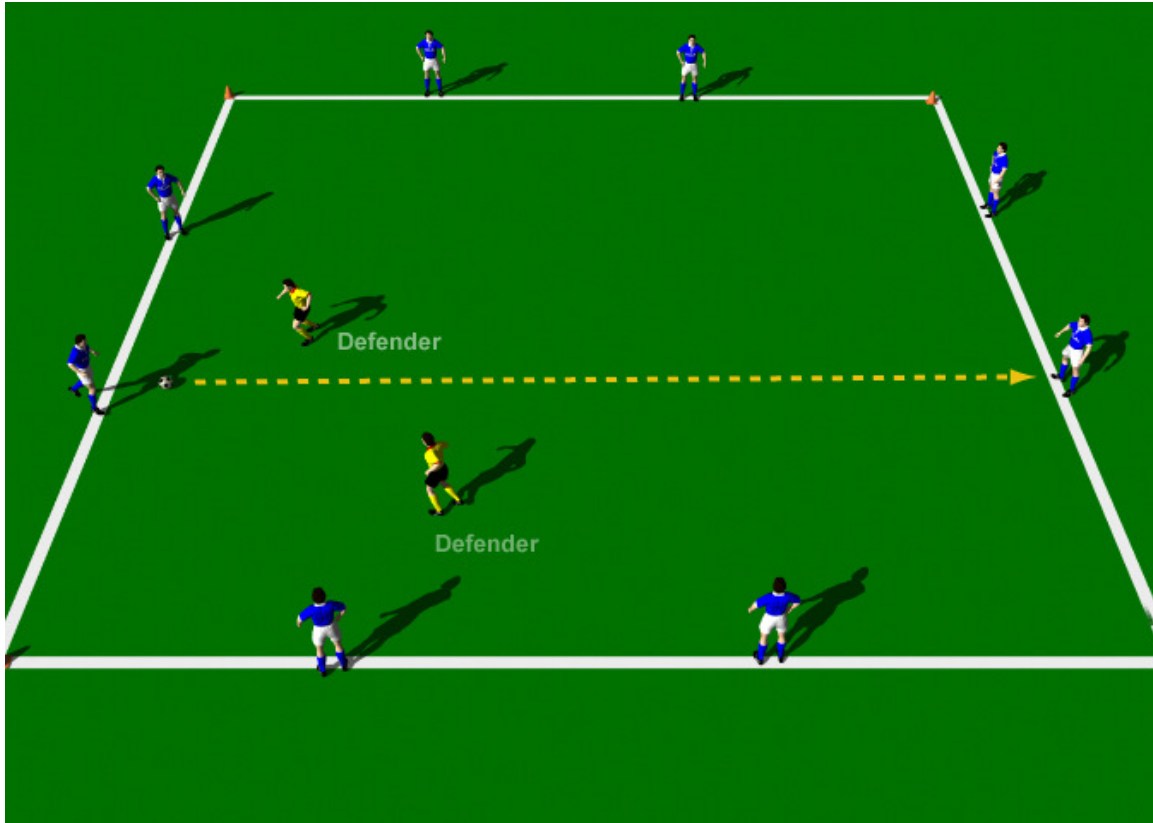
Area 20 x 20 yards. 8 to 12 players. Balls. Cones.

### **Coaching Points:**

An area is marked out approximately 20 yards by 20 yards. Two receivers are placed 5 yards apart in the center of the grid. Four players are positioned at one end of the grid and two at the opposite end.

The practice starts with the first player passing the ball to the nearest receiver. The receiver then passes to the first player in the second group. After receiving the ball, the player passes to the second receiver, who passes to the runner. Both players run to the opposite end and the practice is repeated from the opposite side.

## ***Keep the Ball***



### **Objective of the Practice:**

This practice is designed to improve each player's technical ability in short range passing with an emphasis on "disguise, pace, accuracy and timing".

### **Field Preparation:**

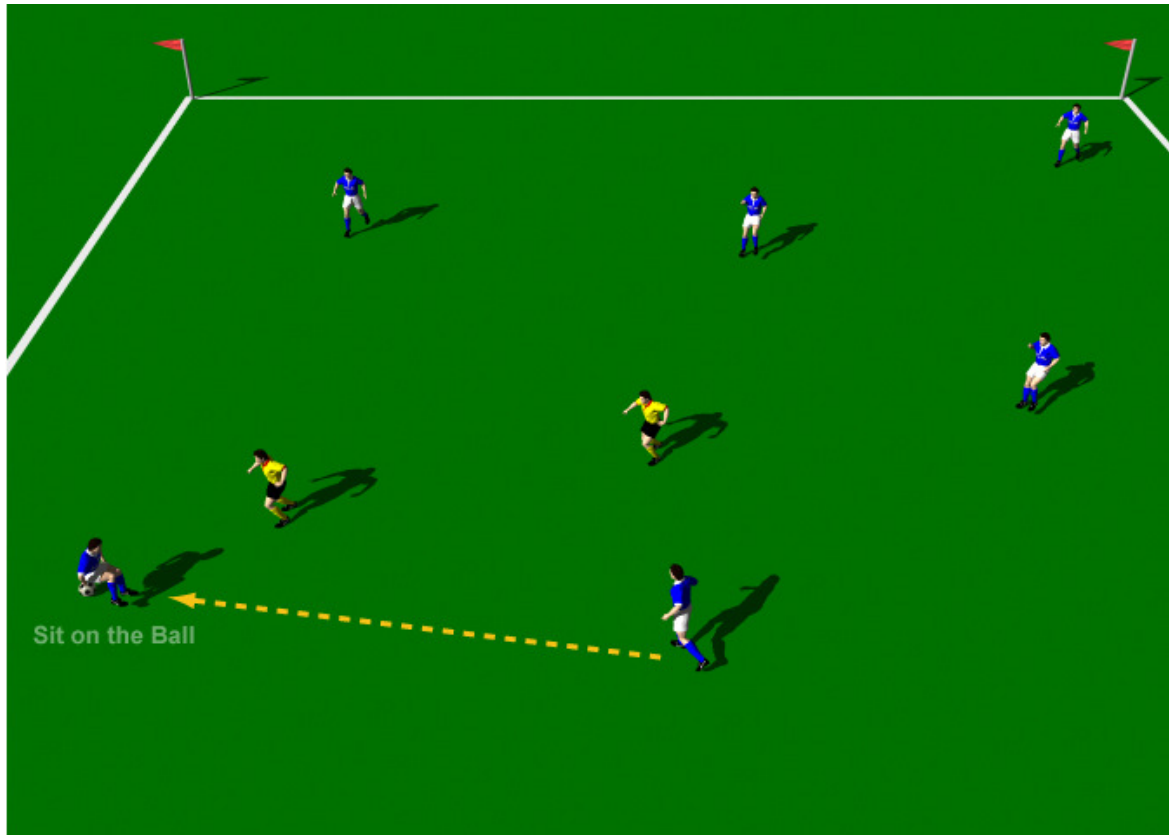
Area 20 x 20 yards. Large group of players. Balls. Cones. Colored bibs.

### **Coaching Points:**

An area is marked out approximately 20 yards by 20 yards. A group of players are positioned around the outside of the grid. Two defenders are placed in the center of the grid and wear different colored vests.

The object of this practice is for the players on the outside of the grid to maintain possession of the ball by using one or two touch passes. Whenever possible the players must try to pass in between the two defenders. A goal is awarded for ten consecutive passes and each time the defenders are split with a pass. The player responsible for losing possession swaps with one of the defenders.

## Sit on the Ball Game



### Objective of the Practice:

This practice is designed to help players create space when passing as a group.

### Field Preparation:

Area 30 x 30 yards. Large group of players. Balls. Cones. Colored bibs.

### Coaching Points:

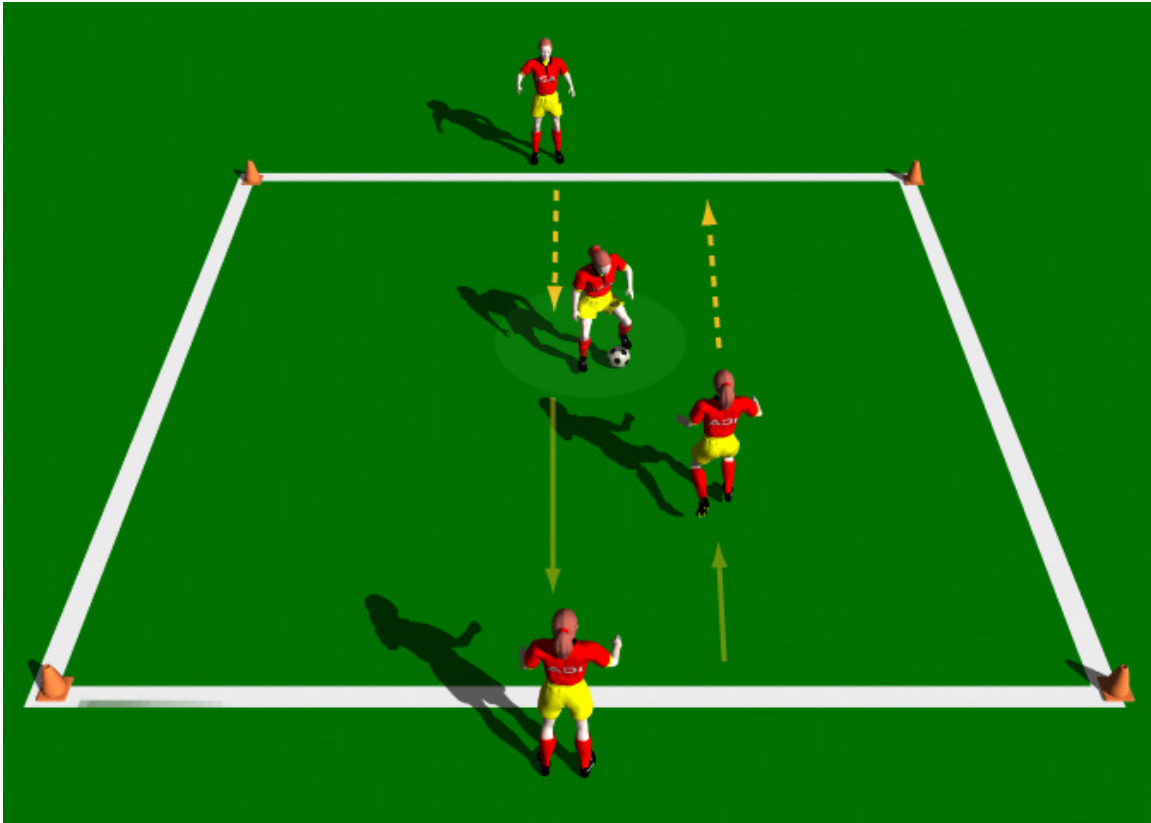
An area is marked out approximately 30 yards by 30 yards. Large group, plus one defender are positioned within the grid. The players must attempt to keep possession from the defender within the grid. The team scores a goal each time a player can receive the ball in enough space to "sit on the ball". The supporting players must always work to offer the deepest and widest possible angles for the player in possession. The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

Rotate working defender frequently to ensure high pressure.



## Take Overs



### Objective of the Practice:

This practice is designed to improve the correct mechanics involved in the execution of the “Take Over” pass.

### Field Preparation:

Areas 10 x 10 yards. Small group of players. Balls. Cones.

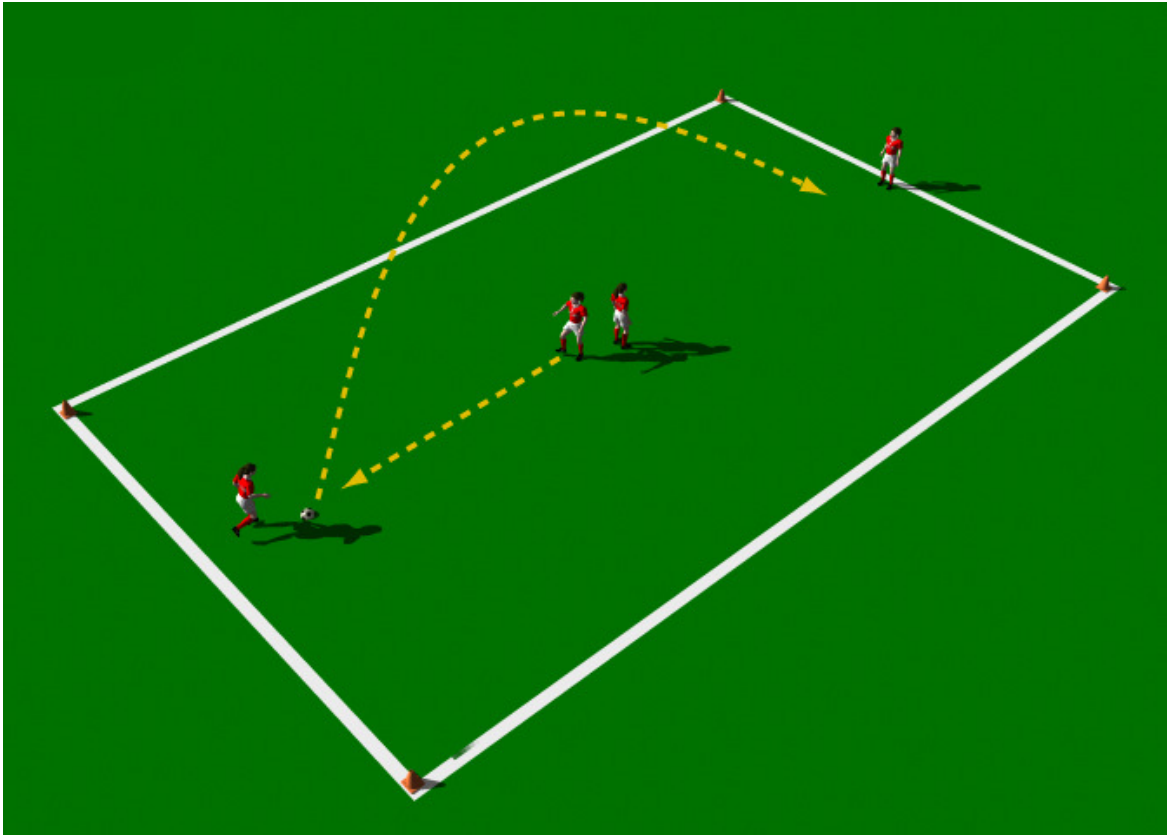
### Coaching Points:

Two players are positioned at each end of a grid 10 yards x 10 yards. One player runs towards his partner at the opposite side of the grid. At the midway point of the grid the players perform a take over pass. The player serving the pass must kill the ball dead with the sole of his foot and accelerate to the opposite end. The player receiving the take over accelerates with the ball to the opposite side. The next pair then repeats practice.

### The coach should emphasize the following coaching points:

- Slow down speed at moment of executing the take over.
- Ensure the server kills the ball dead by using the sole of the foot.
- Receiver should run on the correct side of the server e.g.: run on the servers right if he is right footed.
- Receiver should accept the ball using the laces of the shoe so the ball is taken in stride.

## ***Chip Pass Drill***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Chip Pass” with an emphasis in accuracy.

### **Field Preparation:**

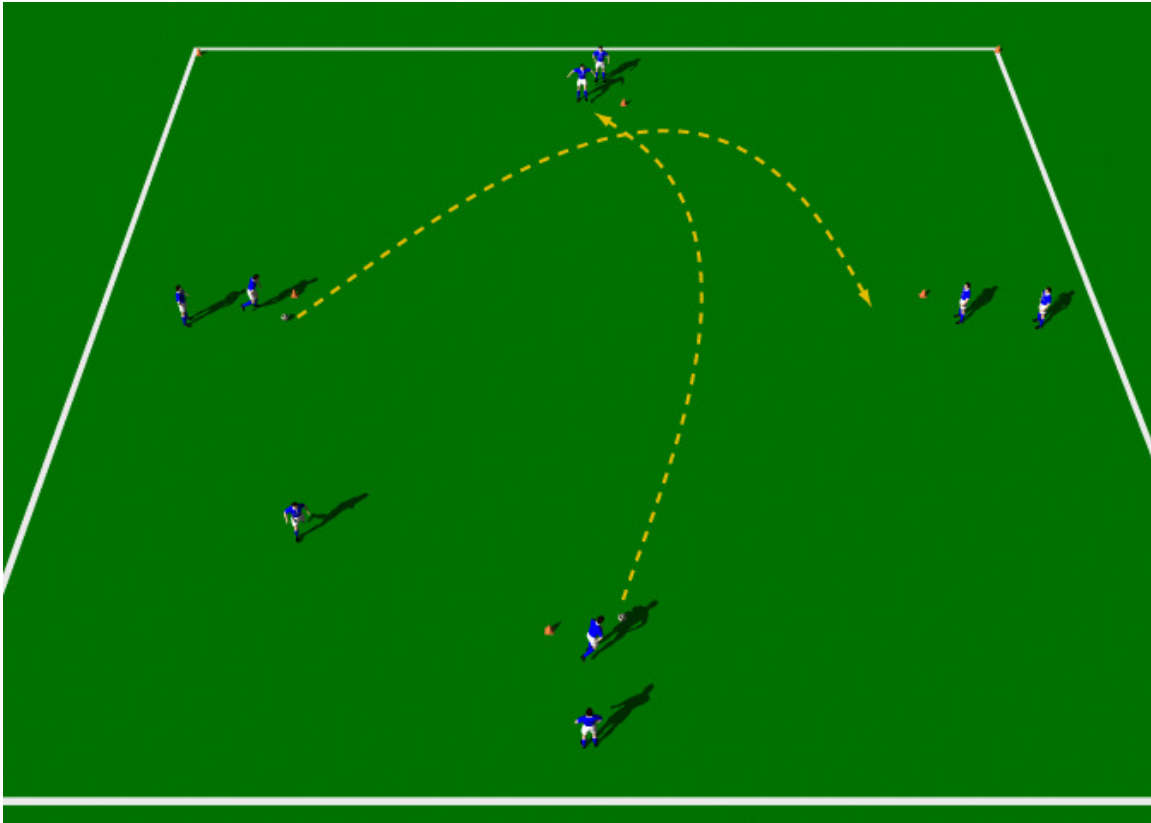
Areas 20 x 30 yards. 4 players. Balls. Cones.

### **Coaching Points:**

Four players are positioned within the grid, two serving, and two receiving. The server rolls the ball for the player to chip over the heads of the server to the receiver at the opposite end of the grid. The receiver controls the ball, passes to the server and the practice is repeated from that side.

Rotate the servers with the receivers every five minutes.

## ***Loft and Chip Rotation Drill***



### **Objective of the Practice:**

This practice is designed to improve the quality of individual aerial passing.

### **Field Preparation:**

Half Field. Large group of players. Balls. Cones. Colored bibs.

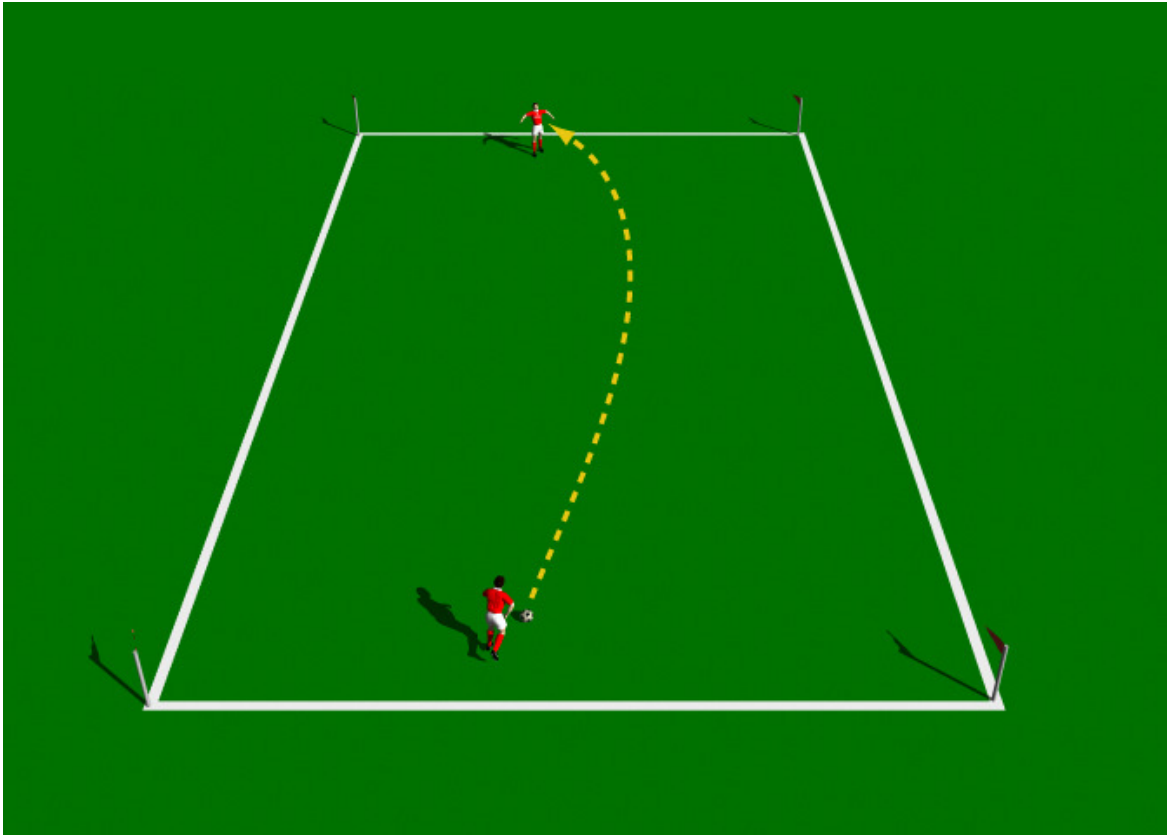
### **Coaching Points:**

An area is marked out approximately 30 yards by 30 yards. Groups of players are placed at each cone. Players use a lofted pass the length of the grid and the chip pass the width of the grid. The practice starts with the first player in line with the ball. The player lofts or chips the ball (depending on which line he is in) to the opposite player in the group. After passing the ball the player then runs to the next cone on his right. The receiving player must control the ball as economically as possible and repeat the practice.

### **The coach should emphasize the following coaching points:**

- Be alert at all time to receive a pass from the opposite side.
- The crossing player should concentrate on the mechanics of either the chip or lofted pass.
- The coach should explain and demonstrate the mechanics in each pass when necessary.
- Run quickly from one cone to the next after passing the ball.
- Be determined to hit target man on every pass.

## ***Lofted Pass Drill***



### **Objective of the Practice:**

This practice is designed to introduce the correct mechanics involved in the execution of the “Lofted Pass”.

### **Field Preparation:**

Area 10 x 30 yards. 2 players. 1 ball. Cones.

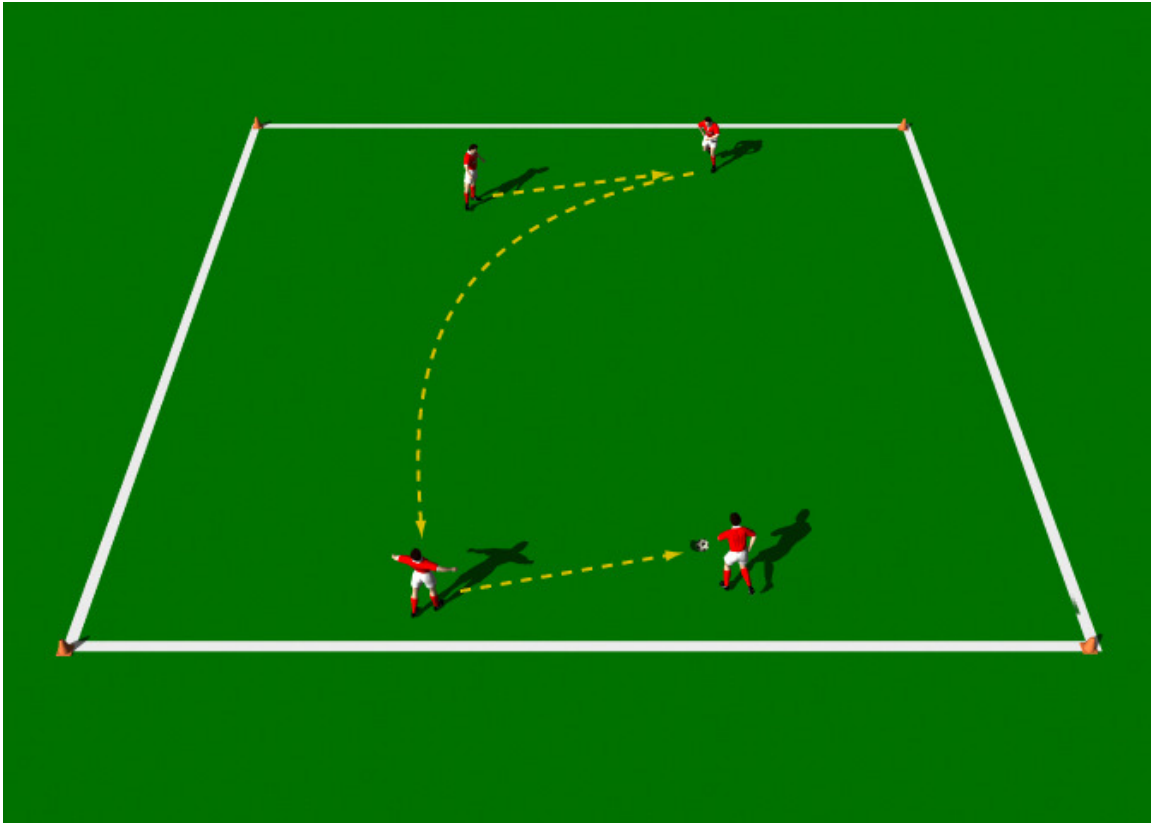
### **Coaching Points:**

Two players are positioned opposite each other approximately 30 yards apart. Each player is placed in the center of the grid. Both player alternate lofted passes while attempting to deliver the pass into their partner’s grid.

Players receive a point for each successful pass that hits the target.

Keep score and rotate players to challenge new opponents.

## ***Lofted Pass Drill 2***



### **Objective of the Practice:**

This practice is designed to introduce the correct mechanics involved in the execution of the "Lofted Pass".

### **Field Preparation:**

Area 20 x 40 yards. 4 players. 1 ball. Cones.

### **Coaching Points:**

A grid is marked out approximately 20 yards x 40 yards, with two end grids 5 yards deep. Two players are positioned in each end grid.

Players alternate crossing the ball to the opposite grids using the lofted pass. Ensure that players keep their sequence and rotate taking turns at crossing the ball. When crossing the ball, the player must try to hit one of the target men in the opposite end grid.

Receivers should keep alert and present themselves as good targets for the passer. When receiving the ball, control it quickly and pass the ball in front of your partner to enable him to cross the ball first time.

# **Fundamental Passing**

## ***Push Pass Mechanics***



### **Objective of the Practice:**

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the “Push Pass.”

### **Field Preparation:**

Two players with one ball.

### **Coaching Points:**

Two players are positioned in a grid 5 yards x 5 yards. One player kneels holding the ball firmly between their hands. The other player alternates stepping towards the ball and performing the “Push Pass.” The players should always step towards the ball and try to hit the ball in their stride. The players should alternate holding the ball.

### **The coach should emphasize the following coaching points:**

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

## ***Lock the Ankle***



### **Objective of the Practice:**

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Push Pass".

### **Field Preparation:**

Two players with one ball.

### **Coaching Points:**

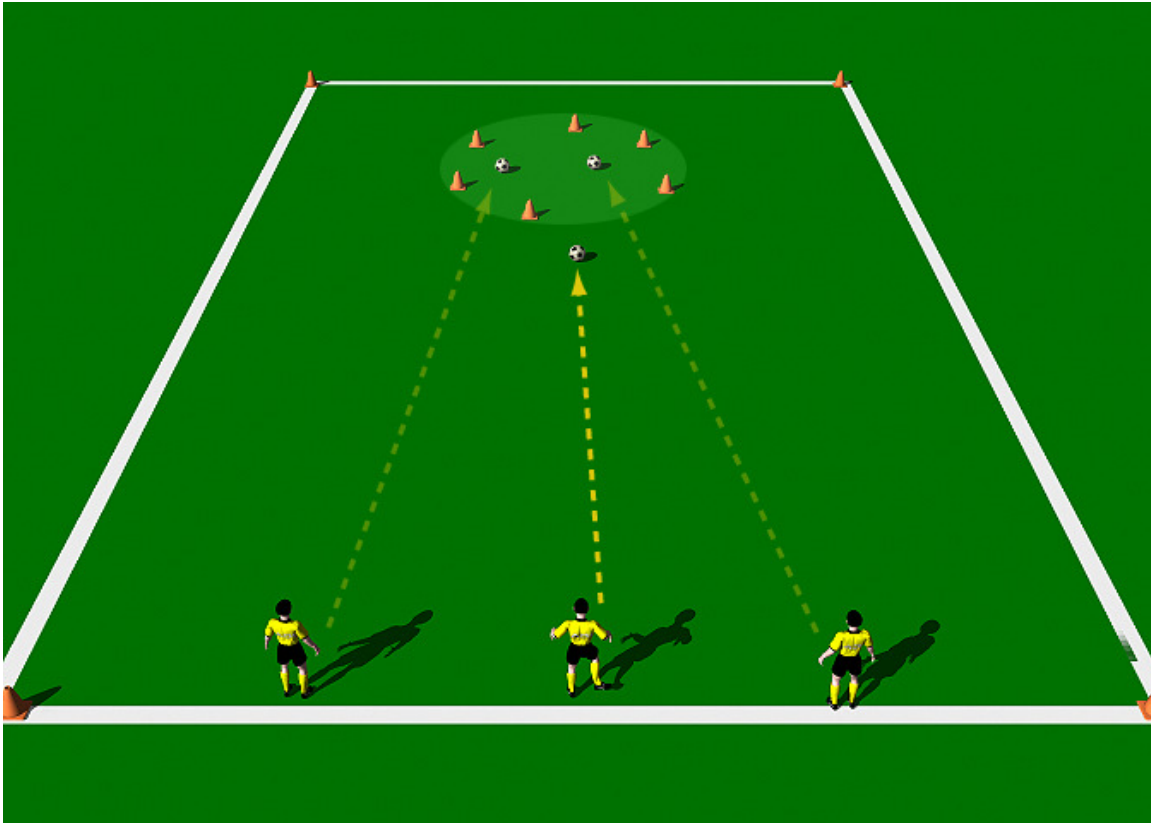
Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs the players step towards the ball and lock the ball between their feet as they perform the "Push Pass". To ensure the timing coincides, one player should slowly count out loud "one, two, three". On the three count the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

### **The coach should emphasize the following coaching points:**

- Approach the ball at a slight angle.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot - through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.



## ***Land on the Moon***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

### **Field Preparation:**

Area 10 x 15 yards. Small group of players, balls and cones.

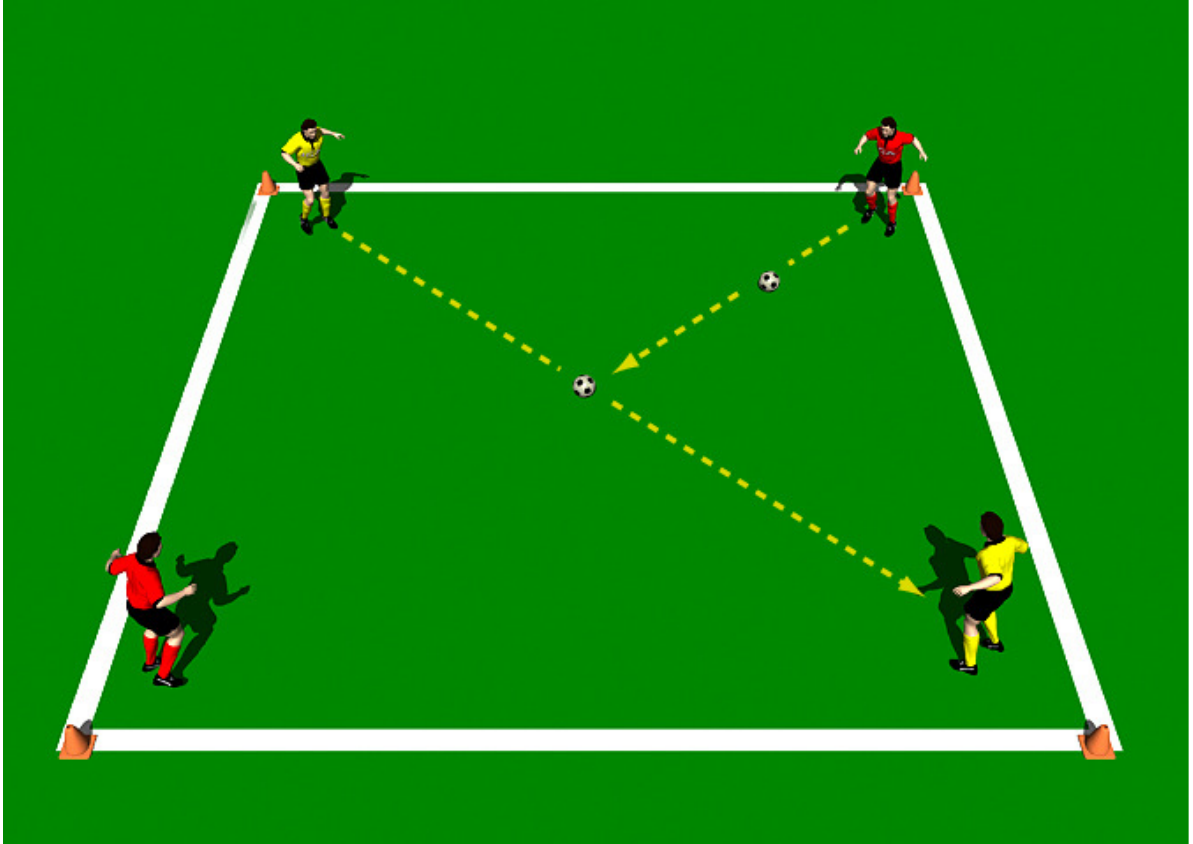
### **Coaching Points:**

A grid is marked off approximately 10 yards by 15 yards and a circle is made with cones at one end of the grid. A group of players with a ball each are positioned at the opposite end of the grid.

In turn, players have to try and land their rocket (ball) onto the surface of Mars (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle.

Repeat practice several times and total up points. To challenge the players the size of the circle may be reduced each time.

## Speed Ball



### Objective of the Practice:

To improve the timing and accuracy of the pass.

### Field Preparation:

Practice grid approximately 10 yards x 10 yards, 2 balls, 4 cones, four players ( 2 pairs)

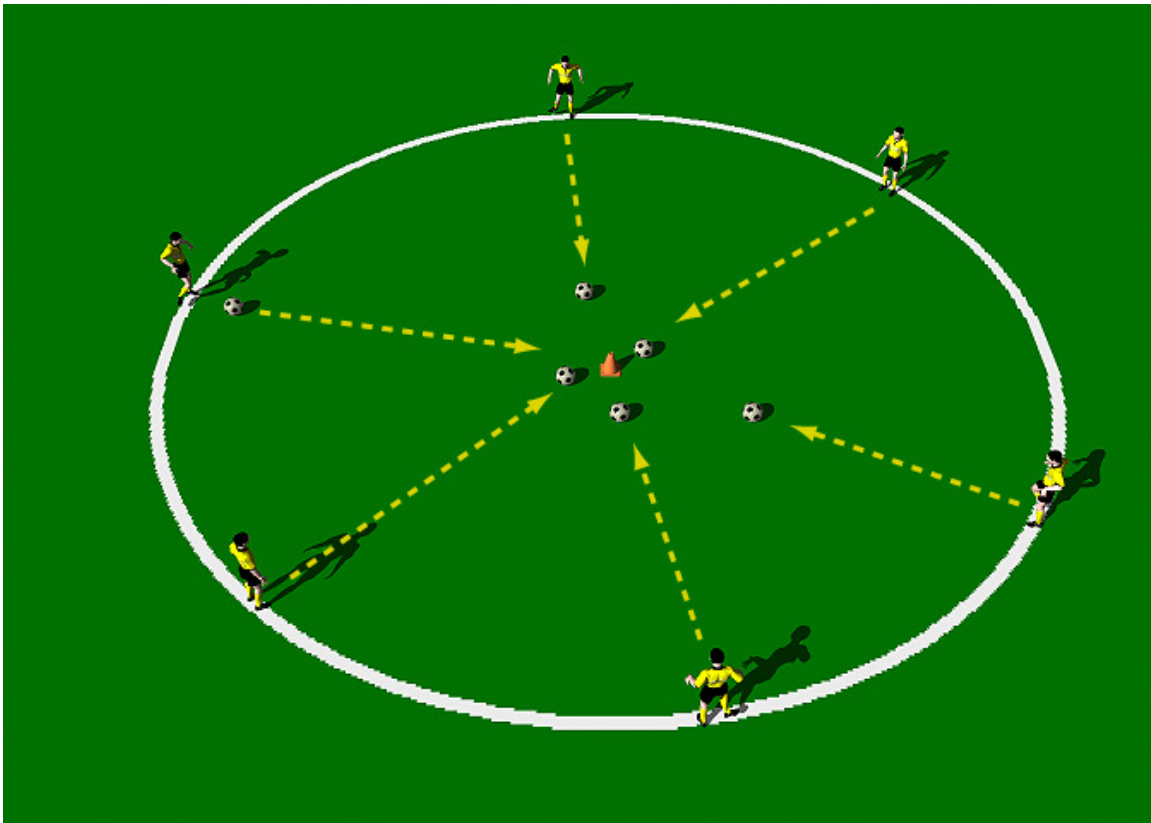
### Coaching Points:

Four players are positioned within a grid and divided in pairs. Red v Yellow. The two yellow players pass the ball back and forth. They are restricted to a maximum of 2 touches.

The two red players must try and hit the ball as it travels across the middle of the grid. Once the red players hit the ball they swap roles with the yellow players.

- All players should be on the balls of their feet and not flat footed.
- Pass the ball firmly and accurately on the ground.
- Concentrate on the "timing" of the pass. If you pass the ball too late or too early you will miss the target.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball. The head should be kept steady and eye's fixed firmly on the ball. The follow through is in the direction of the intended target.

## Soccer Marbles



### Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

### Field Preparation:

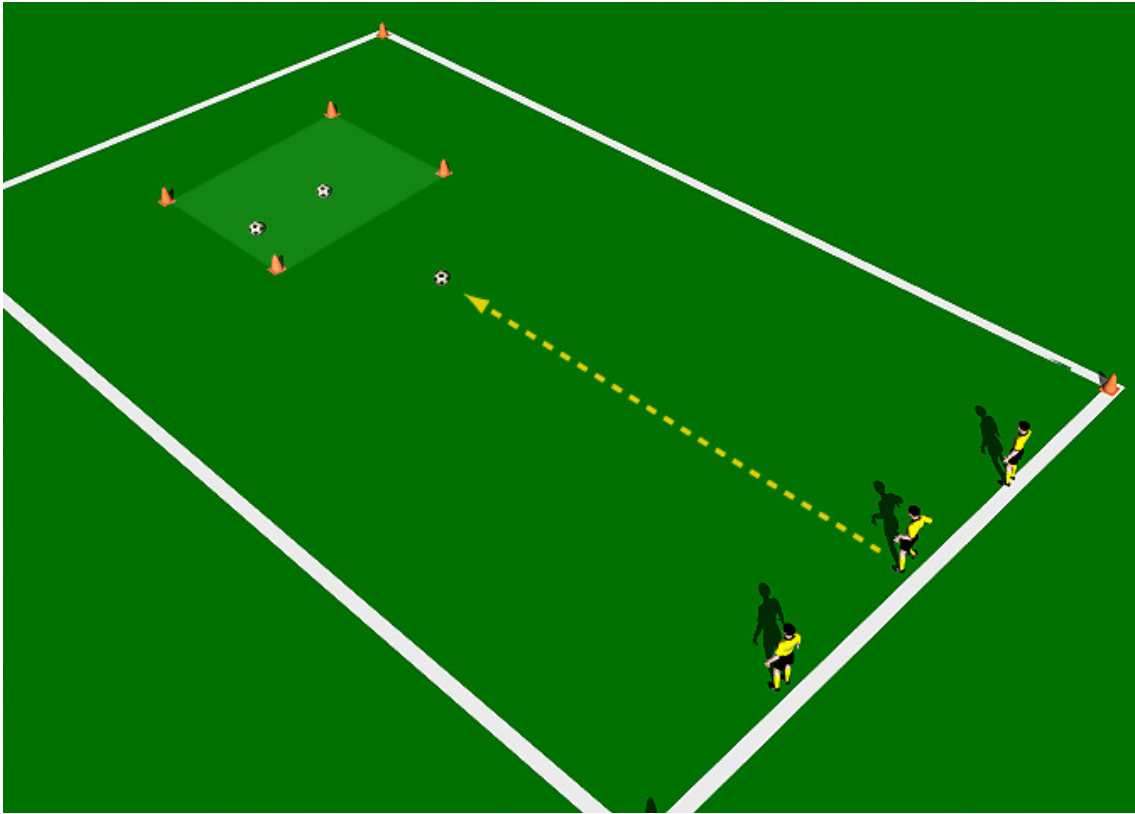
Center circle. Small group of players, balls.

### Coaching Points:

Use the center circle or mark off a circle approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble.

The closest ball to the center marble wins a point. Repeat game several times and total points. Distance of the circle may be increased to make the game more challenging.

## ***The Incredible Shrinking Box***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

### **Field Preparation:**

Area 10 x 20 yards. Small group of players, balls and cones.

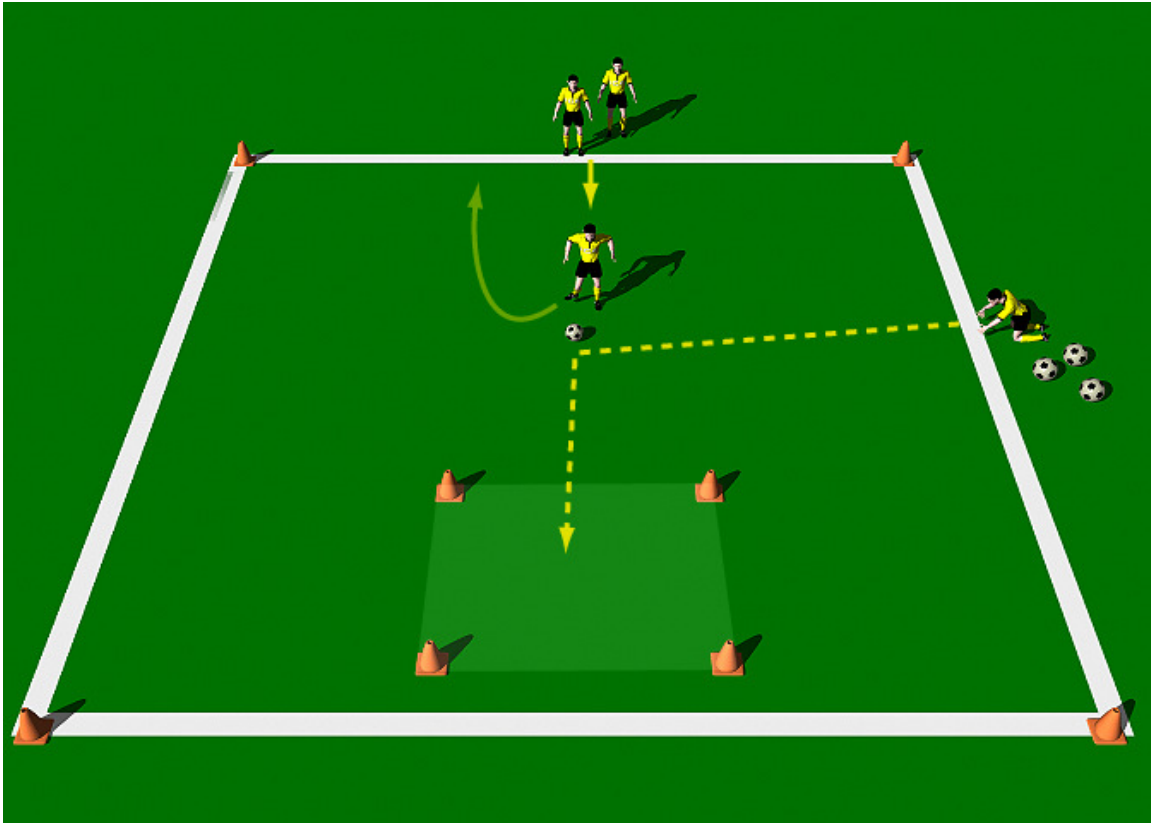
### **Coaching Points:**

A grid is marked off approximately 10 yards by 20 yards. A line of cones is placed across the middle of the grid, forming a box. A group of players with a ball each is positioned on one end of the grid. In turn, players try to pass their ball into the box. A point is awarded if the ball stays within the box. After all players have taken a turn they retrieve their ball and return to the starting position.

To make the game progressively challenging, the box is now reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn and return to their starting positions on the end line.

The box is once more reduced to half width and a new line marked across the grid using the cones. Players repeat the game until everyone has had a turn. Line up all the players and total the points.

## ***Balls in the Box***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in passing a moving ball. An emphasis is placed on timing and accuracy.

### **Field Preparation:**

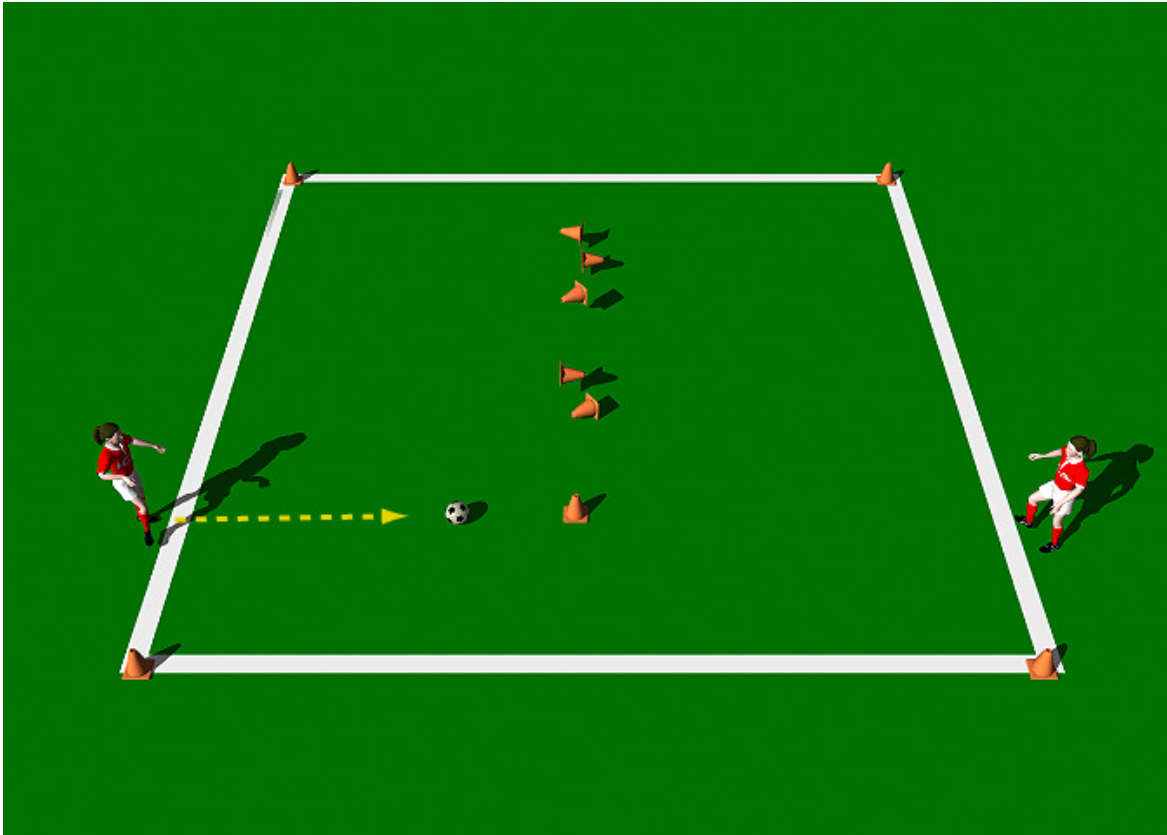
A grid is marked off approximately 10 yards by 20 yards. Inside, and at one end of the grid, a small box is marked off approximately 2 yards by 2 yards. A group of players are positioned at the opposite end of the grid and a server placed on the side. The server has a supply of balls within reach.

### **Coaching Points:**

The practice starts when the server rolls the ball across the grid. The first player in line comes forward and redirects the ball using "one touch". The object is for the player to redirect the ball by passing it into the small box. The ball must stay within the box for it to count as a success. After passing the ball, the player returns and joins the back of the line.

Have 2 groups side by side competing against each other. First team to get all their balls in the box wins. Try making the box smaller to challenge your players. Rotate servers to ensure everyone practices the activity.

### **3, 2, 1 Blast Off**



#### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

#### **Field Preparation:**

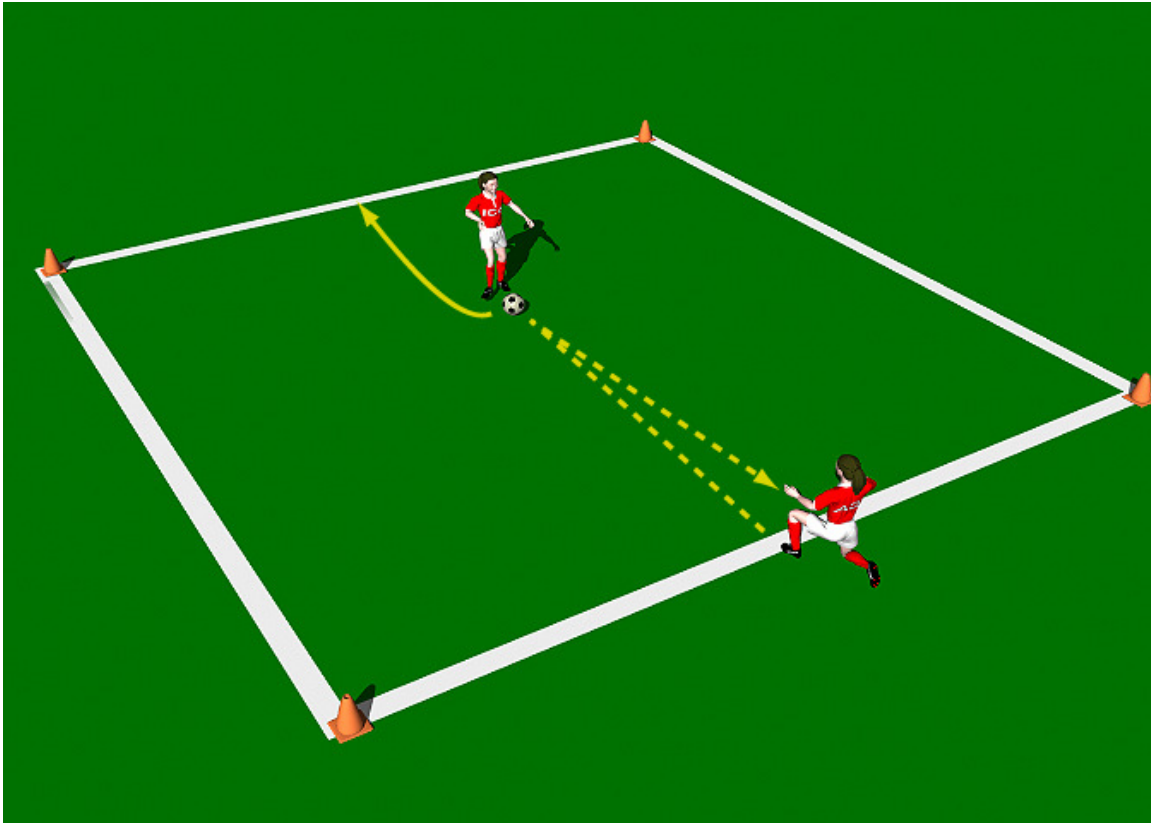
Two players are positioned opposite each other in a grid 10 yards by 10 yards. Three sets of cones are placed down the center of the grid. The cones should be positioned as a set of three, set of two and a single cone.

#### **Coaching Points:**

Players work as a team to knock down all the standing cones. First objective is to knock down the set of three cones. After this is completed they knock down the set of two cones. Finally the competition is completed when the last single cone is knocked down. The targets get more challenging as they reduce in size.

Divide your group into pairs and have them compete against each other. First pair to eliminate all six cones wins. Repeat practice several times.

## One Player Relay



### Objective of the Practice:

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

### Field Preparation:

Area 10 x 10 yards. Two players. One ball, Four cones.

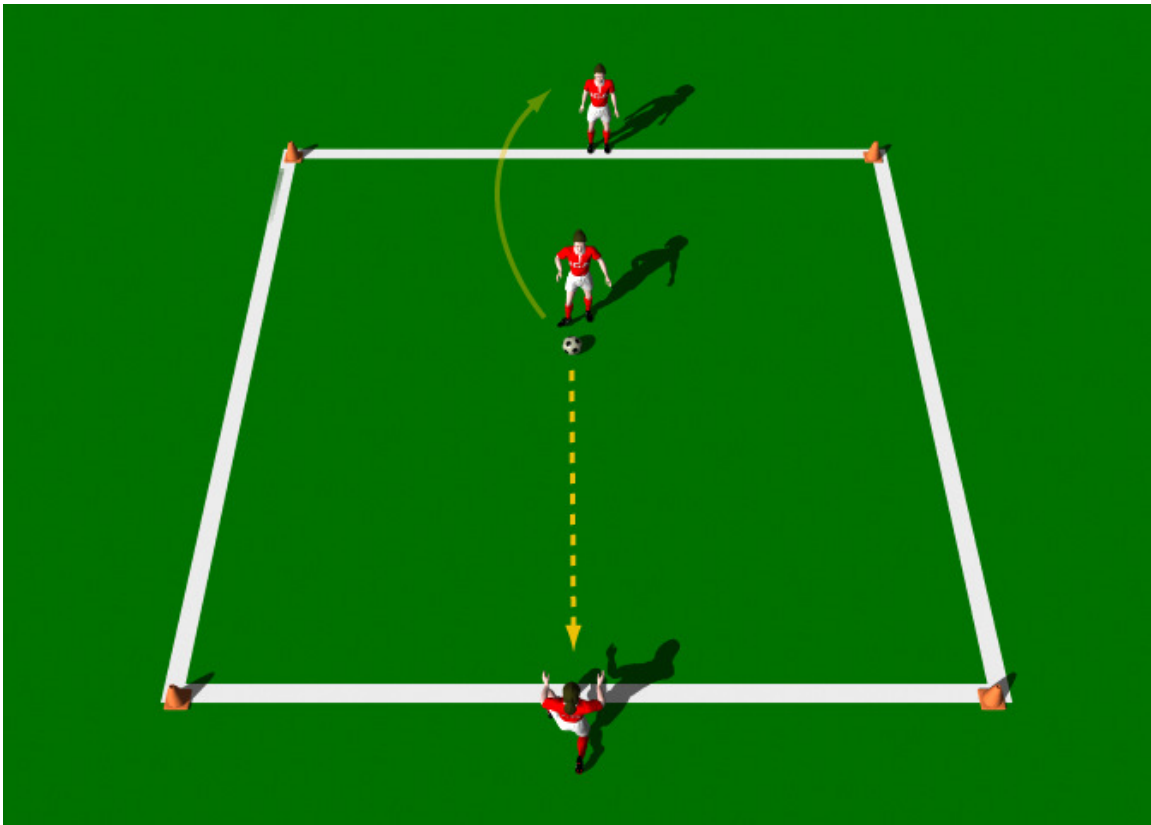
### Coaching Points:

One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

## ***Two Player Relay***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "Pace and accuracy".

### **Field Preparation:**

Area 10 x 10 yards. Three players. One ball, Four cones.

### **Coaching Points:**

Two players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the servers feet. After each pass the receiver must return to their starting position.

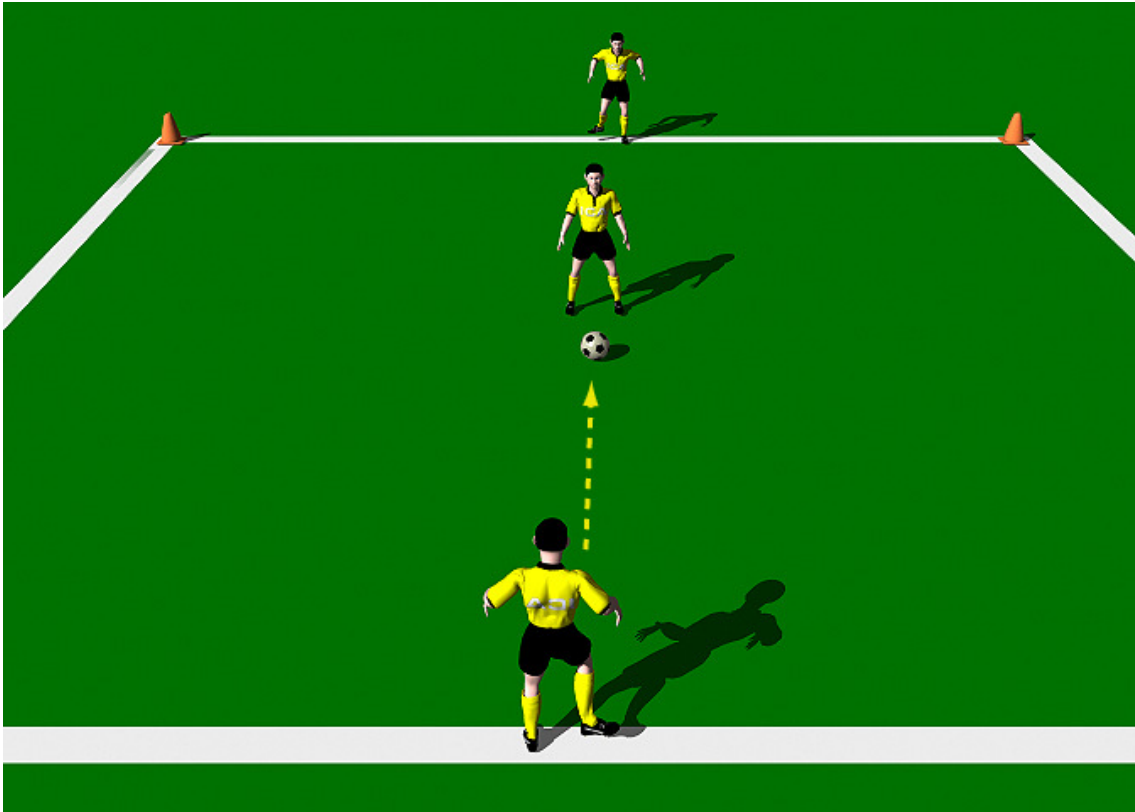
The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player is always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

Create a competition between groups. Keep score and award points for the first team to reach 20 good passes or see which team who can perform the most passes in one minute.



## ***Under the Bridge***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

### **Field Preparation:**

Area 10 x 10 yards. Three players. One ball, Four cones.

### **Coaching Points:**

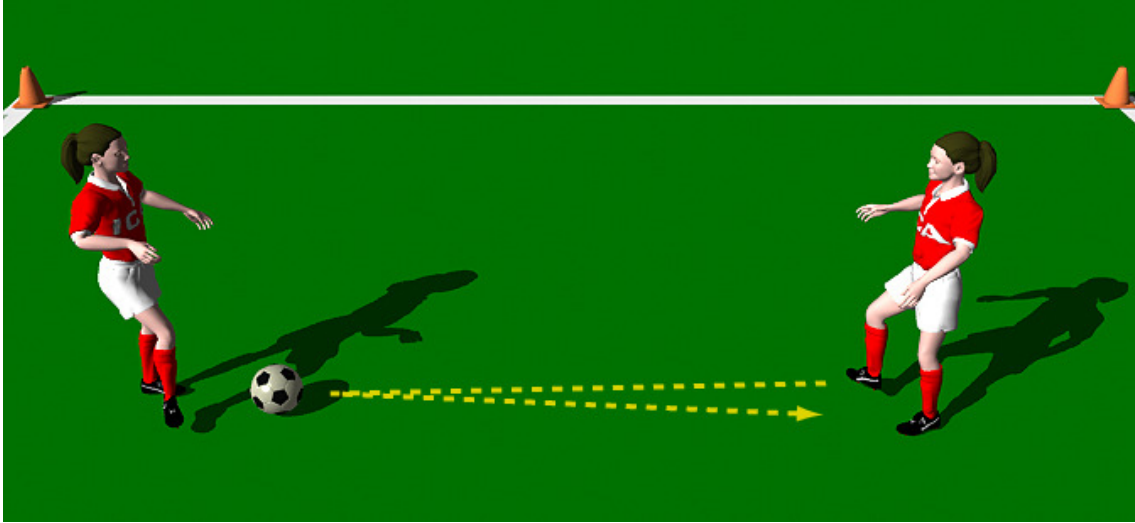
Three players are positioned in a grid 10 yards x 10 yards. One player is placed in the middle and presents themselves as a target by making a tunnel with their legs. The other two players try to pass the ball through the tunnel. The distance should be increased slowly to make the practice more challenging.

### **The coach should emphasize the following coaching points:**

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

## ***Speed Passing***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

### **Field Preparation:**

Area 10 x 10 yards. Two players. One ball.

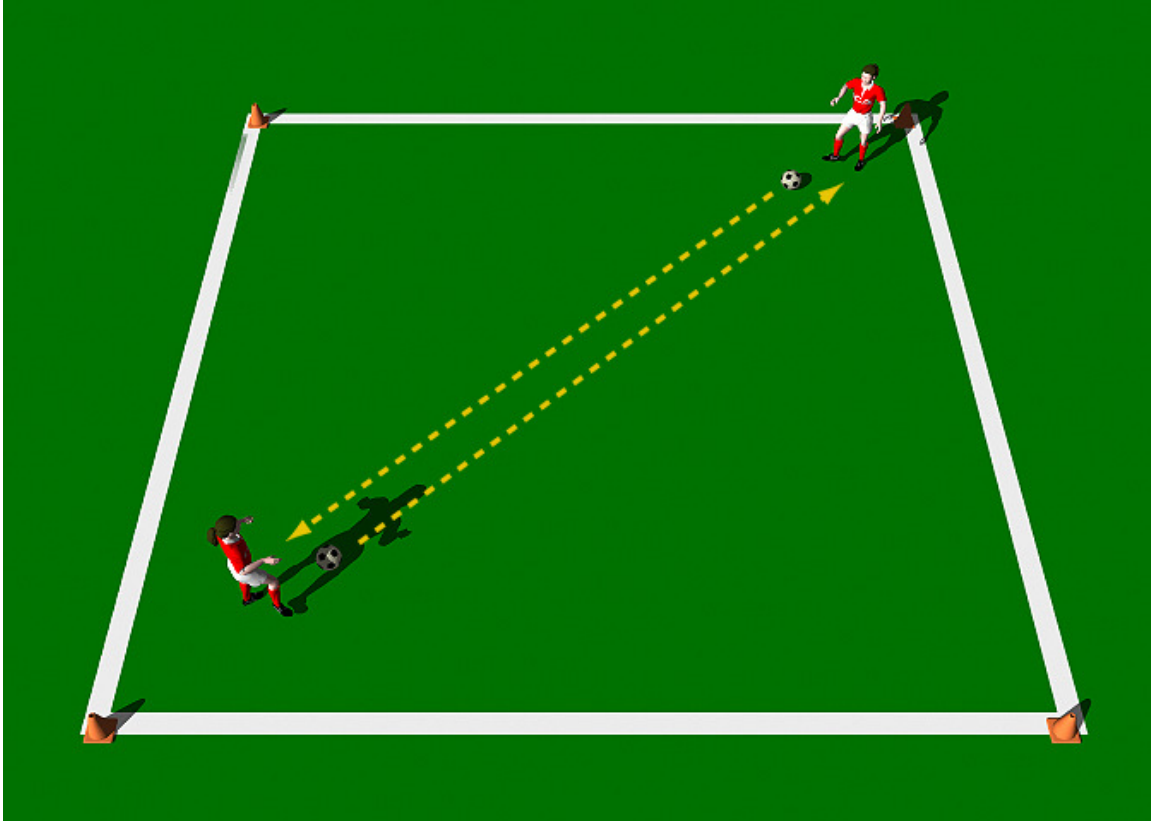
### **Coaching Points:**

Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

The players must pass the ball back and forth between the cones using the “Push Pass”. The ball must be kept on the ground and struck firmly enough to cross the cones. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups.

Increasing the distance of the cones to make the practice more challenging. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

## ***Swap the Ball***



### **Objective of the Practice:**

This practice is designed to improve the mechanics involved in the “Push Pass”. An emphasis is placed on accuracy and movement.

### **Field Preparation:**

Area 10 x 10 yards. Two players. Two balls.

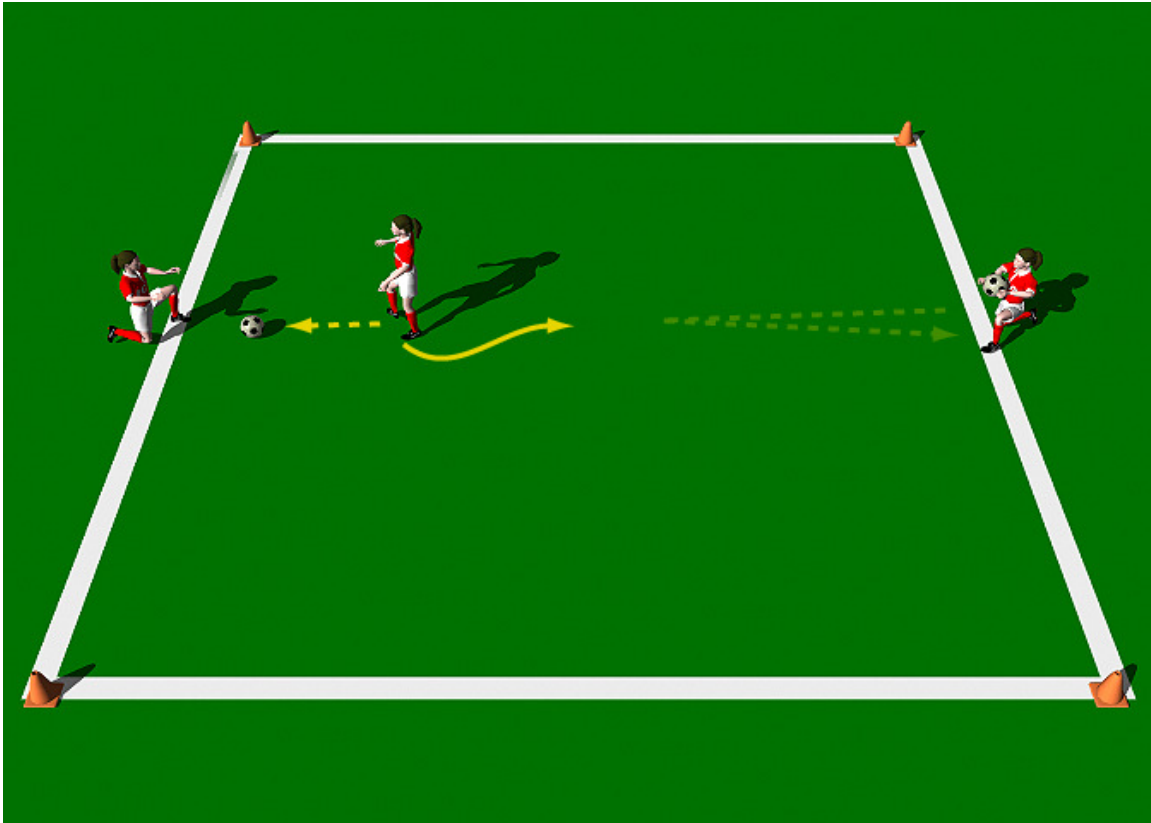
### **Coaching Points:**

Two players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid.

On the count of three, both players pass the ball across the grid to their partner. Players should be alert on their feet, get behind the flight of the ball quickly and control it. The practice is then repeated.

Players should pass the ball slightly to the side of their partner to avoid the balls from colliding.

## ***Pressure Passing 1***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

### **Field Preparation:**

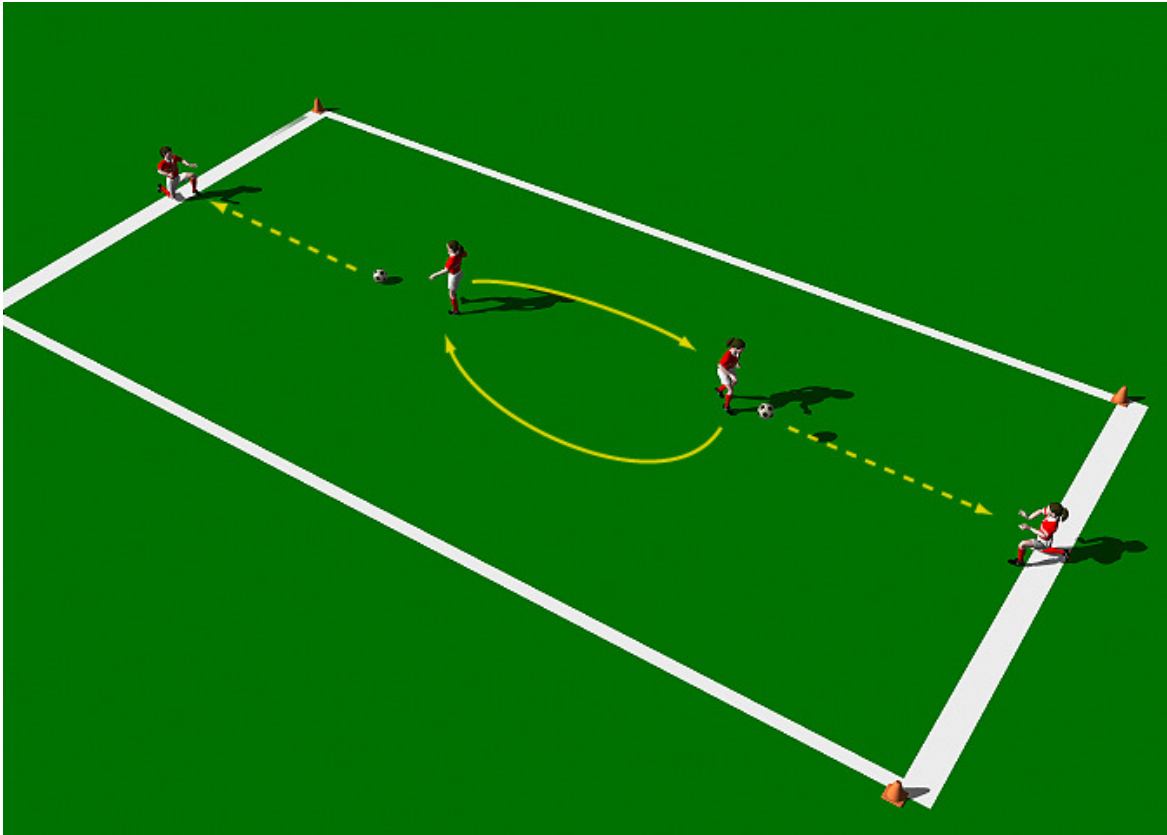
Area 10 x 10 yards. Three players. Two balls.

### **Coaching Points:**

Two servers are positioned each side of the grid. Server's alternate passing the ball to the receiver whom passes back "first time", turns quickly and repeats with the opposite side. Ensure that the servers do not roll the ball too far, so that the player in the center does not need to come to meet the ball. The player in the center should work at full speed and concentrate on quality first touch passing.

If the player working turns to a server for a pass and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between groups. See how many passes can be accomplished in 60 seconds, or who is the first player to reach 20 good passes. Only passes made on the ground are countable.

## ***Pressure Passing 2***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

### **Field Preparation:**

Area 10 x 20 yards. Four players. Two balls. Cones.

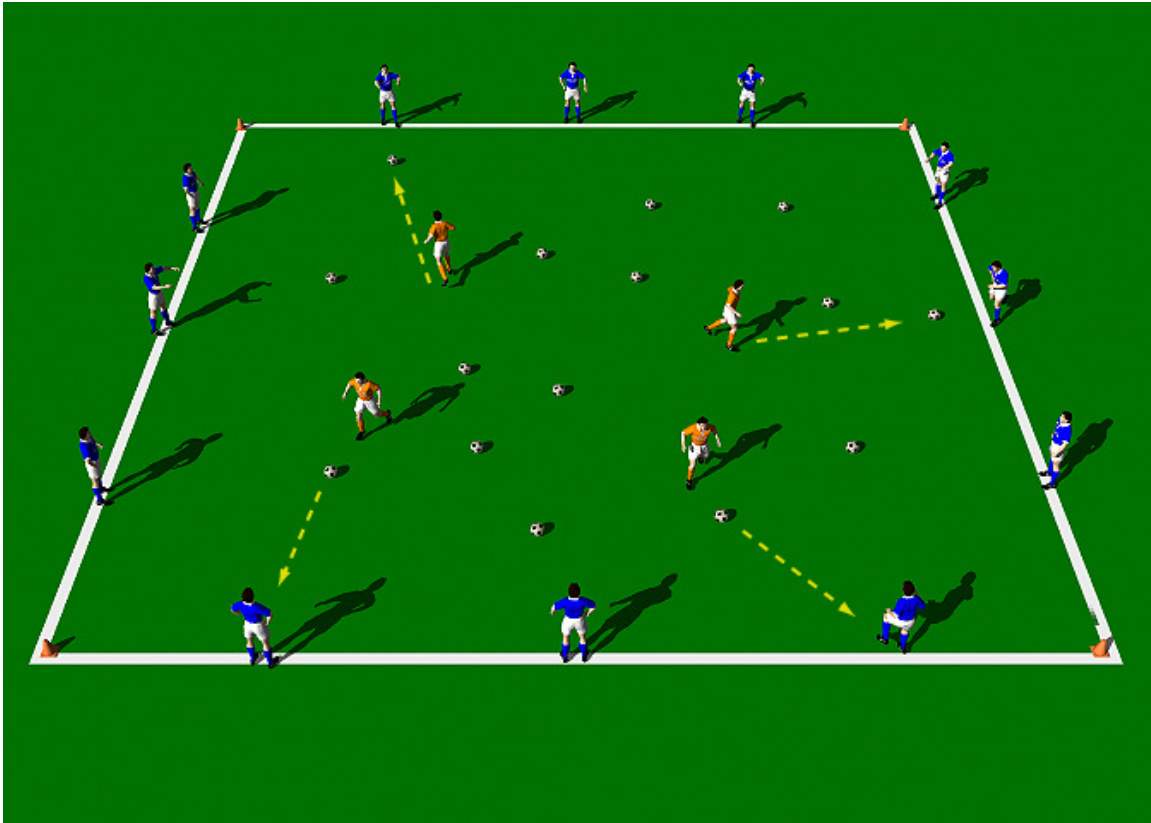
### **Coaching Points:**

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back "first time" to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between players and see who can get the most passes in 60 seconds.

- ☐ The first player to reach 20 good passes wins.
- ☐ Only passes made on the ground are countable.

## ***Pressure Passing 3***



### **Objective of the Practice:**

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

### **Field Preparation:**

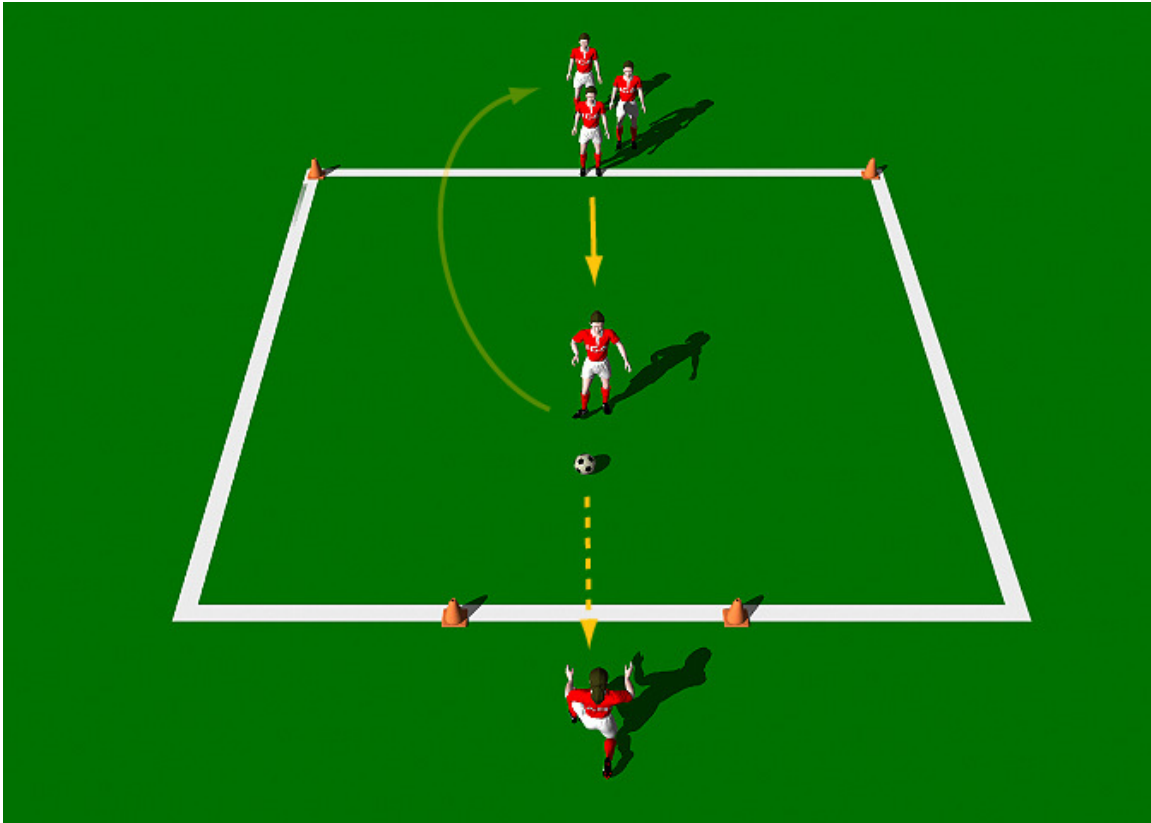
Area 20 x 20 yards. Entire Group of players. Large supply of balls. Cones.

### **Coaching Points:**

Four players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls are scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes. Rotate two middle players every two minutes.

## Target Passing



### Objective of the Practice:

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

### Field Preparation:

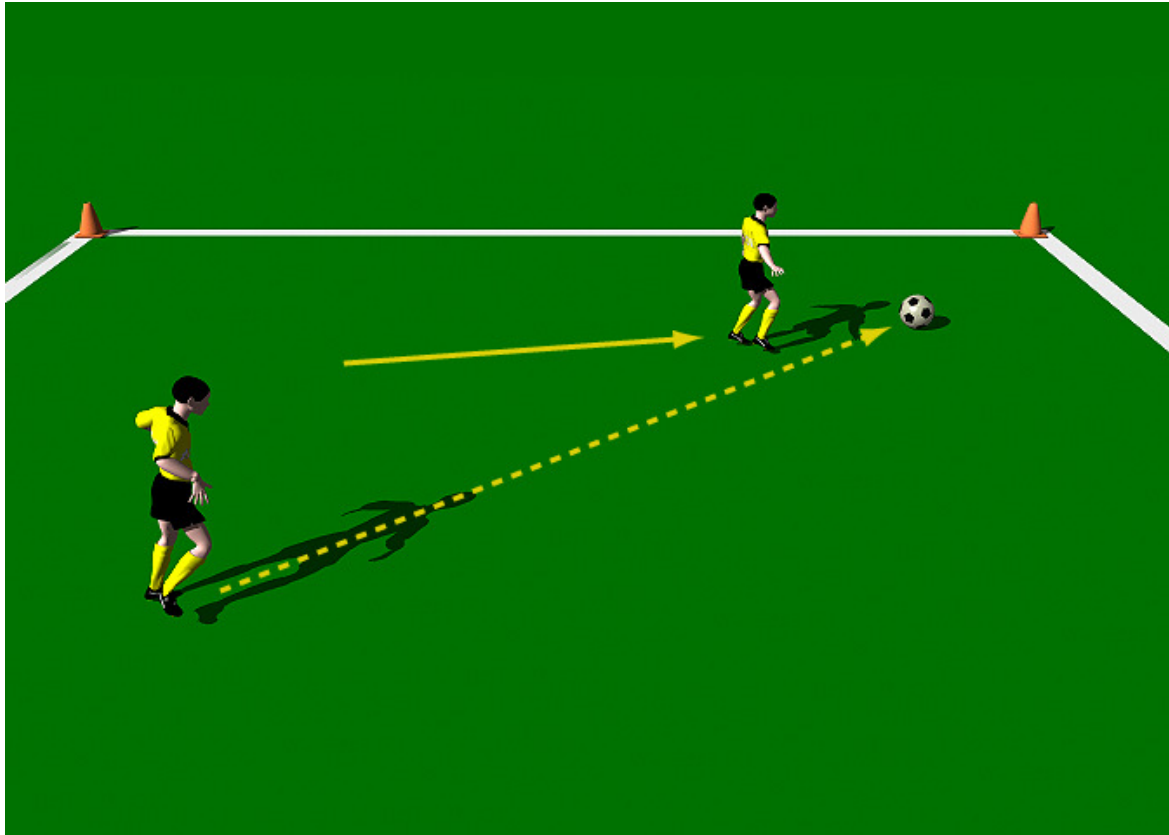
Area 10 x 10 yards. Small group of players. Supply of balls. Cones.

### Coaching Points:

A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball “first time” through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.

## ***Follow the Pass***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass."

### **Field Preparation:**

Area 10 x 10 yards. 2 players. 1 ball. Cones.

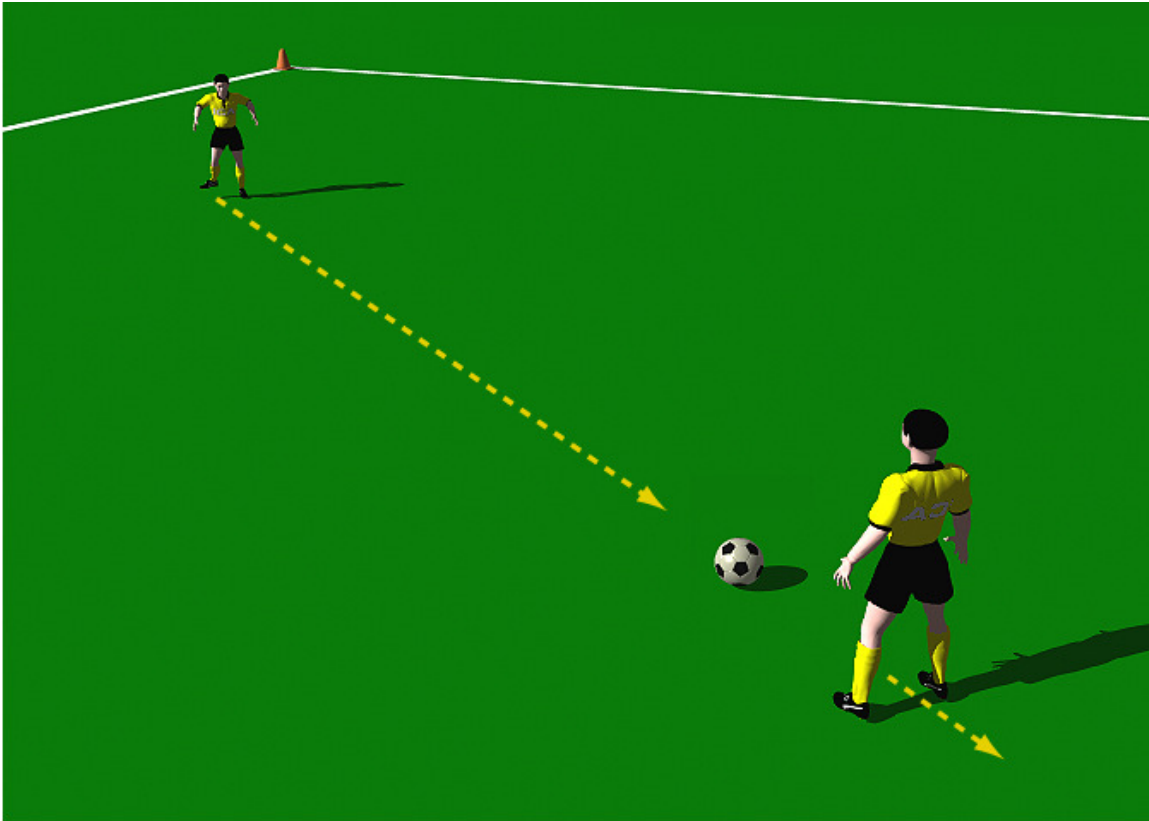
### **Coaching Points:**

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server. **The coach should emphasize the following coaching points:**

- Work at a high intensity.
- Turn as economically as possible when controlling the ball.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.



## ***Through the Tunnel***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass" with an emphasis on accuracy.

### **Field Preparation:**

Area 20 x 20 yards. 2 players. 1 ball. Cones.

### **Coaching Points:**

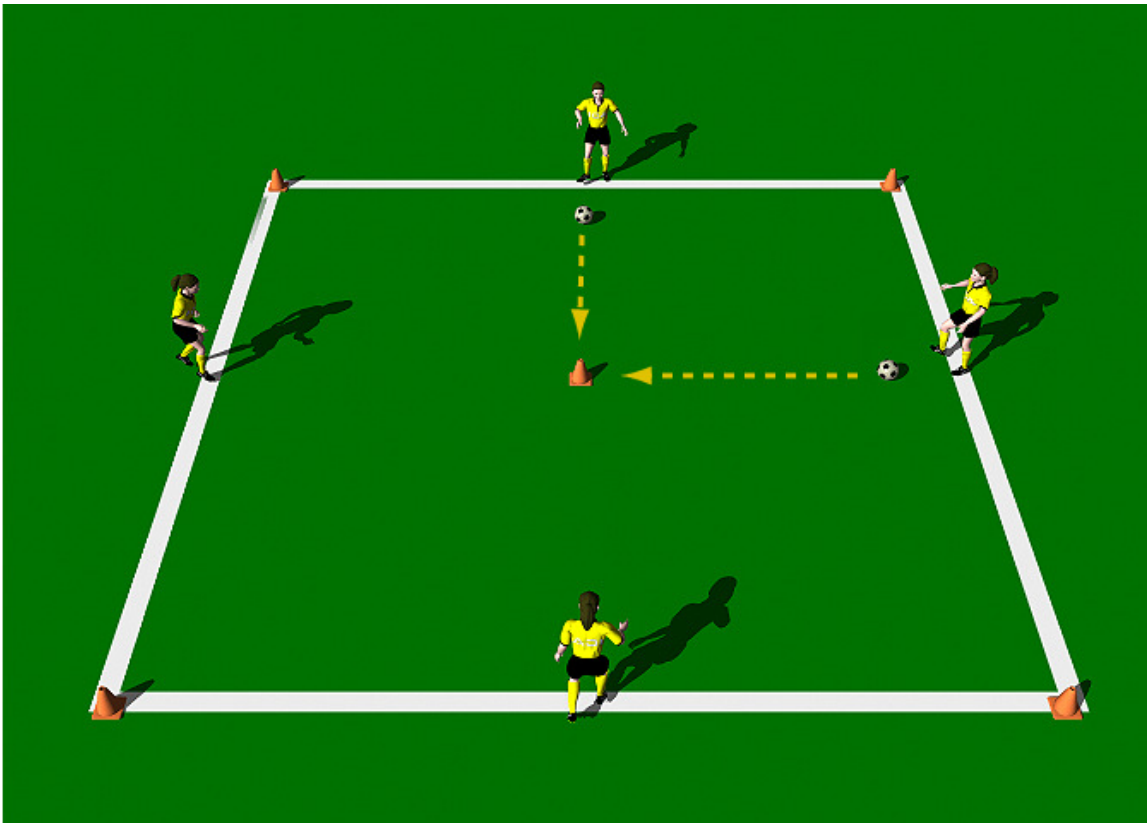
Two players are positioned in a grid 20 yards x 20 yards. One player presents himself as a target by making a tunnel with their legs. The second player has to try and pass the ball through the tunnel. The distance should be 10 yards at first and increased to make practice more challenging.

### **The coach should emphasize the following coaching points:**

- Develop a feel for the correct pace in which you need to pass the ball.
- Concentrate on making the pass accurate.

The first player to get the ball through the tunnel 5 times wins. Rotate so different players compete against each other.

## ***Knock Down the Cone***



### **Objective of the Practice:**

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

### **Field Preparation:**

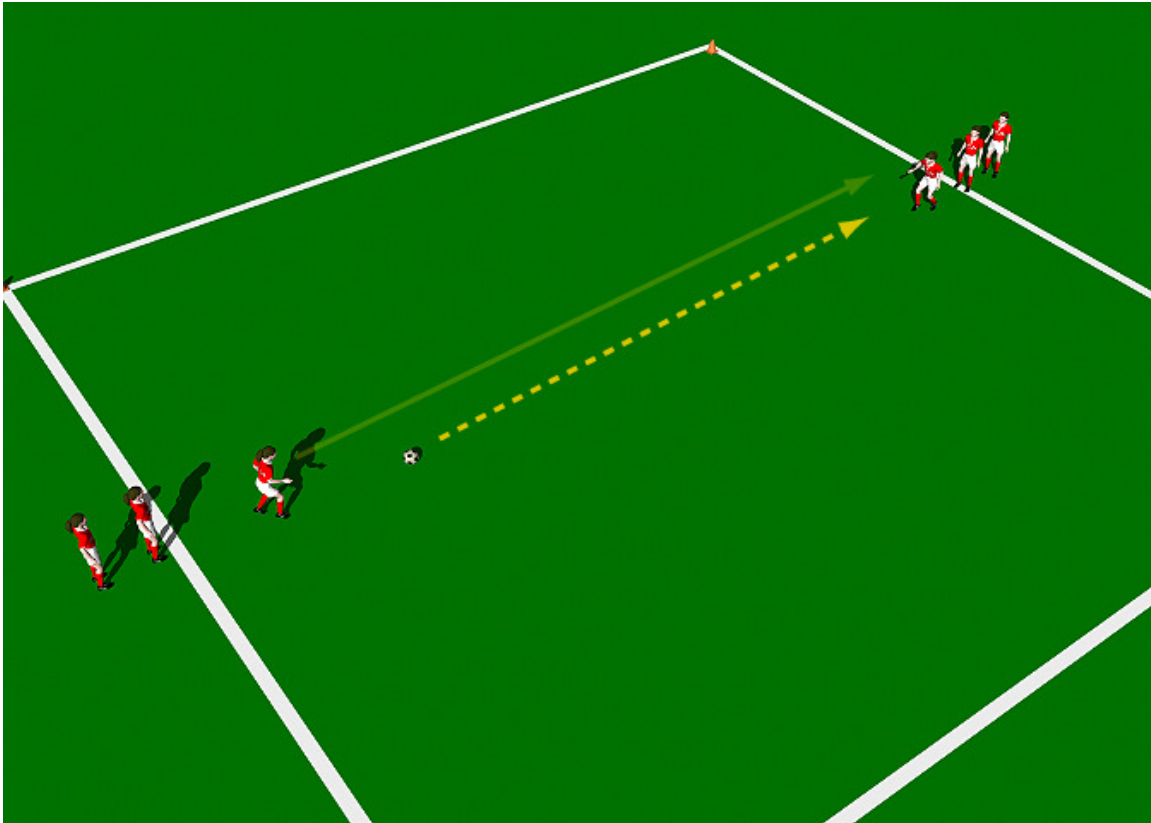
Area 10 x 10 yards. 4 players. 2 balls. Cones.

### **Coaching Points:**

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

## ***Pass and Run***



### **Objective of the Practice:**

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass".

### **Field Preparation:**

Area 10 x 10 yards. Small group of players. 1 ball. Cones.

### **Coaching Points:**

Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

### **The coach should emphasize the following coaching points:**

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball