

## Passing

1. Pass drill - Everyone chooses a partner and passes back and forth within a large square. Move around! Switch to throw-ins (one partner steps outside the square with the ball).
2. Name Game - Everyone chooses a partner and passes back and forth within a square. Move around! Switch to throw-ins (one partner steps outside the square with the ball).
3. 3-Player Drill - Players 1 and 2 stand at one cone, player 3 at a cone about 5 yds away. 1 passes to 3, then immediately runs behind 3 (follow the ball). 3 passes to 2, then immediately runs behind 2. 2 passes to 1 and immediately runs behind 1, etc. This teaches the players to move after they pass. Divide the whole team into 3's and have them all working at the same time.

C B -> C A -> D A -> etc  
 A D      B D      B C

4. Give and Go Square - 4 players, each at the corner of a 15x15 square. One player has a ball.  
 Go - the player with the ball passes along the edge of the square to either the player to her left or right, and then runs and changes places with the player diagonally opposite her. The player who receives the ball passes the ball along the edge of the square to either player, then runs and changes places with the player diagonally opposite her. Start by walking then speed up the game. Eventually, the pass will have to be made to a spot before the recipient is even there.
5. Fixed Position Keep Away (good for teaching the kids to move the ball quickly and let the ball do the work) - Set up 12 cones. One (or 2) players at each cone. Stay near your cone. Pass the ball from player to player, keeping the ball away from the roving coaches and players. Keep your eyes up, pass quickly, and let the ball do the work.



- J6. Volleyball - Two squares/rectangles are set up with two or three players in each square who are teammates. The more skillful the players, the smaller the squares are and the further apart they are. The game starts when one team kicks the ball into the others' square. The receiving team must control the ball without it going outside of their square. Each player is only allowed to play the ball with one touch. The team has 3 touches to get the ball into their opponents square. The ball may not stop at any time. Play stops when a shot misses the other teams grid or is not controlled. Decide beforehand how high a ball may be played to be considered fair. Coaching points:

"Drive" the ball into the other teams grid to make it difficult to control

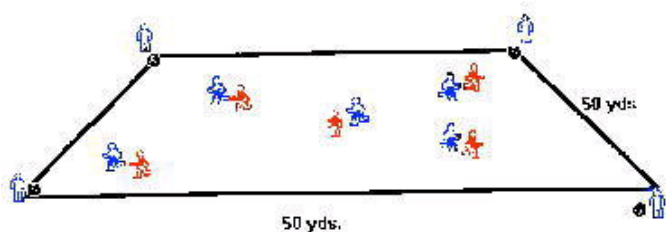
Good shooting technique.

Encourage an aggressive "shooting mentality"

To receive the ball, get in the line of flight, yaking the first touch to "kill the ball" for your partner.

Prepare the surface that will receive the ball early

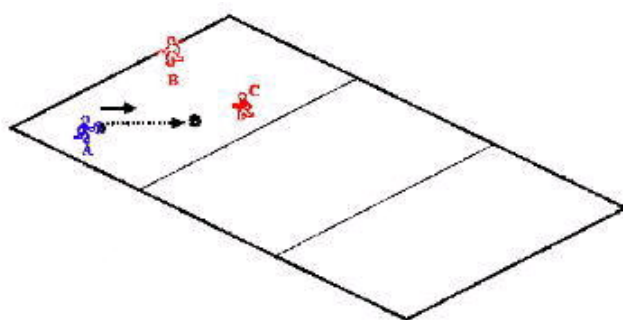
Keep the body balanced, weight on toes.



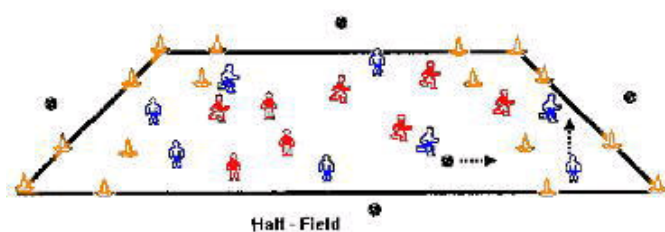
J7. Corner Passing Game - Players with the ball are put on the outside of a square. The other players pair up inside the square and designate one person as the attacker and one as the defender (Attackers wear the same color). The attacking player must get free of their defender, receive a ball from any support player and play it back without losing possession. Take defender away from the player you want to receive the ball from to create space for yourself. Receive "sideways on" to create more time for yourself.

var 1) Attackers must 2 or 3 touch before returning the ball.

var 2) Must return ball to different support player.



J8. Pass and Defend - Groups of three, one ball per group. Player A rolls the ball (receiving ground balls) or tosses the ball (receiving air balls) to either player B or player C. In this example, player C must control the ball and get a completed pass to player B. While this is occurring, player A immediately challenges player C and tries to win the ball back. After successful pass, player B would then pick up the ball and repeat the activity as the defender. The defender who wins the ball back gets to throw again. Encourage defender to pressure quickly after the toss. Defender needs to work hard at closing down the space while the ball is in flight. Receiving player's first touch should be away from the pressuring defender. Do not allow the receiving player to one touch the incoming toss. This is a receiving drill, as well as a drill that serves as a good warm-up for practices dealing with defenders.



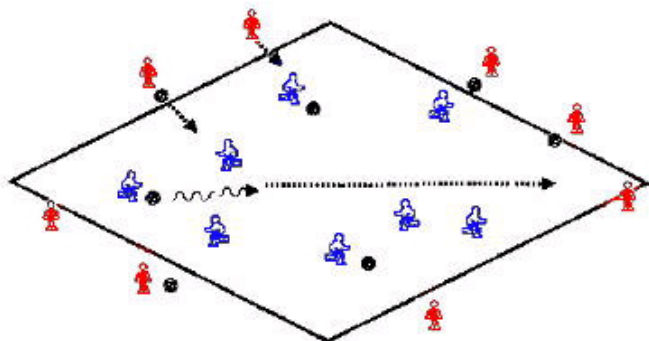
J9. 8v8 with Corner Goals. 8 v 8 played on half a field. Set up 10 yard (or smaller) squares in each corner of the field. These act as goals. A goal is scored when the ball is passed into the square and then out to a teammate. Each team can attack any of the four goals.

var 1) Play with two balls to open game up.

var 2) Allow a goal if player dribbles in and out of square.

var 3) Insist that passing goals require three players.

var 4) Limit players to 2 touches



J10. Receiving Square - Define a space approximately 20 x 20. Each player should have a partner and one ball per group. One partner goes to the outside of the defined space with a ball. The other partner goes into the space. On command, outside players pass the ball to partner, who must receive and turn the ball. While dribbling, the inside player must find a new outside player to pass to. After a successful pass, the inside player must move to any outside player with the ball and repeat the sequence.

#### Coaching Points

Inside players must be moving toward the incoming pass.

Encourage players to turn the ball several ways inside, outside of foot. Use of both feet is important.

After the turn, encourage quick decisions on where to pass or dribble next. Change player roles (inside/outside) every 2 minutes.

As players become more proficient at receiving and turning, encourage them to fake one way before receiving, then turn the opposite way.



J11. Passing Through Gates - Two Players per gate. The gates are approximately two steps apart. One ball per group. First player must play ball on ground through the gate within two touches. The game continues until players can not get ball back through gate on the ground within two touches.

#### Coaching Points

Player receiving the ball should get in path of ball before it arrives.

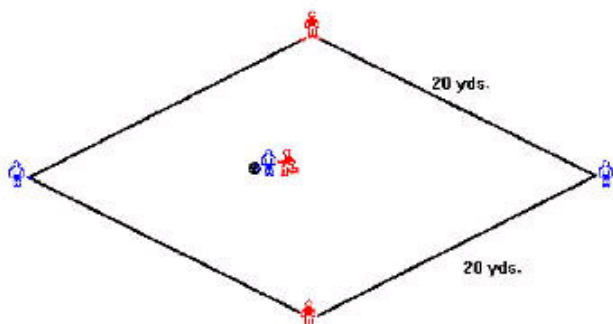
First touch should help player to get a good kick back through the gate.

Keep score and rotate stations.

Receive with thigh, pass back with instep.

Vary the serve to start the game: long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.

Players should receive with one foot and play it back with another.



J12. 1v1 Possession - 1 v. 1 in the middle. Offensive player attempts to receive ball from one of their target players and then play it to the other target on the opposite end of the diagonal. Whenever they play the ball out, to one of the targets, they switch positions with the player they passed to. The target brings the ball into play and become the field player. If defender

wins possession of the ball, they start by playing it to any one of their targets, changing places with them when they do so. Score can be kept by allowing a goal every time the ball is played out to the opposite target.

#### Coaching Points

Start the activity having the field player just try to keep it from the defender, not allowing them to play the ball back. Teach escape moves at this stage as well as sideways on shielding.

First attacker can then work on dribbling the ball sideways, across the field. This allows the attacker to possess the ball individually.

It also opens up space for the second attacker who can thus immediately penetrate once a back pass is made, which often happens in a real game setting.

Attacker decides to penetrate with a dribble if they are able to:

Face the defender

If the defender is "lunging out"

Has open space in front

Defenders must look to constantly recover goal side and in line of penetrating passes.

#### Coach Clay

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/652/>

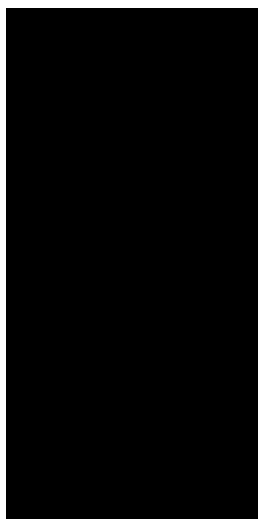
13. Circular passing - Using your entire team, create a circle. You can have your athletes link arms and then spread out, or simply have them stand around the center circle. Once your group is circled up give one player a ball. This player must pass it to another member of the circle and then follow their pass taking the receivers place. The receiver then passes the ball to another member of the circle and follows his/her pass taking the place of that receiver. When the team gets comfortable with using one ball, throw in a second. Now the concentration level must increase and your athletes must avoid each other as they run through the circle as well as avoiding balls. Make sure that your athletes are calling out the names of the teammates that they are passing to. This is a crucial part of the drill because it develops the all important skill of communication.

#### Coach Clay

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/947/>

14. Fake "Give and Go" Throw-in - As soon as the person throwing the ball gets it into his/her hands, a second field player should be ready to make the move. This field player should be approximately 5 yards off the sideline and 15 yards down the field from the thrower. This field player should make a quick five yard sprint at an angle towards the thrower as if to receive the ball at his/her feet. Then they make a quick turn, changing their direction and sprinting down the sideline away from the thrower. As soon as the field player makes their break down the sideline, the thrower should throw the ball leading the runner down the field.

To create this throw-in drill simply form two lines- one line for throwers and one line for the runners. Have your players practice proper timing and key words to tip off the "fake" throw, so that everyone is on the same page. var 1) Don't fake, but throw to the player after the 5 yd sprint. Player then plays the ball back to the thrower who has come onto the field. First player turns and moves down field for a pass.



Greg Marston

<http://www.and-again.com/drilgame/drgapage.asp?ID=123&pg=2>

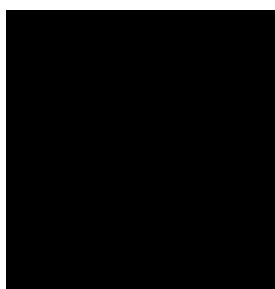
15. Wall Pass - SETUP: Setup cones as shown above. The cones at the top and bottom should be approximately 17-20 yards apart. Two players must start at the spot for the first receiver.

**PROCEDURE:**

- 1, 2. The bottom player with the ball, the initiator, passes to player on right, begins run and verbally communicates he is available for a return pass with "again" or "and-again."
  - 3, 4. The second player, or receiver, one-touches return pass to initiator and immediately runs to take the position of the initiator.
  5. The initiator controls return pass and dribbles a few yards.
  - 6, 7. The initiator passes to far player and immediately runs to cone on his right.
  8. The new initiator controls and passes to player on left to initiate another wall pass.
- Continue but now in the opposite direction. Players should quickly jog to their new spot to keep the exercise moving quickly. In general, the initiator always goes to the second cone on side, and the receiver always goes to the spot where the wall pass started. For a greater challenge have all players use one-touch only.

**COACHING POINTS:**

- \* The initial pass should be to the far foot of the receiver. This allows the receiver to easily square his foot to the ball and return a non-spinning pass.
- \* Also, the best initial pass is done with the outside of the foot because it is more deceptive (can get the defender leaning one way) and it is in stride so the player can accelerate easier for the return pass.
- \* The return pass should be square or nearly square. Do not lead the player too much with the second pass.



CoachKevUK

<http://www.and-again.com/drilgame/drgapage.asp?ID=121&pg=2>

16. Pass and Split the 2 - Split the team into groups of 3 players, each with one ball. They form a triangle shape, with each no more than 5 metres apart. The player with the ball plays to any of the other 2 X's to begin. Instantly after the pass, the passer has to 'Split the 2' (which means running BETWEEN the other 2 x's), and await his next pass.

The X who receives, passes to the X which hasnt touched the ball yet and he too Splits the 2 after the pass.

This carries on as a nonstop warm up and passing routine.

The players should constantly be moving, trying to keep the basic triangle formation. After 2/3 mins. Rest. Then Increase or decrease the distance between all 3 players fro increased work. If decrease the distance, all passes are first time. For longer distances 3 touch ( control with inside of one foot, angle touch with outside of opposite foot, pass with that foot).

Greg Marston

<http://www.and-again.com/drilgame/drgapage.asp?ID=112&pg=2>

17. Receive, Shield and Pass - Have five players on the perimeter of a 20-25 yard diameter circle with three balls. Two other players are inside the circle with one as the attacker and one as the defender. The attacker moves around to get into position to receive a ball. When ready for a ball he calls a name of a circle player with a ball, (there are three with a ball) who then delivers a pass. The attacker must control the ball, shield as necessary from the defenders, and then pass to any of the other circle players without a ball and who didn't initiate the pass. In other words there are 2 players he can pass to. If the attacker is successful he immediately changes places with the player he passed to. The new attacker continues the play as described above. If the defender wins possession or knocks the ball out of the circle, the attacker and defender switch places and play continues when 3 players on the circle have a ball.

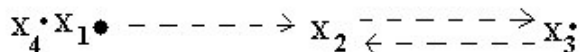
**TIPS:**

1. Have extra balls around the circle to keep play going.
2. Have the defender hold a pinnie.

**COACHING POINTS:**

1. The attacker should be practicing "shield" traps keeping his body between the ball and any defenders. Usually the best way to do this is to control the ball with the outside of the foot allowing you to stretch for the ball. The receiver can also point to which foot he wants the pass played to when he calls a name.
  2. The attacker should use feints and change of pace to create space to receive the ball.
- var 1) Have circle players do throw-ins. The offensive player in this case should point to his chest or feet.  
var 2) Restrict the receiving player to one touch.

- var 3) Add a second defender to make it more challenging.  
 var 4) use different numbers of attackers, defenders or circle passers.



Zizou

<http://www.and-again.com/drillgame/drgapage.asp?ID=45&pg=6>

18. Trap and Turn, and Pass - See figure above. Players should be at least 12-15 yards apart. Player 1 passes firmly to player 2 and follows ball to the player 2's spot. Player 2 traps and turns, passes to player 3 and follows ball to player 3's spot. Player 3 traps, passes to player 1 (who is in the center spot) and follows ball to center. Player 1 traps and turns, passes to player 4, and follows ball to player 4's spot. Continue this for 5-10 minutes. Remember, follow the ball to the player you pass to, and the pass to the center should be fairly firm!

Trapping and turning, in my opinion, is an essential skill for any good player. It must be done quickly and smoothly to be effective. Watch any professional game and you will see this type of trap used many, many times.

19. Triangle timing runs - mark of an area of the field (anything from a 30x30 rectangle up to a half field depending on age and skill level) and within that area set up many (at least 6), randomly placed, 2x2x2 triangles (larger for younger groups). Split the players into groups of three and each group has one ball. A player without the ball must find a clear path to one of the unoccupied triangles and indicate this to the the ball carrier (eye contact, wave, point, etc.). The ball carrier must time a pass so that the receiver gets the ball just as they enter the triangle. It doesn't count if they have to wait, get there late, or receive outside the triangle. The group gets 1 point for each successful pass.

Tips: Start slow.

The players without the ball must look triangles in open space.

Identification of good space vs bad (less likely to be closed down, within range of passer, available passing lane)

Find the type of signal that works best for your team.

var 1) start with walking/jogging and work up to full runs.

var 2) start with any number of touches and change to 3 touches only, 2 touches, only

var 3) vary the size of the groups, number or spacing of triangles, and number of balls. var 4) add defense (but only when your kids really get this drill!).

<http://www.eteamz.com/youthsoccercoach/handouts/index.cfm?cat=8712&id=9400> 20. Double Overlap Passing Pattern - The following is a passing pattern suggested by Gary Rue (Kentucky). The overlap is arguably the most difficult to defend tactic. Toss in this simple double overlap pattern and the defense has its work cut out. Set Up and Execution To describe it, I will use a specific (but not restrictive) pattern of play that involves the interaction between the Backs and Midfielders. The first pass is from the center back to the midfielder. As the mid gains control of the ball she then carries towards the center.

At this time the outside back overlaps to the outside and the mid passes the ball to that player.

The back, now with the ball, must now move towards the center of the field drawing pressure from the defensive team. The mid who made the first overlap pass, now overlaps the back and receives the ball back.

When the back plays the ball forward to the overlapping mid, the current team shape is now exactly the same as it started and the back and the mid are essentially in their original positions and the ball has been moved down the field. Of course, the other fullbacks should be moving forward in support of the ball.

Coaching Point - The receiver of the ball needs to create space for the overrapper by taking the ball towards the center.

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