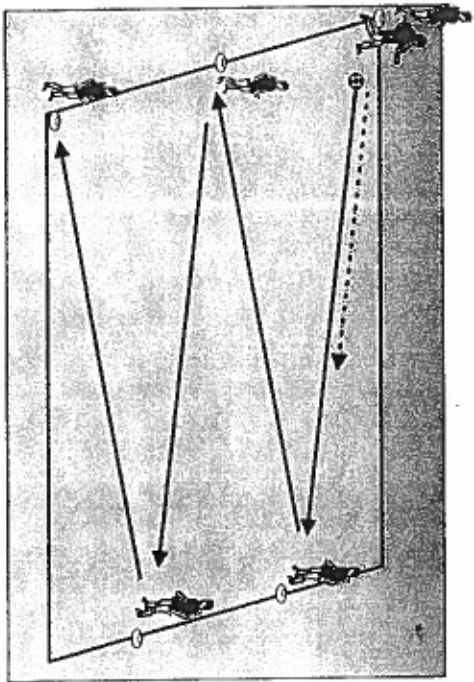


PASSING & CONTROL

Zig-Zag Pass & Follow



Organization:

Organize the players into five groups.

Player 1 begins by pushing the ball forwards a few yards and then passes to player 2 who is waiting on the other side of the grid. Player 1 follows their pass.

Player 2 controls the ball and then passes to player 3. Player 2 follows their pass.

Player 3 continues to player 4 and so on.

Player 5 dribbles back to the start

The routine can be restarted as soon as Player 2 completes their pass.

Progression:

Players must control with one foot and pas the ball away with the opposite foot

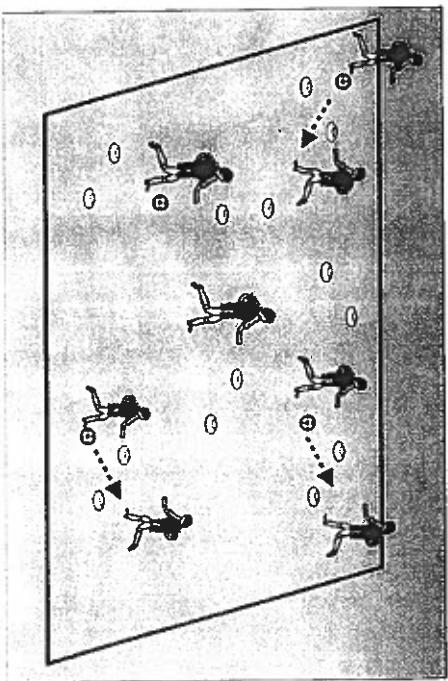
Receivers must first move away from the pass and then towards it to receive the ball.

Coaching Points:

Push the ball across your body as you receive it to allow you to pass with the opposite foot.

Call for the ball as you turn towards the passer.

Gate Pass



Organization:

The players are divided into pairs with one ball between two. They must dribble throughout the grid and make as many passes through the cone gates as possible in the given time.

Progression:

Restrict passes to weak foot only and adjust the distance which players may pass over.

Players must make two consecutive passes before moving on to the next gate

After passing through three gates players the pair split up and must each find another partner.

Coaching Points:

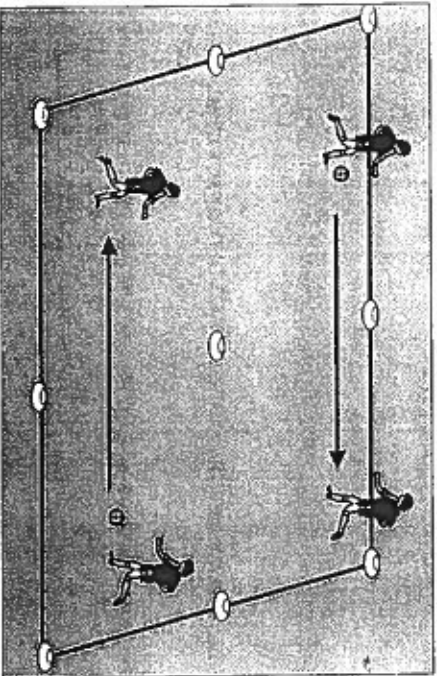
Communicate with your partner.

Roll the ball smoothly with the inside of the foot.

Look up as soon as you receive the ball.

Accelerate away towards the next gate.

Passing in 2's, 3's, 4's



Organization:
Pair up the players and practice passing the ball across a 10 x 10 grid. Each player must first cushion the ball and then pass back with the inside of the foot.

Progression:
Upon receiving a pass, the players should use the inside or outside of their foot to control the ball to one side, and then return the pass to their partner.

Add a third player per grid and allow the players to move around the square pass in any direction.

Add a fourth player and encourage the players to play double passes, give it go's and take overs.

Coaching Points:

Move towards each pass, do not pass from a standing position.

Lock the ankle and turn the toes outward.

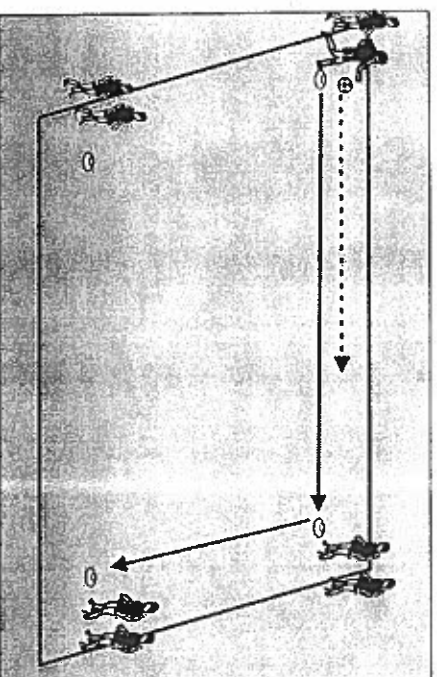
Plant the non kicking foot along side the ball.

Bend the standing knee slightly.

Push through the ball and finish with your foot in the air - ankle locked.

Cushion the ball so that it rests in front of you, not directly at your feet.

Square Passing



Organization:
Organize the players into four groups at the corners of a square. The size of the square will depend upon age and ability of the players. Player one begins by pushing the ball forwards a few yards and then passes to player two. Player one follows their pass. Player two controls the ball and then passes to player three. Player two follows their pass. Players three and four repeat the routine. The practice can be restarted by a new player as soon as Player two has completed their pass.

Progression:

Reverse the direction of the passing and use the left foot.

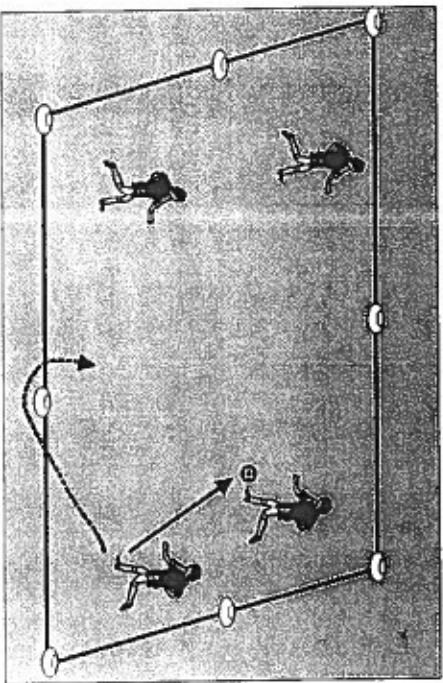
Control the ball with one foot and pass with the other.

Coaching Points:

Make eye contact with the player you are passing to.

When receiving, cushion the ball to the side you are going to pass to and allow it go rebound off your foot one-two yards.

Pass & Move



Organization:
Up to eight players move around a 20 x 30 yd grid passing and moving. Each player may use one or two touches. Neither the players nor the ball are allowed to stop moving during the duration of the drill. Encourage the players to call for the ball.

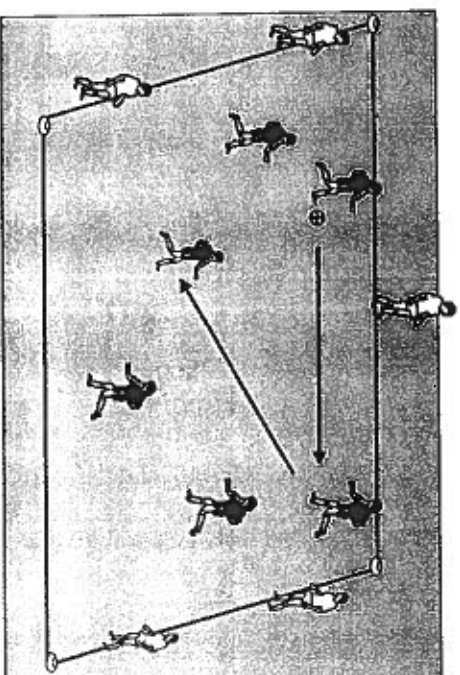
Progression:
Now, after making a pass to a teammate, the passer must run around any cone before they can re enter the grid and receive another pass.

Once the players have the idea, add restrictions such as running backwards around a cone or making a double pass with a player before heading for the cone.

Coaching Points:

Each player should know where their teammates are.
Use the 1st touch to position the ball in the direction you wish to pass.
Position your hips to face the inside when you receive a ball.
Communicate with the passer before they receive the ball.

Number Passing



Organization:
Players are divided into two groups with one half inside the 20 x 30 yard grid, and the other half around the perimeter. The players inside the grid are numbered in order. The players in the grid pass in sequence to the next number. Players must be aware of who has the numbers before and after them, and where those players are positioned on the field.

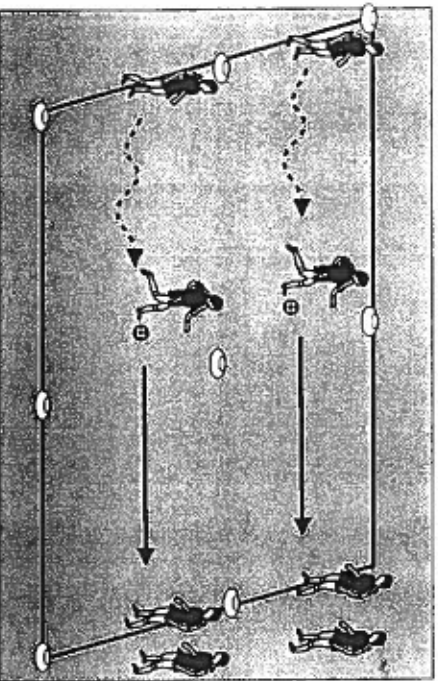
Progression:
Once the players get a hang of the routine, add the restriction that they must run around any outside player after they have passed.

Players partner up with one outside player who is given the same number. After making a pass, the players switch places with their partners. This should force the players to a greater level of awareness and movement on the field.

Coaching Points:

Keep thinking and looking throughout the practice
Communicate with the player numbered before you, prior to them receiving the ball. This will allow them to know where to use their first touch to set up their pass to you
Lift your head as soon as you have controlled the ball so that you can see the movement of your intended target

Dribble and Pass



Organization:

Divide the players into groups of 4, two players at each end of the 20 yard long grid. The first player in line dribbles $\frac{3}{4}$ of the distance across the grid and passes to the next player in line and follows their pass.

Progression:

Once the players have a good grasp of the short pass, progress to a pass made from twice the distance. Encourage them to use their momentum to provide weight behind the pass.

Allow the players to experiment with passing off the front foot. This is a more advanced technique where the player will pass the ball directly ahead with the laces of foot that is leading.

Now have the player dribble to the right hand side of the grid and make a diagonal pass back across to the left corner of the receiver end line. The next player passes to the other side.

Coaching Points:

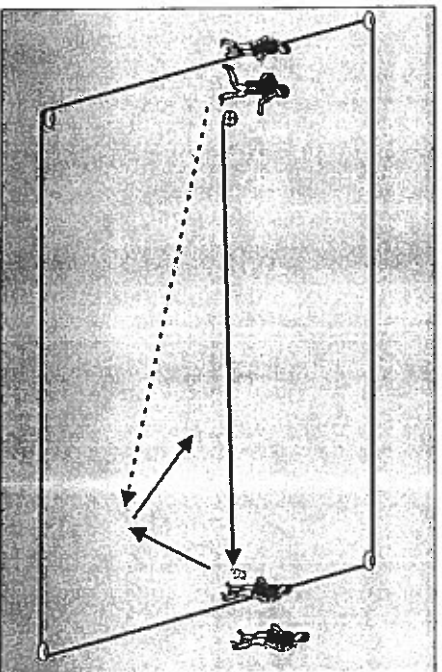
Watch the ball carefully as it approaches you, then look in the direction that you will pass.

Lock the ankle throughout the pass & Use your arms to balance.

Roll the ball with the inside of the foot.

Turn your body slightly sideways and keep your knees bent.

Long Pass - Give & Go



Organization:

In groups of 4, two players at each end of the 20 yard long grid. The first player in line passes to the player at the opposite end of the grid, and follows their pass. The receiver controls the ball and plays a give & go with the advancing passer. They then play a long pass to the next player in line and repeat the routine.

Progression:

Increase the distance between the players and work on developing the power in the initial pass.

Decrease the distance between the players, this will require quick footwork and close control.

Play with one touch where possible.

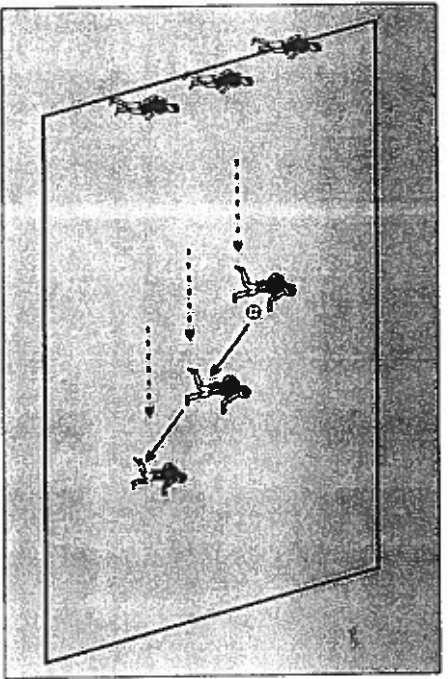
Coaching Points:

The long passes should be firm and the short passes gentle.

Try to make each of the passes while on the move.

Move out to the side to create an angle for the give & go

Passing On The Move



Organization:

The players are placed in groups of three, each of the three players is 5 yards apart. Start on the half way line of a field or at the end of a 30 x 40 yard grid. The players proceed to move down the field at a slow jog, passing and controlling the ball from left, to middle, to right and then back again.

Progression:

Each player must control the ball with the inside of the foot and pass with the next touch.

Players must perform the overlap sequence using one foot to control and the other foot to pass.

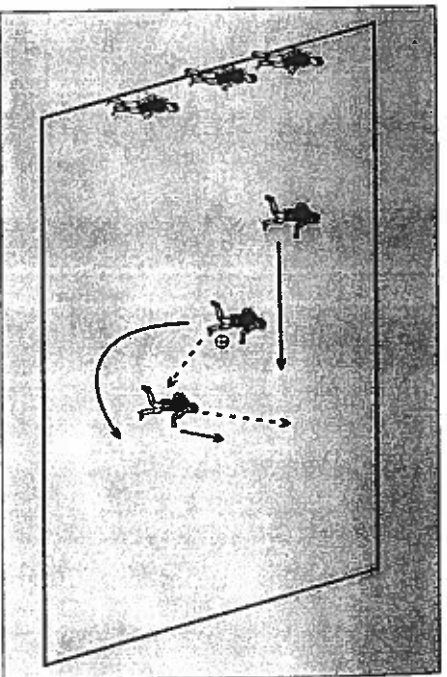
Coaching Points:

Push the ball 2-3 yards ahead of your partner.

Control the ball inwards softly with your first touch.

Look up before passing.

The Weave



Organization:

The players proceed to move down the field at a slow jog, passing and controlling the ball. The middle player begins with the ball and passes to the player on their right. They run around (overlap) this player immediately. The overlapped player controls the ball towards the middle and then passes to the player on the left. They then overlap this player and the sequence is repeated.

Progression:

Each player must control the ball with the inside of the foot and pass with the next touch.

Players must perform the overlap sequence using only one touch.

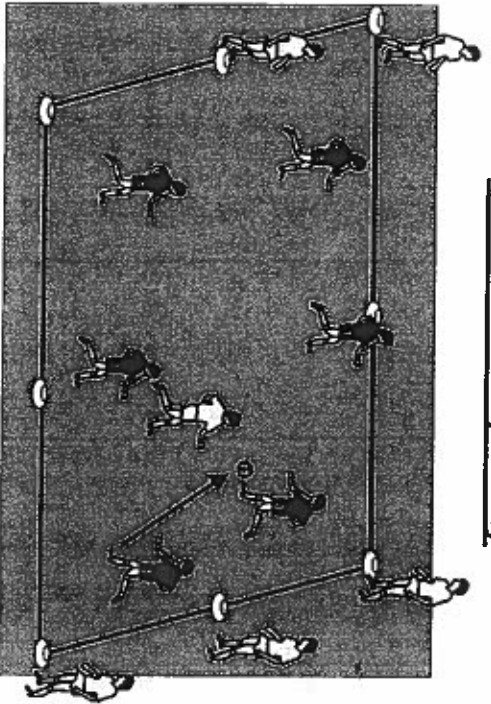
Coaching Points:

Push the ball 2-3 yards ahead of your partner.

Control the ball inwards softly with your first touch.

Look up before passing.

Six v One Keep Away



Organization:

Players are divided into two groups, with one half inside the 15 x 25 grid, and the other half around the perimeter. The inside players pass and move around the grid. Each perimeter player takes a turn defending the inside players for 15 seconds. Points are scored if the defender touches the ball or if the passers complete five passes.

Progression:

Make the player who passed the ball run around one of the perimeter players.

Make the drill more challenging by limiting the offensive players to two touches. More than two touches results in a loss of possession and a point for the defense.

Add a second defender.

Coaching Points:

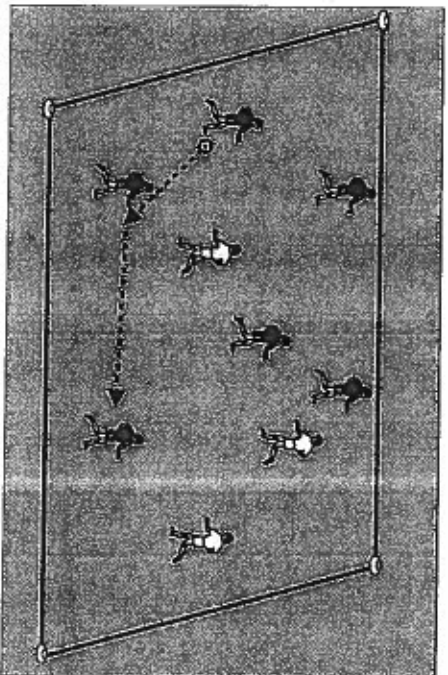
Continually move and communicate so that the player on the ball has at least two wide passing angles.

Be aware of where the defender is positioned and use your first touch to control the ball away from their pressure.

Move the ball quickly to avoid being caught in possession.



Six v Three Attack



Organization:

Divide the group into two teams of six. One team are attackers, the other six players are divided into two teams of 3 and attempt to score by passing the ball over the end line of the grid to one of their teammates. The ball must be controlled in order for the pass to count as a point. Once a point is scored, the players go in the opposite direction against the next three defenders. The new defenders are live as soon as a point is scored. After scoring four goals, the offense and defense switch positions.

Progression:

To make the drill more challenging, limit the offense to three touches only.

The offense should be encouraged to make passes that split the defense. This will require firm passing and proper positioning on the offenses' part. Extra points should be rewarded for split passes.

Coaching Points:

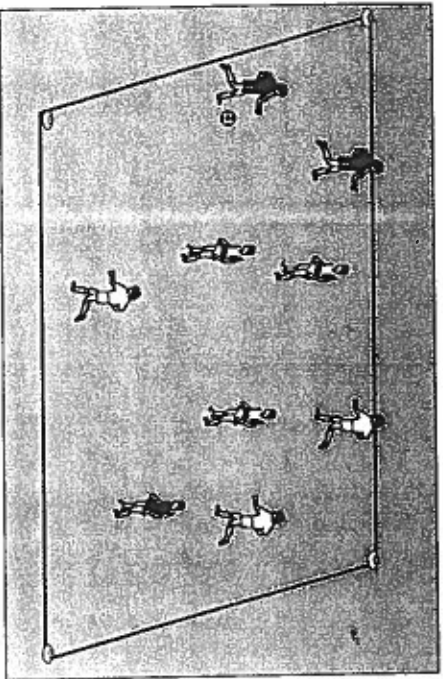
Always be looking for the best positioned player on your team.

Switch the ball away from well defended areas by cross field or trailing passes.

Try to advance the ball quickly to exploit the numerical advantage.



Three Team Keep Away



Organization:

Set up 30 x 40 yard grid. Divide the group into three equal teams and assign different color pinnies to each team. Play in a large grid or half field. Two of the teams combine to maintain possession of the ball and keep it away from the players in the third team. If one of the defending team wins the ball, their team now switches roles with the team whose player gave the ball away.

Progression:

Limit the players in possession to three touches.

Make the area smaller which will require a better first touch and more awareness.

Coaching Points:

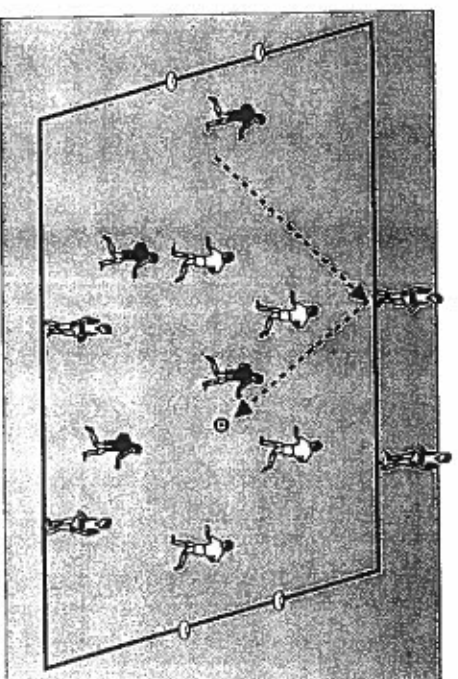
Play low risk passes that maintain possession

Try to keep your hips facing towards the center of the field so that you can see your opponents and teammates

Look up as soon as you have received a pass and make quick decisions

Make runs into the center of the field to look for split passes from your teammates.

Four V Four With Side Players



Organization:

Two teams of four play on a 30 x 40 yard field into small goals with no keepers. Each team may also play to one of the two neutral players on each side of the field. The side players may only have two touches and must pass back to the team who passed to them. A side foot pass on the ground must be used to score a goal.

Progression:

Place one neutral supporting player at each end and one on each side line.

Goals may only be attempted after a pass from a neutral player.

Coaching Points:

Create wide open passing angles for your teammates.

Continually be aware of the position of your teammates.

Make quick passes to players who are ahead of you and unmarked.

Use side line players to work a give & go to beat defenders.