



## Passing in 2s (10 mins)

### Passing in 2s

#### Option 1

Players in pairs: 5 yds apart.

Player A passes the ball straight from right foot to their left. Player B then passes the ball on an angle from left foot to player A's left foot.

Then player A passes straight again from left foot to partners right foot and so on.

#### Option 2

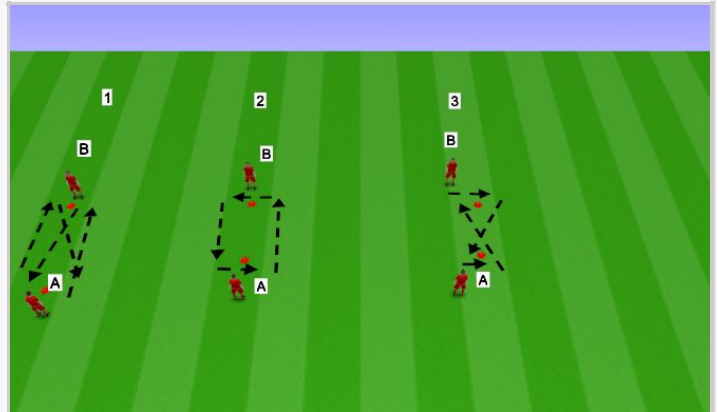
Player A controls with left foot and brings the ball across their body to their right foot. Then A passes to B who does the same sequence. After some time, coach will say switch and the ball goes in the opposite direction.

#### Option 3

Player A passes to the middle for player B to control with outside of foot to the same side as the foot they use. Then player B does the same sending the ball back to player A centrally to use the outside of the foot to move the ball with their first touch.

Some progressions include:

- \* Ball each doing Option 2
- \* Ball each doing option 1 with only the straight pass option
- \* 1 ball passing 1 touch back and forth.



## Passing in 3's (10 mins)

### Passing in 3's

Set-up: 5 X 5 box / 3 players with 1 ball

\* Player A passes to B or C. Once they do, they fill the open space across the box and the player they didn't pass to goes to where they just were.

\* Now B or C has the ball and has the same option on either side of them and does the same pattern.

\* Once the flow of the movement is sorted out work on the details.

#### Details

1. Names on every pass
2. Receive the pass on the back foot to ensure receiving open to the 2 options.



## Passing in a diamond (10 mins)

### Passing in a diamond

Set up: 10 x 10 or 15 x 15 depending on age of the group.

Players divided evenly behind each cone.

2 balls on opposite sides of the diamond

#### Play

Ball is passed either right or left around the diamond (coach's choice)

Player moves as coach asks either follows, opposite or across

#### Details

Name on pass.

proper foot to pass with  
passes outside the cones.



## Passing in numbers (10 mins)

### Sequence Passing

Passes go in sequence from 1 to 2, 2 to 3 etc and then 5 back to 1.

Players should be piece by piece adding the details.

#### **Details**

Eye Contact

showing with hand where they want the ball

Calling their numbers before the number in front of them receive the ball

Check shoulder.

Fix shape.

Receive half turn.

Play 1 touch with back foot.

Play 2 touch with back foot first, take the touch across the body away from the defender.

Coach can add in no communication to have the players work on getting their head up when they don't have the ball.

Coach can also shout switch to have the players go in the other direction or if there is an odd number in the group, have players go from 1 touch to 2 touch each pass.



## 3 teams possession (10 mins)

### 3 Team possession

Split the group into 3 teams.

#### **Variation 1**

Colors pass to like colors with no limits.

Can add in must be 1 or 2 touch.

Can add in numbers to get sequential.

#### **Variation 2**

Colors pass from 1 color to another in an organized order (red to blue, blue to yellow and yellow back to red)

#### **Variation 3**

2 teams vs 1. Have 2 teams be on offense, if they lose the ball to the defending team they become the new defending team.

