

Passing - age 10+



Station 1—Through the Gate (unopposed passing)

Organization: all players in 20 x 20 yard grid with a soccer ball between two, there should be at least 8-10 small (i.e. a yard wide) gates around the grid.

The player (p1) should try to pass through the gate to the other person (p2) and then move onto another gate.

They can then count how many passes they can get in say, a minute, and then see how they get on against the rest of the group.

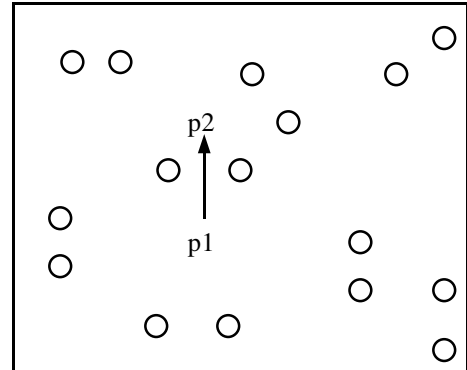
(do not allow kids to just use one or two gates, they must go through them all once, and then go through them all again)

Coaching points:

- Use the inside of the foot to pass the ball
- Standing foot beside the ball, pointing to where you want the ball to go.
- Body should also be facing the direction in which you want the ball to go.
- When receiving the ball get into line with the pass so your foot is behind it
- Good touch out of your feet in the direction of the next gate.
- Don't wait for a gate to become free, move to an open one by looking up and around you.

Progression

Change partners, see how many you can score with different partners
For older ages, this could be turned into a semi opposed drill, stating that a defender (or two, can intercept the ball, but not tackle when a player is in possession. This will ensure that the players do not feel under pressure but are forced to look up and assess the position of the defender before making a pass. (if the defender get the ball the passers tally is reduced to zero)



Other passing games (unopposed):

Number Passing—Players number off. Players pass the ball in number order—Player 1 passes to Player 2, Player 2 to Player 3. You can add more than one ball, or have them run around a cone on the outside of the grid to encourage movement after a pass.

Stuck in the Mud—Mud monsters kick balls out and players get 'stuck'. To get free, players must pass a ball between the other players legs.

Station 1—Pass and Move (unopposed passing)

Organization: about 5 players in 15 x 15 yard grid with a one soccer ball between them

The players are encouraged to pass the ball and take up a new position as a competitive incentive, time how many passes the players can get in a minute etc...

Coaching points:

- Get into line with the ball
- Head up—eye contact
- Decision—which part of the foot
- Decision—how many touches
- Decision, pass to feet or space
- Timing of release
- Technique—weight and accuracy
- Good first touch

Progression

Station cones around the perimeter of the grid that the players must run round once making a pass to 'recharge' themselves

Add another ball into the group so they must be looking up at what is going on around them.

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Station 2 - Keep Away (opposed passing)

Organization: At least 5 v 1 to start with **to ensure early success**

Passers score a point for every time they make a pass, defenders score a point for every time they kick the ball out of the grid (approx 20 x 20 yards)

First to 10 points, then change defender.

Coaching points

- Decision—play early or late (assess position of defender)
- Disguise, use tricks to fake out the defender
- Players without ball—support and observe
- Distance and angle of support
- Timing of support, move as the ball moves

Progression (s)

4 v 2 same rules apply

Keep Away—2 equal teams; player with ball cannot move, only pass. Team without the ball may not tackle the ball, only intercept passes. Which team gets the most consecutive passes.

Station 2 - 3-Team Keep Away (opposed passing)

Organization: in a good size area (20 x 30 yards at least) three equal number teams are assigned. Initially two teams combine to keep the ball away from the third team. Should the defending team win possession, the team that lost possession, become the defending team.

Coaching points

- Decision—play early or late (assess position of defender)
- Disguise, use tricks to fake out the defender
- Players without ball—support and observe
- Distance and angle of support
- Timing of support, move as the ball moves

Progression (s)

Limit the number of touches

Specify that the two attacking team must take alternate touches (i.e. if red and blue is attacking, a red player can only pass to a blue player and a blue player can only pass to a red one.

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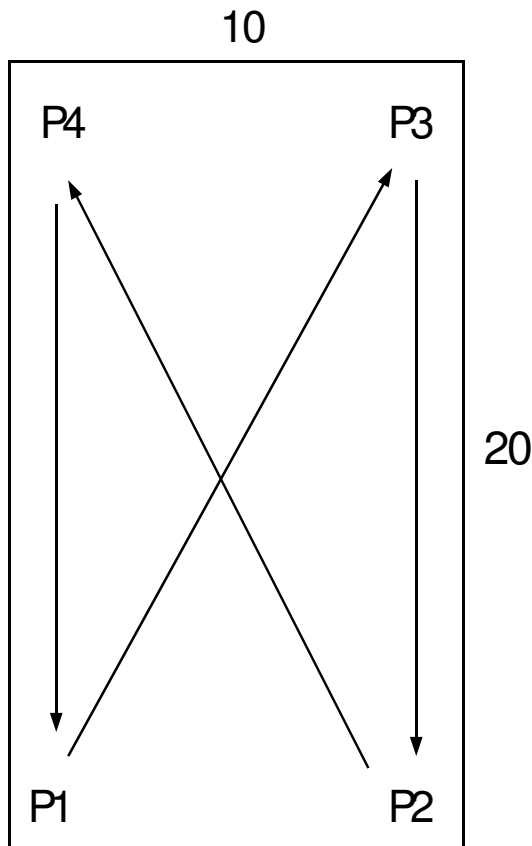
Station 3 - Long passing drill—Low driven passing

Other Games:

Pirates of the Caribbean—Players try to get across the sea (grid) without being hit by the Pirates who have a soccer ball. Passes must be made below the waist. If hit, player becomes a Pirate.

Knock-out—2 teams, half have balls and try to get the other team by hitting them below the waist with the soccer ball. Play continues until all players have been knocked out. Switch roles.

Kick out the trash—two equal teams stand either side of an area with a half way line. Each player has a ball. On the command, teams have to hit a low driven pass into the opposing area. Encourage them to look for space with their pass. (rule a high pass illegal to avoid anyone getting hit in the head) and tell them the pass must stop in the area or it will not count (forcing them to get the weight of the pass right.)



Organization: players in groups of 4 each on a 20 x 10 yard grid 1 ball between 4 pass ball to each other across length of the grid, take it in turns. (e.g. P1 passes to P3, P3 passes to P2, P2 passes it to P4, P4 passes it to P1)

Coaching points:

- Angle of approach
- Head up—observe target
- Head down, observe ball, keep head still
- Non kicking foot to the side of the ball
- Contact with top half of the ball
- Laces
- Body weight forward
- Straight follow through

Progression

Swerved passing—players try to swerve instead of making a straight pass

Coaching points

- Which part of the foot (inside or outside)
- Which part of the ball (inside or outside)