**Passing/Kicking**

\*\* Review the correct way to pass or kick

# PAIRS PASSING (trap and receive): with a partner

* Players must cushion ball with inside of foot and then pass back, repeat. Switch feet.
* Variation, use inside or outside of foot to control, then pass back. Move around playing 2 touch passes.
* Move TO ball, don’t wait for it
* accuracy, pass to feet, use side of foot for push pass
* use laces for hard pass/shot (sit on ground to help find that spot)

TRIANGLE PASSING: with 2 partners in a triangle

* Encourage players to call for the ball (must learn names)
* Moving triangle, 2 touch pass, have players call or say who they are passing to

Spread Out Triangle

* 1 defender/3 offense (2 groups)
* Ball on center line, with 3 offense equally around ball
* Coach yells “GO GO GO”, 1st to ball attacks, rest spread out for support/pass
* Moving triangle to goal/passing and shoot on goal

Fetch Back to Coach (from TVSC)

* Coach throws ball out and tells 3 players to bring it back to him fast. Then ask, how could you have done this faster/better? Try again, repeat until they learn to pass/talk with each other to get back to coach fastest.

Gates Passing (Partner up)

* Mark grid with tall cones and gates with disk cones
* Talk with your partner
* Use both feet

With one ball to a pair of players the players dribble and pass to their partner to move the ball around the grid and make passes through the gates. Gradually increase the skill demand by asking that passes made through the gates not touch the cone in order to count. The final progression is that the partner must be on the other side of the gate to receive the pass for it to count. Players should try to pass their ball through as many different gates as they can. To increase the competition give a set amount of time for the pairs to try and make passes at each gate.

Junkyard Soccer (2 teams on each side with neutral zone)

* Play on full or half field.
* Mark off middle section (neutral zone) with cones, players do not go in there.
* Two teams, each player with a ball or at least one ball for every two players (same # balls on each side).
* On the coach’s signal both teams begin to kick their balls to the other side. The objective is to kick the balls quick enough to get all the balls on one side. No one is allowed in the neutral zone. One point goes to the team to clear their yard first.

Ball Retrieve (Pairs)

* The coach has a pile of 6 or 7 balls. The coach kicks or throws these in all directions. The players should chase any ball and dribble it back to the pile at the coach's feet. Never letting the pile get down to zero is the player's objective. Balls are thrown or kicked 5-20 yards.

Get Outta There

* Coach in middle on sideline with balls
* 2 teams at “corner kick area” paired up as partners
* Coach passes ball onto field to start play
* 2 players from each team play until goal is scored or goes out of bounds
* If out of bounds, coach yells “Get Outta There!” and 2 new players from each group go on next ball.
* If goal is scored, those 2 stay on the field and challenge 2 new players from other team

Give and Go Passing / Wall Pass

Divide into pairs at an angle. Player A passes to B who immediately passes back to A.

Imagine a wall = wall pass

\*Add a defender for more challenge

Run a wall pass drill. Have one player stand in place to one side. Then, have each other player take turns passing a ball to the stationary player. Each time, the stationary player will pass the ball back to the other players, but further down [the field](http://www.ehow.com/how_2047966_run-soccer-drills.html). Rotate this drill so each player has a turn being in the stationary role.

TURN & PASS: 3 players

One receives a pass in the middle, turns, and passes to the third player

Starting out the outside players should play gentle passes

Important for middle player to meet the ball (not wait for it)

Switch positions every 3 minutes

# THE NAME GAME

##### Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. If the players are doing well and you have enough players, add another ball.

ROUND-UP DRILL

### Players form a circle with one person in the middle. The middle person has a ball and passes it to someone in the circle, who passes it back. Once the players grasp the concept, have the circle jog around.

PASS & SUPPORT:

Divide players into 2 equal groups. Groups line up single file facing each other.

First player in Group 1 passes ball to first player in Group 2 , they pass to second player in Group 1 and supports the pass by running to the back of Group 1 -- 2 –3 touches

## BOW-TIE DRILL (Partner up)

* Put out 4 cones in a straight line with a normal passing distance between the middle two, and place the other two on either side of the others about 10 feet away. The players stand on the two inside cones and pass the ball to each other. In receiving a pass, the player uses the outside of one foot to direct the ball behind them and they dribble the ball around the outside cone and back to the inside cone, where they pass the ball.

Through Goal

Partners stand 10-20 feet from each other. A 3 foot wide "goal" is between them. The players have a certain amount of time to make as many good passes, on the ground, and between the cones as possible. Receiving player moves TO the ball. Accuracy

## KEEP AWAY DRILL

#### There can be a circle of players with one or more the middle, or a pair of players with one or more in the middle, but the following rules apply.

The player who makes a pass and is intercepted switches with whoever stole it.

A player who makes a bad pass has to switch with whoever has been in the middle the longest.

maybe add 2 in middle and/or 2 balls

Soccer Golf
Have your players form groups of two (each with a ball). The first player plays a ball with one strike as far as they wish. The second player has two kicks with their ball to HIT the serve of the first player. If the second player hits the first player's ball, they win the "hole". If they miss, the hole goes to the first player. The player who wins the hole serves first to start the next "hole".

Knock it Off

Mark off grid with 7 cones on each side – place balls on the center 5 cones

Players divide into 2 teams. Coach rolls ball into grid and says “go”. Each team fights for possession and tries to knock the balls off the cones on their goal/cone side. If ball goes out of play coach rolls it back in. Game ends when one team knocks all balls off endline cones.

\*Variation: only shoot with right or left foot.

Team Tag (warm-up)

Divide your players into pairs. Each pair, except two, have a ball.

The two pairs of players without a ball, hold a training vest between them and try to tag a player with a ball. Players with a ball can avoid being tagged by passing to their partner. If a player is tagged, they and their partner give their ball to the pair that tagged them and both pairs switch roles.

Play for two minutes.

Goal Kicks + Offense Pass Shoot: (have parents shag balls)

* 2 lines next to goal post (full backs taking goal kicks) – FULLBACK becomes defender after kick
* 2 lines out near mid to receive goal kicks and bring ball fwd
* Goal kick to outside line (same side), attackers control ball and dribble down line and cross/pass to other running fwd line to shoot on goal.
* Rotate lines

“Skeleton Drill”- I generally use this to help my players recognize the importance of

positioning and space, support with triangles, and passing in all directions. Simply set

them up in whatever formation you are using on a full field with no opposition. Start the

ball from any point and have them pass to each player on the field a pre-determined

number of times (i.e. Each player must touch the ball at least 2, 3, 4 times) as they

progress as a supporting unit down the field before finishing on the goal.

POWER PASSING: (Create circular playing area 25 yds across & Divide team into 2 groups)

* ½ group on outer circle area with ball evenly spaced and ½ group on inside of circle – no ball
* Players on the inside run towards an outside player, receive a pass, return the ball and move quickly to another outside player and repeat the process.
* Switch the inside and outside players after a few minutes.
* Look up so you don’t run into people, go at full speed, no walking, call for ball as they approach player.

**Progression/variations:**

* Receive and return the ball with one touch.
* Receive the ball with the left foot, return it with the right and vice versa.
* Receive with ball with one surface of the foot (inside, outside, sole etc) and return it with a different surface.
* Add a blocker - a player who tries to block passes.
* Add a halfway line across the playing area. Now the players on the inside have to pass across the line to an outside player in the opposite half.

**Coaching Points**

* Discourage your players from watching their passes, they now turn and run to the next player as soon as the ball leaves their foot.
* This exercise takes place at full speed. Do not allow players to walk around.
* Encourage players to call for the ball as they approach a player on the outside.