

Passing Drill



PASS THROUGH THE GATE

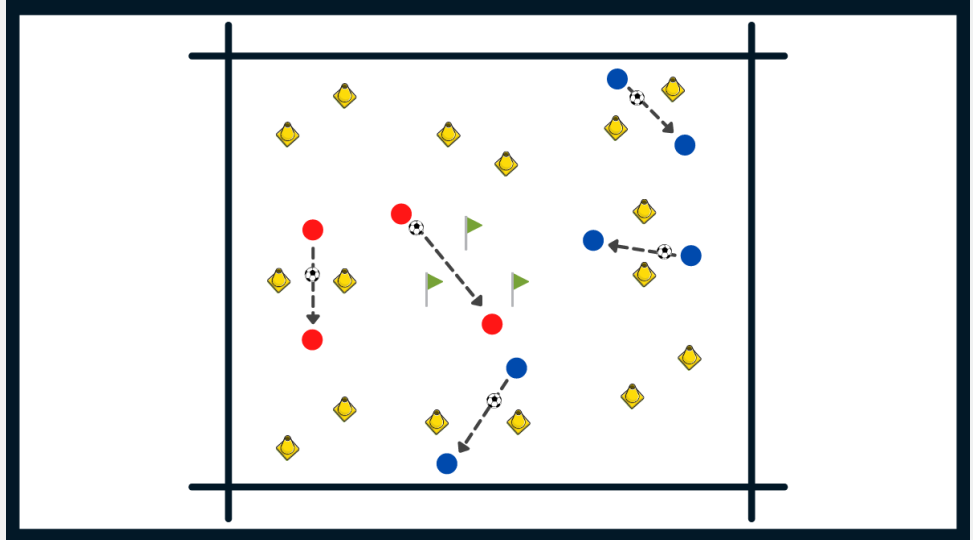


Age: 6-8

Players: 8-12

Topic: Turning And Dribbling At Speed

Duration: 15 Mins



Set Up The Drill: Set up a 25×25 yard grid. Next, use tall cones to create a series of 2×2 yard gates placed randomly throughout the space. Finally, make a 3×3 yard triangle in the middle using poles or more tall cones. Split the players up into pairs and give each pair of players one ball.

Instructions: All pairs of players should begin on the inside of the grid. Teams score points by making a successful pass through a gate or the triangle to their teammate. Players may not pass through the same gate or through the triangle twice in a row. After each pass through a gate, each team must complete a pass through the triangle in the center. Play for 90 seconds, take a 30-second break, then go again. The team with the most points at the end of each round wins that round!

Progression: Have one or two teams act as goalkeepers (able to use their hands to stop the ball) or gate defenders (can only use their feet to stop the ball). The defending players move from gate to gate blocking as many passes as possible. Meanwhile, the other pairs continue to try and score as many points as possible by making passes through the gates and the triangle.

Coaching Points:

- Have good communication with your partner.
- Positive movement after every pass (don't stand still).
- Keep your head up and look for 'open gates'.
- Move as fast as you can with the ball without losing control.