

# Passing Drill

## WORLD CUP PASSING

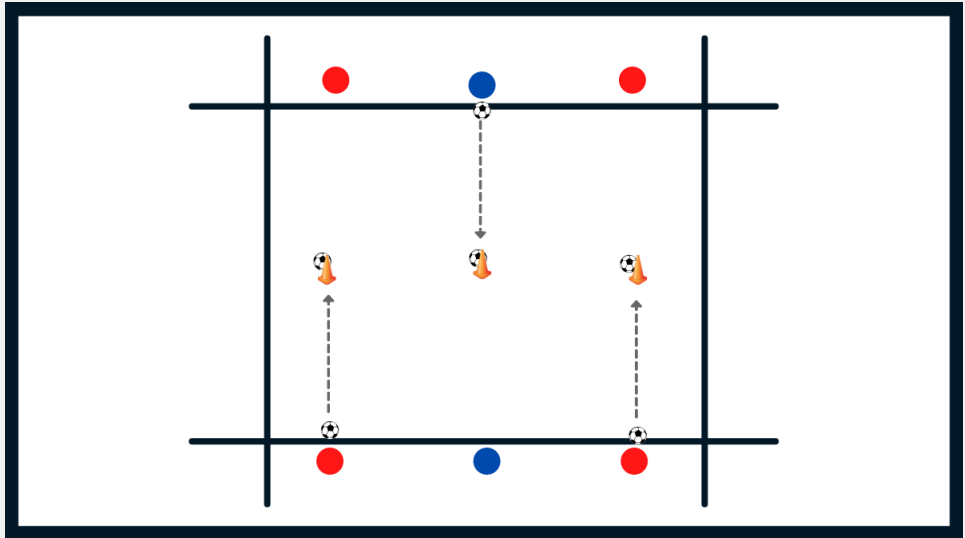


**Age:** 6-8 Years

**Players:** 8-12

**Topic:** Passing The Ball

**Duration:** 15 Mins



### Set Up The Drill:

Place 2 small cones directly opposite each other approximately 20 yards apart. Directly between those two cones place another small target cone on the ground and balance a ball on top of it. Repeat the set up so you have enough to accommodate one line of cones for every 2 players as per the image above. Have enough additional balls ready for 1 ball between 2.

### Instructions:

Split the players up into pairs and give them 1 ball between two. Each player stands behind one of the outer cones facing the central cone with a ball on top. Players take it in turns passing their ball from distance to try and knock the ball off the target cone. Every time they manage to do that they get a point before putting the ball back on top of the target cone. Play for 2 minutes and then introduce a ladder system; in which the winner moves up one field and the loser moves down one field before playing again.

### Coaching Points:

Focus on the ABC of passing, encouraging the players to focus on one element at a time in each different round.

- **A**pproach the ball at an angle (use a set up touch to help with this).
- **B**alance; Players standing foot should be next to the ball and their balance should be forward as they make the pass.
- **C**ontact; Hit the center of the ball with the inside of your foot.