

Passing Drill



PASSING IN SEQUENCE

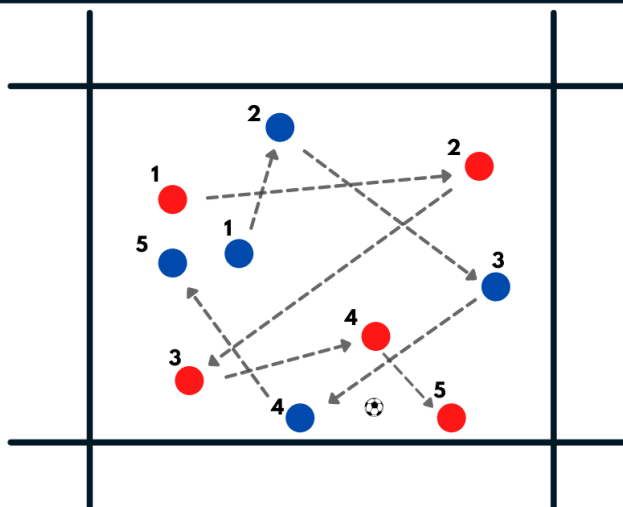


Age: 8-11Years

Players: 8-12

Topic: Passing and Receiving

Duration: 15 Mins



Set Up The Drill:

Set up a 30x30 yard grid using small cones. You will also need pinnies in two separate colors and a couple of soccer balls.

Instructions:

Split the players up into 2 groups and put them in pinnies. Next, tell the players in each group that they need to number themselves 1-6 (or 1 - however many players they have in the group). Give a ball to player number 1 in each group and tell them they must pass the ball in sequence within their group.

So, player 1 passes to player 2, player 2 passes to player 3, player 3 passes to player 4, etc. Once the ball gets to number 6, the group gets 1 point. Number 6 then passes the ball to number 1 and the sequence begins again. Players must continue moving at all times and not stay in the same spot. Play the first to 3 points or challenge the players to get as many points as they can within a designated amount of time.

Coaching Points:

- Good communication at all times.
- Keep your head up and be aware of the player you are receiving from and the player you will be passing too.
- Play at a high tempo whilst retaining accuracy in your passing and movement.