

Theme: Improving a Specific Main Moment of Soccer

- Main Moment Focus: Ball Possession
- Exercise: Passing Pattern
- Age: U10+
- Number of Players: 4+
- Materials: Cones-4, Balls-1

Description:

- Player A passes to Player B and begins run toward Player C
- Player B plays wall-pass to Player A, then turns around cone toward Player C
- Player A passes to Player C who one-touches back to on-coming Player B
- Player B passes square to Player D who one-touches up to Player C
- Player D turns around cone and sprints to receive a lead pass from Player C
- Player D dribbles to start point.

Coaching Points:

- Accurate passes.
- Keep the ball low.
- Two-touch and/or one-touch passing

