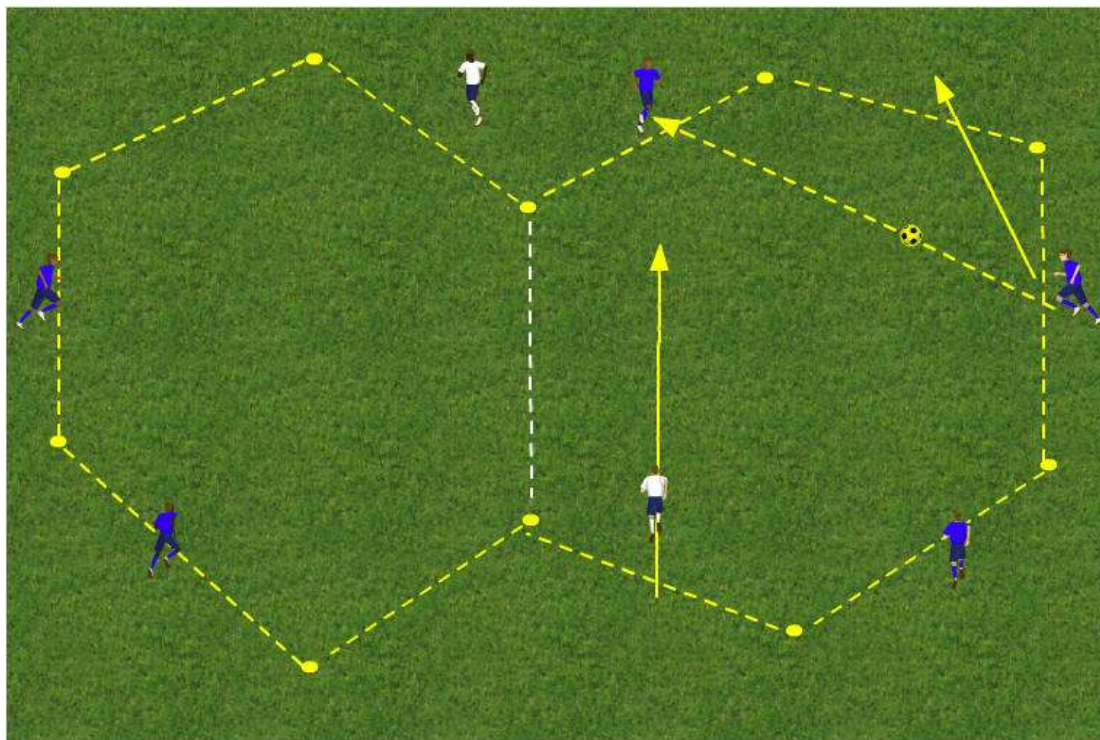


## A PRACTICE TO IMPROVE THE SKILL OF SHORT PASSING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



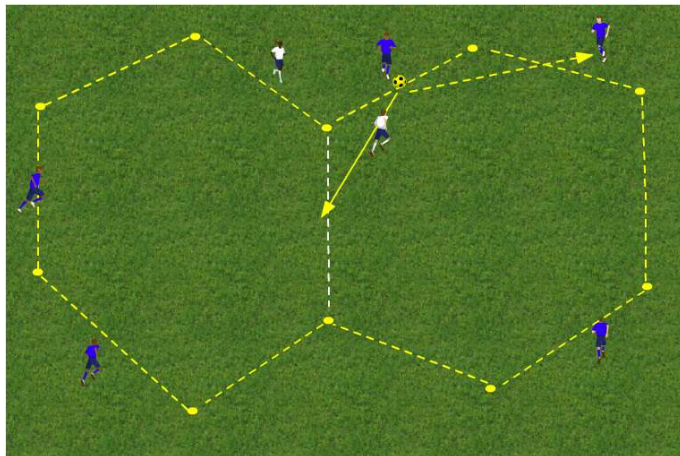
### ORGANISATION

The area is divided into two six - sided shapes with a central dividing line. The size of the areas can be adjusted to suit the age and ability of the players. There are a total number of 14 players, split into two groups of 7 players, three on one side of the six – sided area, two on the other. There are two defenders, who must stay on their side of the area, can only enter the area when the ball has been passed into it and must leave the area when the ball has been passed out of it. The three players start with the ball and have to control and pass the ball on their side of their area, keeping the ball away from the defender. Once they have passed, they have to move to a free side of the area. Once one player moves to the central dividing line of the two areas, they have to turn with the ball and repeat the practice with the two players in the other area. Now that the practice has progressed to include defenders, there is a greater requirement for support for the player on the ball.

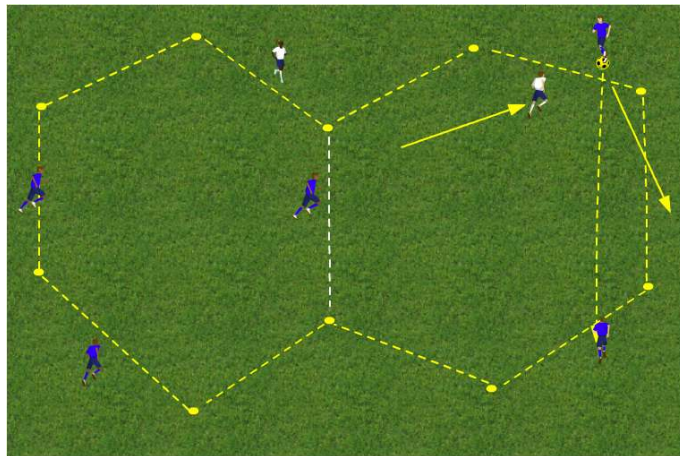
### KEY TECHNICAL ASPECTS

\*Get in the line of the pass \*Control out of the feet – ready to make the pass \*Control away from the defender: \*Head up to picture the pass – accuracy \*Select and use the correct short passing technique, inside of foot, outside of foot, reverse pass \*Consider the accuracy, timing and weight of pass \*Support and communication for the player on the ball \*Movement after the pass to a free area – always looking at the ball \*Communication – both verbal and using body language \*Turning with and without the ball on the central line

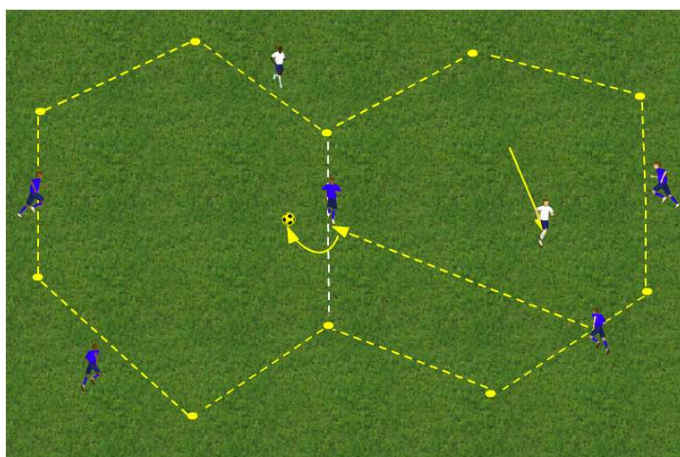
**Progression # 1** – Defender closes the ball down, pass, move and keep possession



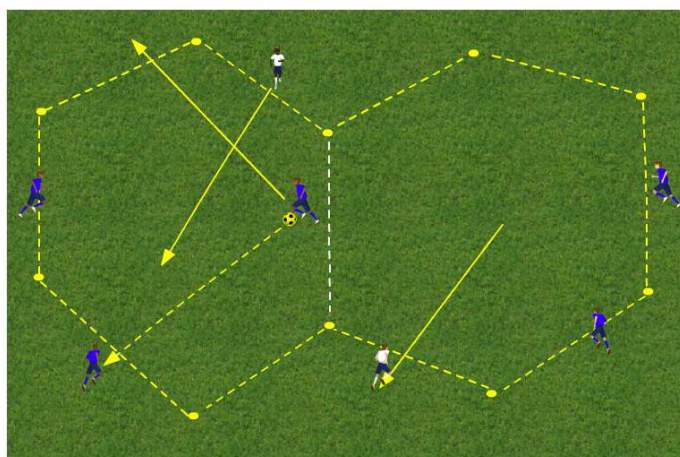
**Progression # 2** – Movement to support player on the ball



**Progression # 3** – Pass to the player in the middle who turns with the ball.



**Progression # 4** – Pass and move in the other area. Defender in, defender out.



## PROGRESSIONS

Adjust the area to two four or five sided areas \*Condition the practice to one touch – first time passing \*Condition the practice to two touches – each player must control the ball, then pass \*Make the area bigger and smaller \*Allow defenders to stay in their area to defend the pass from the turning player \*Progress to a game

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.