

# Practice 2: Perfect Passing

## Practice Activities

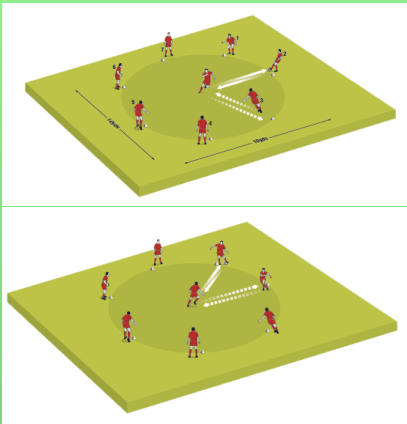
1. Warm ups / Coerver Touches [ 15 min ]
2. Drills [ 35 min ]
3. Small Sided Activity [ 15 min ]
4. Small Sided Game [ 20 min ]
5. Sprints [ 5 min ]

## 1 Warm Ups

Run the **CLOCKS** drill until everyone arrives and for a few minutes after.

**Time: 2 minutes**

### Clocks



**Drill Description:** Create a circle with your players of around 10 yards in diameter. Place cones around the circle where each player should stand, or go inside the centre circle and get the players to take a few steps forwards to get the right size. We've used eight players.

1. Start with the player in the middle who passes to one of the players around the circle
2. Immediately the pass gets away, the centre player swaps position with the player clockwise from the player he passed to.
3. The player he swaps with must get quickly into the centre to receive the ball and pass it to the next player anti-clockwise around the circle.
4. Players continue to pass anti-clockwise and swap position with the player clockwise.
5. Try and get players to use one touch to get the ball around the clock

### Coaching Points:

- Focus on who gets your pass and then where you need to move.
- Attempt to complete this drill using a single touch.

**Time: 3 minutes**

### Theme of the Practice

#### Perfect Passing!

Importance of passing:

- Explain passing is the most critical skill in soccer.
- Explain that soccer is a game of possession (a advanced game of keep away) above all else.
- Ask: 'Can the opposing team score if they never get possession of the ball?'
- Passing can tire the opposing team. A tired team makes more mistakes and will turn over the ball more often and give up more goals.
- Perfect passing is very hard because it requires 3 critical elements:
  - a team member who is open,
  - an accurate pass with the correct pace,
  - a good first touch (using the correct foot).
- We will practice all of these elements today starting with the accurate pass and first touch.

**Time: 10 minutes**

### **Captain Led Warm ups / Coerver Touches (15 min)**

#### **Warmups**

1. Jog to the 18 yard line and back twice with your ball (inside cut first time, outside cut the second),
2. Side-Step to 18 yd line and back twice,
3. Butt Kickers to the 18 yd line and back twice,
4. Jog Backwards to the 18 yd line and back twice.

#### **Touches**

1. Toe-Touches (20 count alternating feet).
2. Pull back and Push Forward (10 each foot).
3. Side to Side or Pendulums (20 count).
4. Triangles (10 each foot).
5. Pullback-Behind (20 count).

## **2 HOWTO:**

### **HOWTO: Passing (5 min)**

Review these elements prior to beginning the passing drills so its fresh in their heads.

#### **Elements of the Pass:**

1. Ball should start about 1 step in front of the player.
2. Non-kicking leg should be planted next to the ball with passer's toe pointed at the target.
3. Ball should be struck in its center,
4. With the inside portion of the foot.
5. The kick should follow through.

#### **Elements of the First Touch:**

- First before the ball is passed be sure you are ready, knees bent and on your toes.
- Move your body so the ball is coming directly to you.
- Bend your body over the ball as it comes in.
- Keep your eye on the ball as it comes into contact with your foot.
- Let your foot cushion the ball to slow it down and keep it near your feet.
- As your skill develops your first touch can move the ball into the space in which you want (open space or away from the defender).

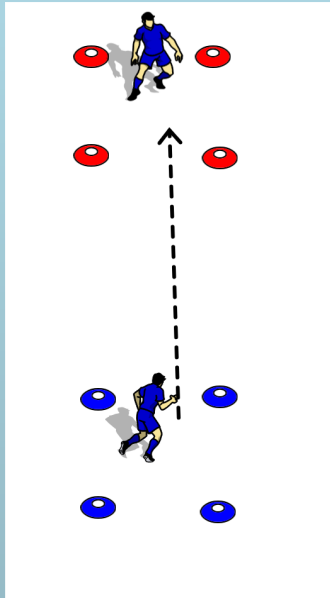
### 3 Drills

The following drills are going to stress 4 things:

- Perfecting our first touch.
- Practicing the correct foot to use for that first touch.
- Movement - always be move into a space which is a passing option.
- Strong, accurate, controllable passing.

**Time: 10 minutes**

#### Box Passing



##### Drill Description:

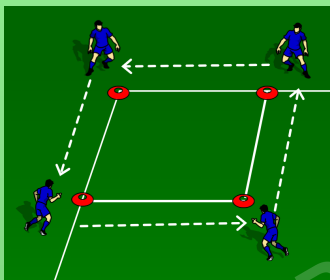
1. Two players stand in a 2 yard square box. Boxes should be spaced about 5 yards apart.
2. Players pass the ball to their partner in the 2 yard box.
3. The partner tries to trap the ball within the box and pass it back.
4. Alternate passing & trapping foot half way through drill.

##### Coaching Points:

- Focus on passing accurately with pace.
  - Making a single step toward the ball. This requires the ball to be one step in front of you.
  - Hitting the center of the ball inside of your foot.
  - Follow through.
- The goal is to trap the pass using a single touch.
- Stay on your toes at all times, this will keep you ready to move. If you find it hard, focus on bouncing in place.
- Move your body so the pass comes directly to you.
- Direct that first touch into the box.
- Hint: if you are standing deep in the box, you give yourself more room to trap the pass.

**Time: 10 minutes**

#### Four Corner Passing



**Drill Description:** This drill focuses only on passing accurately and using the correct foot for the first touch. This is like a 3 man passing drill around a box, but with an extra man so there is no movement element which should allow them to focus on the proper technique.

1. All players stand 'open' to they can see all 3 of the players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right.
4. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.

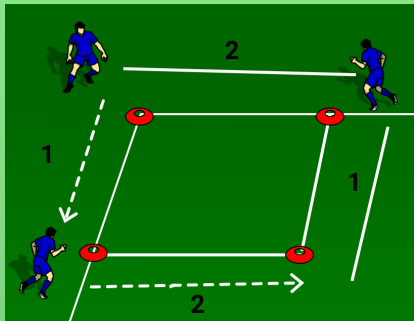
##### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.
- Once the passing and trapping with the correct foot becomes more natural, allow them to change directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

**Time: 10 minutes**

## Triangle Passing

**Drill Description:** This drill is like the '4 Corner Passing Drill' but incorporates player movement to insure the player with the ball always has two options to pass too. If the groups are uneven, a 'defender' can be added to the box. If the pass goes through the box the passer switches location with the defender. If trap is on the wrong foot the trapper switches with the defender. Defenders count 5 successful passes and they switch with a player.



1. All players stand 'open' so they can see the other two players.
2. The ball should be passed on one direction to start (to the left is more natural for a right footed player).
3. The player receiving the ball should move his body so he receives the ball on his left foot then passes it to the next player using his right. However the pass should wait until the 3 player is in position.
4. Player 3 (P3) was at a corner nearest the ball, however once the ball was passed, P3 needs to move to the other corner so they are again at a corner adjacent to the player with the ball.
5. After 5 rounds around the box, switch directions. Pass to the right using the left foot, trap with the right.
6. After 5 additional rounds allow the player to switch directions at will, but any two adjacent players can't pass the ball back and forth more than 3 times.

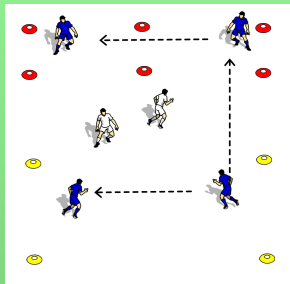
### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

## 4 Small Sided Activity

Time: 15 minutes, Started at 1:15 PM to 1:20 PM

### Touchdown Passing



**Drill Description:** This drill requires 3 pairs of boys. Pair one are receivers in the end zone. The second pair are defenders and the last pair are the 'quarterbacks' (passers). The ball starts in the end zone and is passed out to an open passer. That passer then passes to their partner or back into the touchdown zone. The defenders try and intercept the pass, if they do it successfully, they become the passers and the passers become the defenders. If the end zone players (receivers pass the ball out of bounds they become the defenders and the defense becomes the receivers.)

#### Coaching Points:

- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.

## 5 Game

Start Time: 1:35 PM

### Small Sided

**Time:** 10 minute halves.

**Size:** 4v4 or 5v5.

Express:

- remind them about the practice goals and expectation there is a lot of movement and passing.
- Funnel Positioning.
- Go outside on our defensive half.
- Pass quickly down sidelines or into open space.
- Avoid passing backward.
- Make a pass early or move early.

## 6 Close

### Sprints (5 min)

Agility runs to cone 5 yards away, stop and step circling cone then explode to next cone, circling it then explode sprinting to half field, jog back to end line and repeat 3 times.