

Perfect Passing 2

1 Warm Ups

Time: 10 minutes

Captain Led Warm ups / Coerver Touches (10 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).

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.

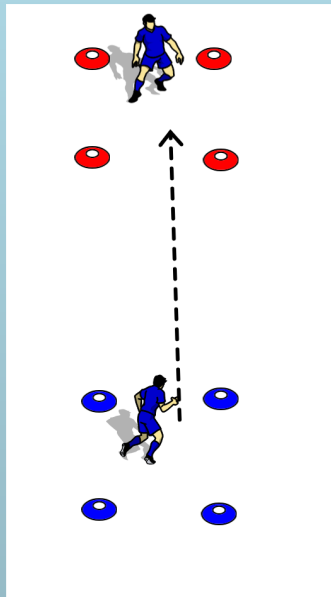
Elements of the First Touch:

- 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).

2 Drills

Time: 5 minutes

Box Passing



Drill Description:

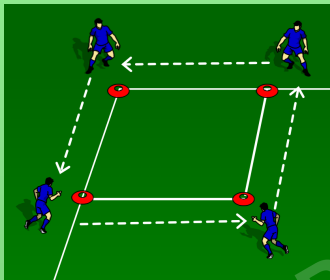
1. Two players stand in a 2 yard square box. Boxes should be spaced about 5 yards apart.
2. Players pass the ball to their partner in the 2 yard box.
3. The partner tries to trap the ball within the box and pass it back.
4. Alternate passing & trapping foot half way through drill.

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: 5 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' so 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:

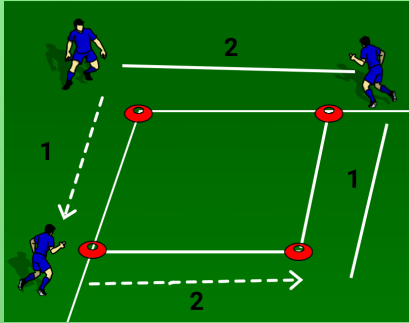
- Explain the first touch with the correct foot is the most important part.
- The touch should place the ball one step away from the player so they can step into and make a strong pass.
- The goal is to use two touches, not 1 and not 3.
- Once the passing and trapping with the correct foot becomes more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



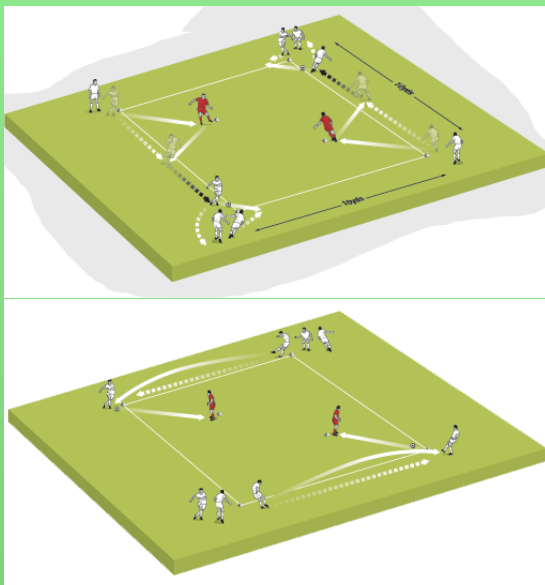
Coaching Points:

- 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.

Time: 10 minutes

Foot Soldiers

Drill Description: To use this simple warm-up mark out a 10x10-yard square with cones. Position a cone as shown for the central players. We have used 14 players in this activity, including two servers. You need balls and cones.



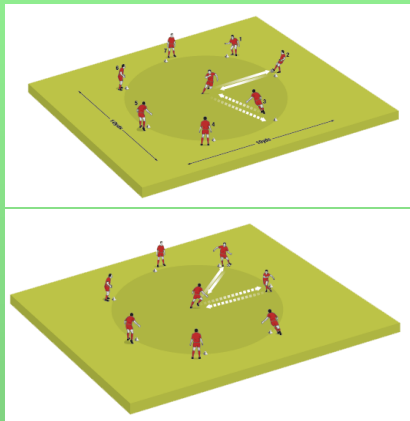
1. Place the two servers inside the square and arrange the remaining players around the four corners of the area use the central players to make one-two wall passes on opposite sides of the square and a first-time pass along the other sides of the square.
2. Players should sidefoot their passes to the central players, who must make sure that they control the ball and pass it back to the running players so they don't have to break their stride.
3. You should swap the players over regularly, changing the two central wall passers. You must have two balls in play at once.

1. Play starts on both sides with a pass to the server who plays a one-two with the working player
2. The player dribbles towards the cone and passes to the player at the cone
3. The player at the next cone must be on the move to receive the ball and make a one touch pass to the next cone
4. Players must follow the pass and keep moving around the square
5. The receiving player for the one-two pass can take two touches because this needs to be an accurate move with a good weight on the pass

3 Small Sided Activity

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

Clocks

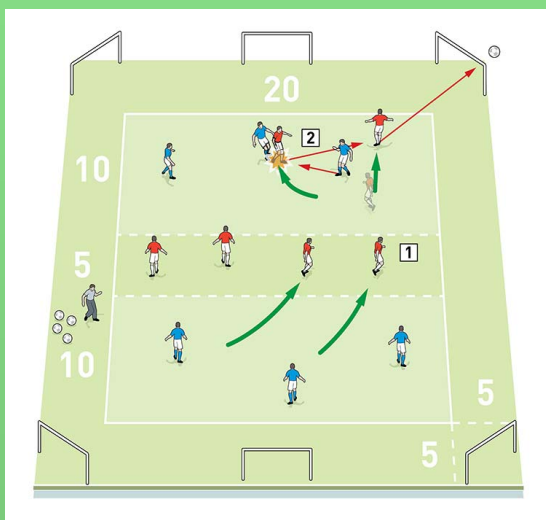
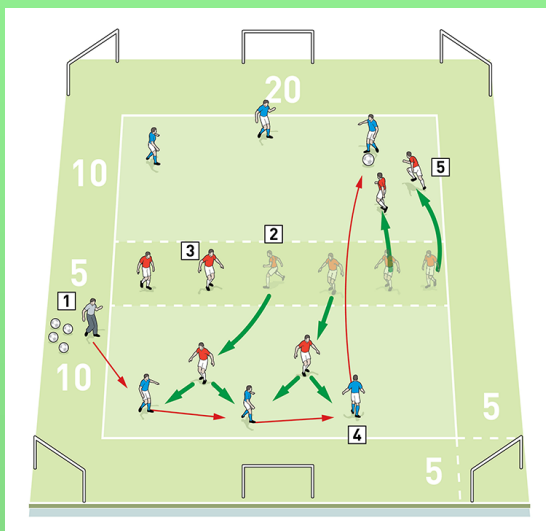


Drill Description: Create a circle with your players of around 10 yards in diameter. Place cones around the circle where each player should stand, or go inside the centre circle and get the players to take a few steps forwards to get the right size. We've used eight players.

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 clockwise5. 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.



Drill Description: A drill that focuses on pressing and quick decision making for the passing team. It also works on showing the importance of the center field player in their role of blocking through balls.

1. 20x25 yard area with a 5 yard middle zone.
2. The pressing team of 6 stage in the middle, the other team (defending team) splits into 2 groups of 3 in on 10x20 side areas.
3. 6 goals are positioned around 5 yard outside the area - the pressing team can score by passing the ball through any of these 6 goals.
4. Coach is on the side line passing balls in.
5. The pressing team is trying to score goals.
6. The defending team is playing keep away and can pass to the other side. At which point the press has to return to the center box 2 other players from the center box come out to press the other side.
7. Switch roles every 5 minutes or 1/4 of the allocated time.

Coaching Points:

1. Make quick passes.
2. Think where should I pass the ball all the time (especially when the ball is not at your feet).

4 Game

Start Time: 1:35 PM

Small Sided

Time: 10 minute halves.

Size: 4v4 or 5v5.

5 Close

Sprints (5 min)