

## Drill 1 – Passing – Call to Receive

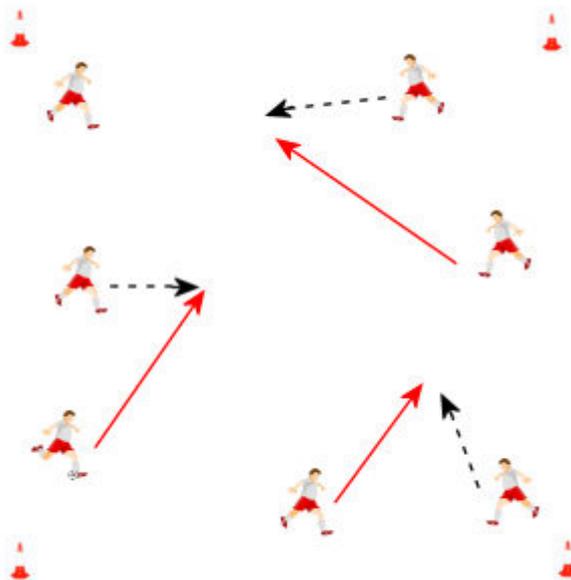
**Aim:** To improve passing technique

**Suitable for:** U7's and upwards

**Equipment:** Coned area, 1 ball between 2 players

**Number of players:** 12 maximum

**Organization:** Half the players start with a ball, all players to jog around marked area, players without a ball can call for a pass to take possession. Start with a slow tempo.



### Progressions:

- Players in possession can play a one two to regain possession, change over after 1 minute
- Increase tempo
- Make the area bigger or smaller

### Coaching Points

- What part of the foot to use, inside / outside / laces
- Accuracy of pass in to the path of receiving player
- Communication, only pass to a player who is calling for the ball
- Weight of pass, not over hit or under hit

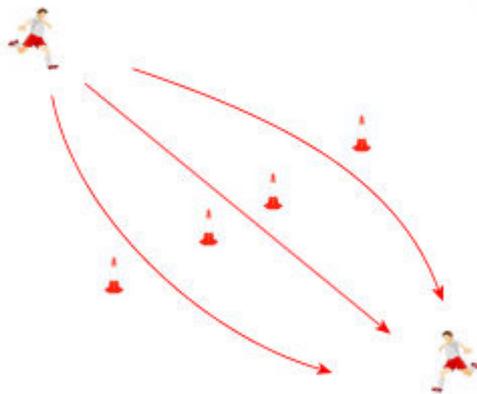
## Drill 2 – Passing – Avoiding Obstacles

**Aim:** To improve passing technique

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 4 cones, 2 flags, 1 ball for 2 players

**Organization:** Players pass the ball between each other using limited touches. Driven pass through the flags and firm side footed pass with curl through cones.



### Progressions:

- Increase tempo
- Limit touches
- Pass must leave the ground
- Receiving player can move left or right to encourage passing player to keep his head up.

### Coaching Points

- Accuracy of pass
- Weight of pass
- First touch out of feet to the left or to the right ready for return pass

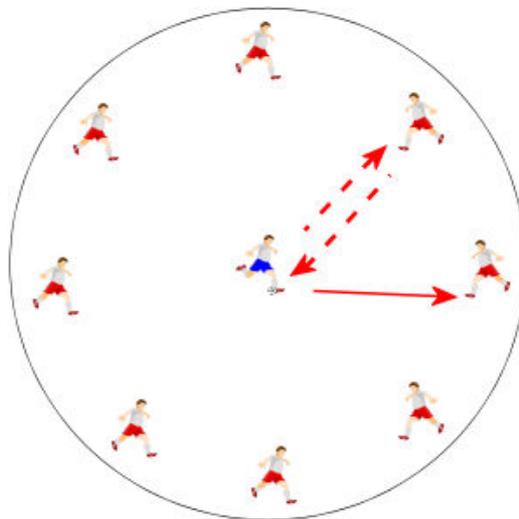
## Drill 3 – Passing – Circle Drill

**Aim:** To improve passing technique

**Suitable for:** U7's and upwards

**Equipment:** Marked area, 1 ball for each player

**Organization:** Players make a circle, one player stands in the middle and calls for the ball from any player, controls and passes back to the same player then calls for the ball from another player in the circle. Middle player repeats play for 1 minute. Then swap middle player.



### Progressions:

- Middle player passes back without controlling the ball first
- Encourage players to increase tempo and use both feet

### Coaching Points

- Accuracy of pass, taking in to account distance and angle
- Communication, awareness and vision, be alert
- Decision making, what part of the foot to use, side of boot or laces, etc

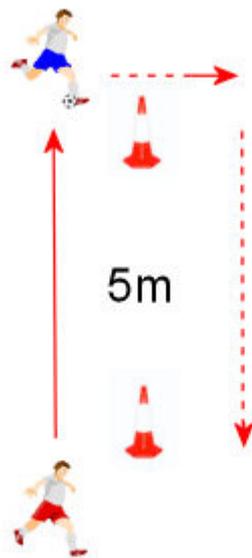
## Drill 4 – Passing – Either Side of the Cone

**Aim:** To improve passing technique

**Suitable for:** U7's and upwards

**Equipment:** Coned area, 1 ball between 2 players

**Organization:** Continuous passing drill, players stand 5m apart behind a cone, player receives ball and with 1<sup>st</sup> touch plays the ball to the other side of cone and then passes to the other player who repeats the practice. Start with a slow tempo.



### Progressions:

- 2 touch to put more emphasis on 1<sup>st</sup> touch
- Change direction to work weaker side
- Change distance between players
- Increase tempo

### Coaching Points

- Accuracy of pass, head up, observation
- Weight of pass, depending on the distance between the players
- Direction of 1<sup>st</sup> touch, outside of passing foot or with inside of non passing foot

## Drill 5 – Passing - Simple 5m Pass

**Aim:** To improve passing technique

**Suitable for:** U7's and upwards

**Equipment:** 1 ball between 2 players

**Organization:** Continuous passing drill. Players stand 5m apart, player receives ball and with 1<sup>st</sup> touch knocks the ball from under their feet and then passes to the other player who repeats the practice. Start with a slow tempo.



### Progressions:

- 1 touch with emphasis on accuracy of pass
- Change distance between players, players must move back and then come to meet the pass
- Increase tempo

### Coaching Points

- Accuracy of pass, head up before pass
- Weight of pass
- Direction of 1<sup>st</sup> touch with inside or outside of foot

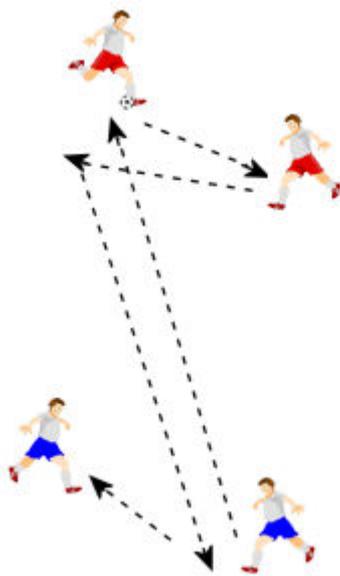
## Drill 6 – Passing – Short & Long Pass

**Aim:** To improve passing technique

**Suitable for:** U8's and upwards

**Equipment:** 1 ball between 4 players

**Organization:** Continuous passing drill. Long pass 10m-15m apart, short pass 3m-5m apart. Player receives the ball and passes it to supporting player who plays long pass to opposite player who repeats the practice. Start with a slow tempo.



### Progressions:

- 1 touch
- Change distance between players
- Increase tempo
- Supporting play can change sides anytime to encourage communication, vision and awareness

### Coaching Points

- Accuracy of pass, best angle for receiving player
- Weight of pass
- Direction of 1<sup>st</sup> touch
- Type of pass (low, lofted, driven)

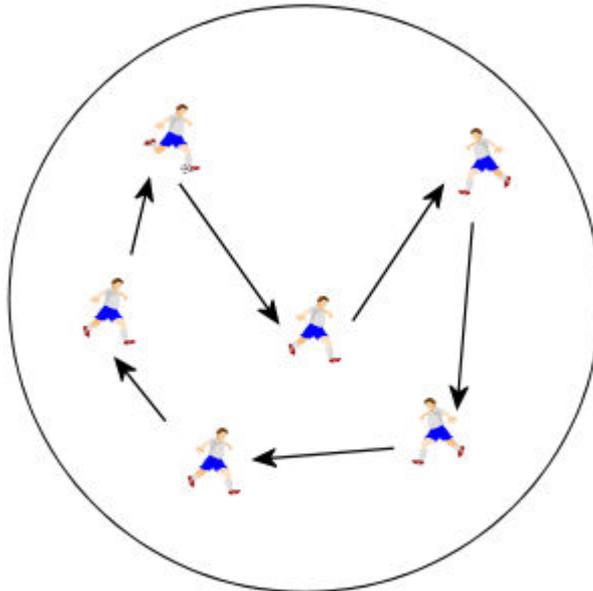
## Drill 7 – Pass & Move – In Number Order

**Aim:** To improve passing technique

**Suitable for:** U9's and upwards

**Equipment:** 1 ball between 6 players

**Organization:** Continuous passing drill. Number players 1 to 6. Players constantly on the move in different directions in marked area. Players pass in the ball number sequence. 1 to 6, progress to 6 to 1. Start with a slow tempo.



### Progressions:

- 2 touch / 1 touch
- Change distance between players by increasing area
- Increase tempo

### Coaching Points

- Accuracy of pass
- Weight of pass
- Communication
- Vision and awareness of where the pass is coming from and going to
- Direction of 1<sup>st</sup> touch

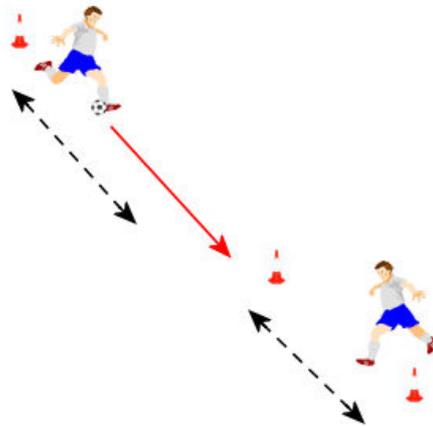
## Drill 8 – Passing – Backward & Forwards

**Aim:** To improve passing technique

**Suitable for:** U7's and upwards

**Equipment:** Marked area, 3 cones, 1 ball for 2 players

**Organization:** Players pass the ball back and to using limited touches. One player works between the shorter spaced cones coming forward to meet the ball and side footing back to other player. When the working player has passed the ball he must jockey backwards to furthest cone then command the ball coming to meet it again. Players work for 1 minute then swap.



### Progressions:

- Increase tempo
- Pass can be chipped, lofted or driven, receiving player can take a touch before returning pass
- Increase / decrease distances between players

### Coaching Points

- Accuracy of pass
- Weight of pass
- Watch the ball come on to the foot to aid timing
- First touch with a soft foot, out of feet to the left or to the right ready for return pass

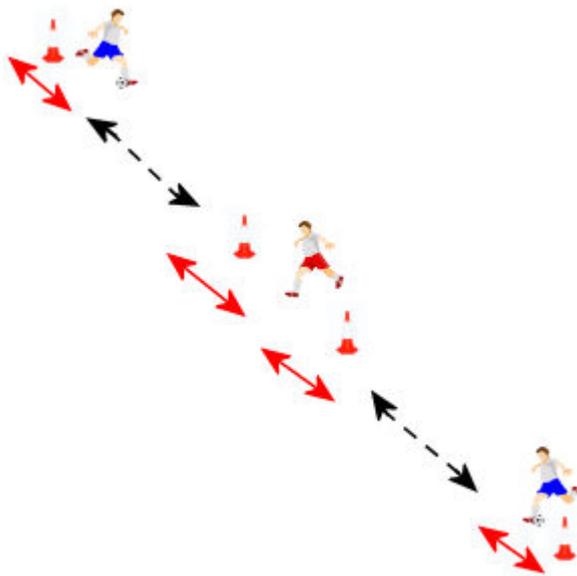
## Drill 9 – Passing – Come to Meet the Ball

**Aim:** To improve passing technique

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 4 cones, 2 ball for 3 players

**Organization:** As shown in diagram. 2 players pass ball to a working player who always comes to meet the ball. Serving players to make a movement away from ball and then come in to meet it. High tempo repetitive practice for 1 minute.



### Progressions:

- Pass can be chipped, lofted or driven, receiving player can take a touch before returning pass
- Increase / decrease distances between players

### Coaching Points

- Accuracy of pass
- Weight of pass
- Watch the ball come on to the foot to aid timing
- First touch with a soft foot, out of feet to the left or to the right ready for return pass

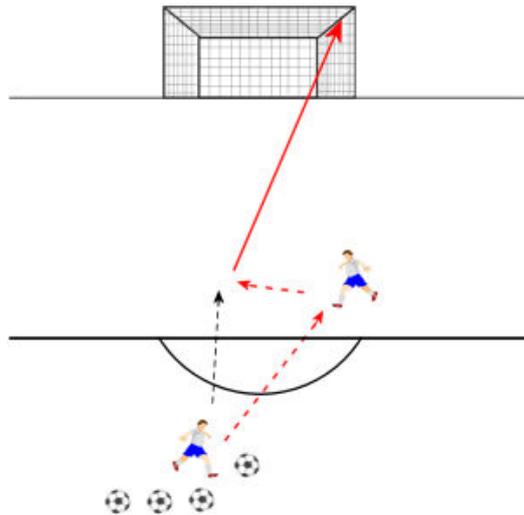
## Drill 10 – Pass & Shoot

**Aim:** To improve passing / lay off's

**Suitable for:** U9's and upwards

**Equipment:** Marked area, 1 goal, footballs

**Organization:** As shown in diagram. The striker plays the ball into the server who lays the ball off with a soft touch (inside of foot) for the striker to run on to and shoot. After 10 lay off's change serving player.



### Progressions:

- Striker to chip the ball to server who lays ball off with a volley or half volley
- Increase / decrease distances between from goal
- The serving player can move to different areas to change angle of pass
- Server can take a touch to control and another to lay off

### Coaching Points

- Accuracy of pass
- Weight of pass
- Angle of pass
- Watch the ball come on to the foot to aid timing

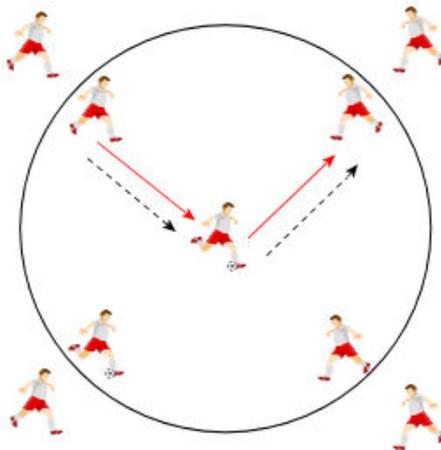
## Drill 11 – Pass & Move – 1 In 1 Out

**Aim:** To improve passing technique

**Suitable for:** U9's and upwards

**Equipment:** 1 ball between 4 players

**Organization:** Set up as shown in diagram. Player passes in to the target player who receives the ball, turns (180 degrees) and passes the ball to the opposite side. The target player then follows his pass and joins the back of the team. After making the first pass that player runs in to the middle to be the target player. Continuous practice, if you receive the ball on the outside of the circle you pass and follow, if you are the target player you collect a pass, turn, pass and follow.



### Progressions:

- 2 touch / 1 touch
- Change distance between players by increasing area
- Increase tempo

### Coaching Points

- Accuracy of pass and weight of pass
- Communication
- Vision and awareness of where the pass is coming from and going to
- Direction of 1<sup>st</sup> touch

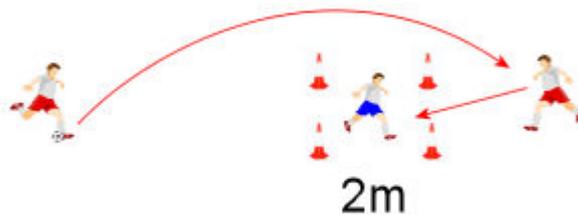
## Drill 12 – Passing – Long Pass Brought Down

**Aim:** To improve passing technique

**Suitable for:** U11's and upwards

**Equipment:** Marked area, 6 cones, 1 ball for 3 players

**Organization:** Players set up as in diagram. The outside player plays a lofted pass to the furthest player, we are looking for this player to head, volley, chest & volley or control ball and pass to player in the coned box, this player then controls, turns and passes ball to outside player. Rotate players after 10 sets.



### Progressions:

- Increase tempo
- Limit touches
- Increase / decrease distance between players

### Coaching Points

- Accuracy of pass
- Weight of pass
- First touch out of feet to the left or to the right ready for return pass