

Passing the Ball

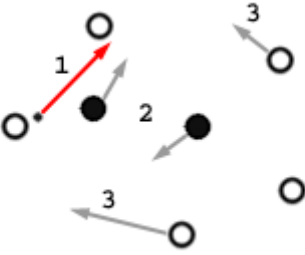
<http://www.youtube.com/watch?v=wGKcRxqLpVg>

<http://www.youtube.com/watch?v=zU7fmsGEEis>

<http://www.youtube.com/watch?v=xlhxeoBPcmc>

Pass and Move Drill	
<p>Description: There are three lines of players behind three cones, arranged in a triangle. The player in the front of each line passes the ball over to the next. As he completes his pass, he moves over to the back of the line that is opposite to the direction of his pass.</p> <p>Explanation: This drill incorporates many fundamental aspects of passing. First of all, all passes are made in a triangle, which is the basis of all ball movement. Secondly, the players are forced to move right after releasing the ball. This enforces the dynamic concept "pass and move."</p>	<p>Task: keep the ball moving from cone to cone; after a pass from Line 1 to Line 2, the player passing must go to back of the opposite Line 3 and so on</p> <p>Purpose: technique, rhythm</p> <p>Complexity: simple</p> <div style="text-align: center;"> </div>

Combination Passing	
<p>Task: to advance with the ball while preserving width</p> <p>Purpose: maintaining attacking shape, passing to space</p> <p>Complexity: simple to medium</p>	<p>Description: Three evenly spaced players advance the ball forward through combinations of dribbling and passing. There are many variations of this soccer drill. The ball is always dribbled to the middle and passed to the outside. An important fact to notice is that when running past a player dribbling with the ball you must always run behind him.</p> <p>Explanation: Combination plays are great for young players because they teach many fundamental principles of attacking. Preserving width, for example, is important because it challenges and pulls out the enemy defense.</p>

Keep away	
<p>Description: Two teams of players try to maintain possession of the ball in a confined area.</p> <p>Task: keep possession of the ball and complete a X number of consecutive passes</p> <p>Purpose: vision, on ball & off ball movement</p> <p>Complexity: medium</p>	<p>Explanation: This drill is used to develop passing in a dynamic game-like atmosphere. Demand that the players get spread out in attack and compress around the ball when defending. Restrictions could be implemented for increasing the difficulty. For example, prohibit the players from making back passes (where the ball cannot be played back to the player who passed it.) Imposing a limit on the consecutive touches per player is also a good way of increasing the challenge.</p>
Man in the Middle	
<p>Description: Five attackers, arranged in a circle, must keep the ball away from two pressuring defenders, who are staying inside the circle. If an attacker gives up the ball or kicks it out of circle he becomes a defender. The defender who caused him to lose possession takes his role.</p> <p>Explanation: When a pass is made, the defenders have to adjust (Step 2) to prevent a through ball whereas the attackers have to give support (Step 3.) At first, it may seem that the drill is only for kids, but in fact many professional teams use it. The drill is a great warm up for passing and tackling skill.</p>	<p>Task: keep the ball away from the two defenders; for increased difficulty, the attackers must try to play the ball between the defenders</p> <p>Purpose: warm up drill, tackling, quick passing</p> <p>Complexity: simple</p> 

Passing Soccer Drills: Basic Passing

Divide the soccer team into pairs, with each pair having a soccer ball. Players should practice making good passes and work to trap the ball properly. This passing drill can be altered to also practice one-touch passing, without trapping the soccer ball first. Have player switch to the opposite trapping and passing leg to develop skills in both feet.

Passing Soccer Drills: Circle Passing

Players can practice passing in this drill by forming a circle and passing the ball across it to another player. Use two players in the middle of the circle to try and intercept passes made by the players who form the circle. This is sort of like “monkey in the middle.” When a player has a pass intercepted, that player goes into the middle in place of the person who intercepted the ball.

Passing Soccer Drills: Pressure passing

Arrange the soccer players into a big circle, such as the center circle of the soccer field, and place one player in the middle. Using two balls, players forming the circle take turns passing to the man in the middle, which must trap and make a good pass to a player on the circle (who must also trap and make a good pass to the center player). As soon as the player in the center makes the pass to an outside player, another ball is passed to him which he must trap and pass back to another outside

player, and so on. This passing drill should be played fast and really teaches the importance of quick and accurate passing. The player in the center of the circle should keep their head up and be looking at the target. Switch the player in the middle after a minute or two. This drill also may be used to work on one-touch passing.

Passing Soccer Drills: Triangle / Square Pass

Arrange soccer players into a three player triangle or four player square. Each group of players works to trap and pass around the triangle or square. After a few minutes, have the soccer players switch directions and use the opposite leg to trap and pass. This passing drill should help develop good passing with both legs and trapping skills with both legs. A defender may be added to try and intercept the passes.

Passing Soccer Drills: Running Square Pass

Set up a 10 yard x 10 yard square using a cone at each of the four corners. Select four players to run around the outside of the square (one player on each side) and give the ball to one of the players. Players try and make good passes across the square and to a player on the move on another side, while everyone is jogging. After a while, add a defender in the middle to try and steal the ball. Rotate the defender.

Passing Soccer Drills: Triangles

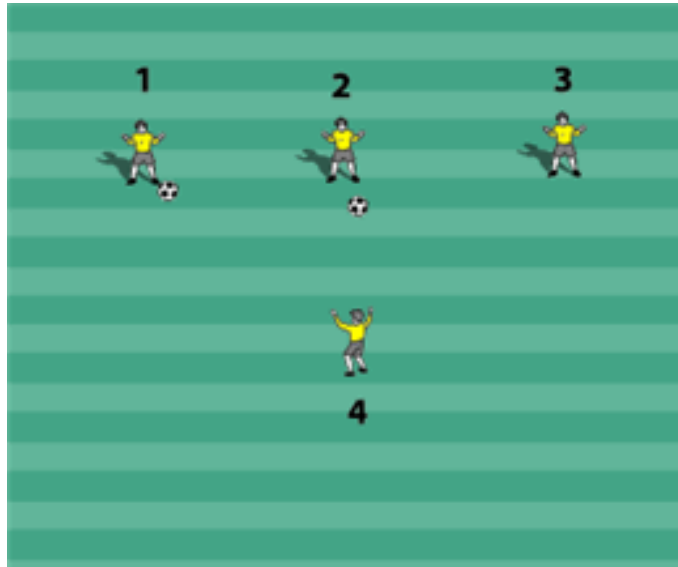
Arrange three soccer players into a triangle (about ten yards apart from each other). Player one passes the soccer ball to player two and immediately runs between player two and three (forming a new triangle), while player two is passing to player three. Player two then runs between players three and one to form a new triangle, while player three is passing to player one, and so forth. This is a great passing drill that is quick, and develops good passing, while learning to create open space and avoiding having the ball kicked away, as each pass must dodge the running player. Peripheral vision is also increased through this passing drill.

Passing Drills: Three ball Keep-a-Way

Divide soccer players into two teams of equal numbers and play with just three soccer balls. The goal of this passing soccer drill is for each team to try and possess as many balls as possible when play ends on the coach's whistle. This passing drill should develop strong passing and teach the concept of finding open space, while players learn how to make good decisions in dribbling and passing. The team with possession of two or more balls wins each match.

One Touch Passing

Start with three players in a line (or arc) approximately 2 yards apart from each other. A fourth player is 5 yards away and centered. Two of the players in the line have a ball.



Player one passes the ball to player 4 who then passes the ball to player 3 (the player without the ball). Player 2 then passes the ball to player 4 who passes to player 1 (the player without a ball). The key is each player passes to player 4 and player 4 passes to the player who doesn't have the ball and also the player who did not just pass to him.

Player 4 is limited to one touch passing so must constantly be moving their feet in order to position their body to receive the ball and pass it first touch to the correct person. The three other players would be passing the ball in a way to make this as easy as possible for the worker to make the correct pass so they would be passing the ball to the correct foot and at the correct pace.

The worker is limited to one touch and in the beginning; the others are limited to two touches. The distances apart can be varied depending on the skill level.

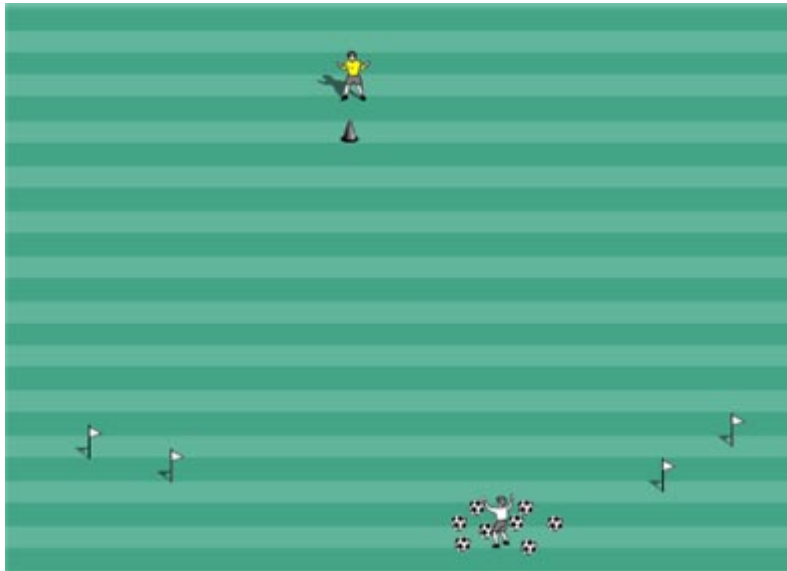
This would be done for a one minute period and then a new player becomes the worker.

Once everyone has become accustomed to the activity, change it so all players are limited to one touch passing. This will speed up the activity and really force the players to work hard.

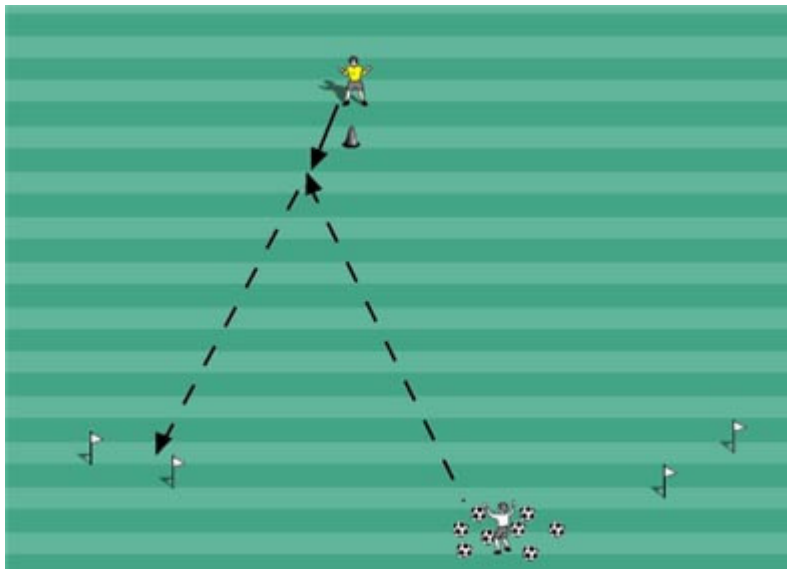
Passing Accuracy:

This activity is good for players of all ages and only requires a player, a server, a cone, two targets and a bunch of balls.

Start with the two targets around 15 yards apart with the server between them and the player behind the cone 25 yards away. The server has a pile of balls.



The server plays a ball to one side of the cone and the player runs to it and hits a one touch pass through the nearest target.



Next, the player would run back around the cone and the ball would be served to the other side of the cone and the ball passed through the other target.

This would be done till you run out of balls, then retrieve the balls and start again.

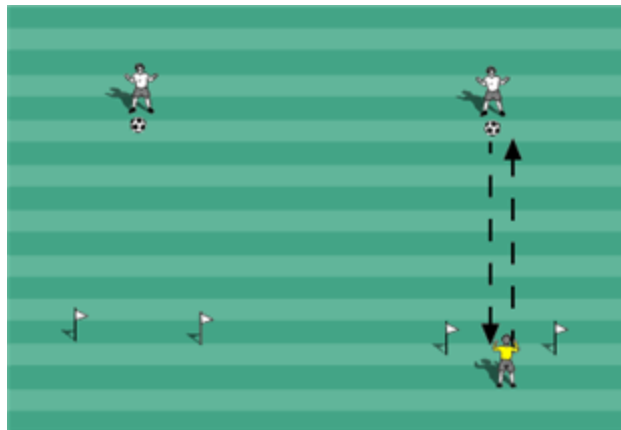
You can do this with one touch passing, two touch passing, chipping, passing to the far targets etc. It's a great way to get some passing and receiving in while also working on some fitness.

Pass and Move:

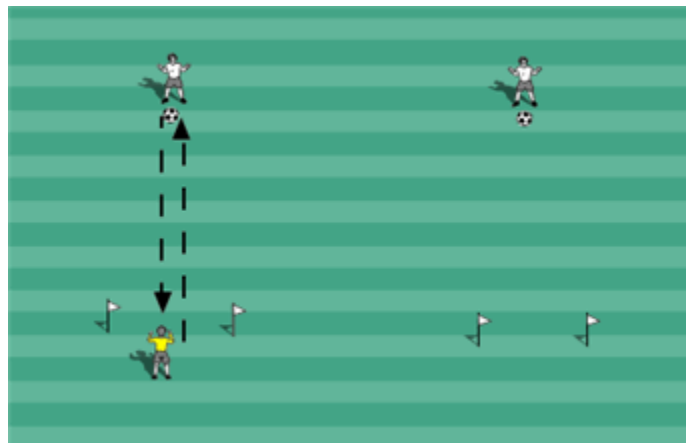
There are two servers, each with a ball and one worker (you can add a few additional workers). There are two sets of cones set up making two gates 15 yards apart



The player sprints to the first gate, and the first server plays the ball through the gate for the worker to make a one touch pass to return the ball



The player then sprints to the second gate and does the same thing.



The worker then reverses direction and sprints back to the first gate.

The key to this activity is for there to be a complete sprint between the two gates.

This is done for a one minute period then the worker and one of the servers switch roles.

The thing that makes this passing activity different than most is the emphasis on the sprint after the pass. This is a physically tiring activity but at no point should the technical aspect of the passing and receiving be forgotten.

Fun Passing Games that Teach Skills

NOTE: Several of the games listed are "knock out" games where the losers are knocked out and the last player left is the winner. Since the first ones knocked out are often the ones who need the most practice, those knocked out should be required to do something to either get back into the game or to keep them working on their ball skills until the game is over. One possibility is to set up a parallel game for those knocked out to participate in.

The Name Game

4 or more players needed. Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they learn everyone's names. If the players are doing well and you have enough players, add additional balls.

Battle Field

Any number of players can be used. All players line up on one end line and try to run to the other end without being hit with a ball kicked by a coach. Those who are hit join the firing squad. The game ends when everyone has been hit.

Gotcha!

Each player will need a ball. Player 'A' is "It" and is the only player to start with a ball. All the other players are around the outside of the gridded space. Player 'A' dribbles and tries to hit the other players below the waist with the ball. When hit, that player gets a ball and joins player 'A'. The game is over when all of the players have been caught. The last player caught starts with the ball for the next game. If you think the task will be too difficult for the one player to get another at the start of the game, start with 2 players being "It". Encourage quick movements and sudden changes of direction to catch players off guard. Encourage deceptive passing of the ball: look one-way and pass the other, use the outside of the foot. Players not caught should run, jump, and use zigzag movements.

Monkey in the Middle

The players make a circle with one player (the monkey) in the center. The players try to pass the ball around and the monkey tries to intercept it. When the monkey gets the ball he joins the circle and whoever made the "fatal" pass becomes the monkey. This game can be modified by increasing the number of monkeys and/or balls that are used.

Marbles

Split your team into two groups and line them up behind two opposing lines.

Each player should have a ball. Place an unusual color (or size) ball in the middle. This is the marble. Have them try to move the marble across the other team's line by striking it with a ball. After the game starts I don't require them to use their own ball. If they lose theirs, they are free to use any other ball they can find.

Who's Open

Four or Five players in circle formation about 15 yards in diameter (adjust for age). All players except one have a ball at feet. Two players inside circle with one designated as attacker and the other defender. To start, attacking player moves and calls name of player he wants to serve him a ball. He must control ball and return to the open player who did not have a ball at start of exercise (you can't give it back to the player who served it). Attacker then asks for another ball (calling name and making appropriate run) and repeats the exchange. Defender tries to dispossess attacker.