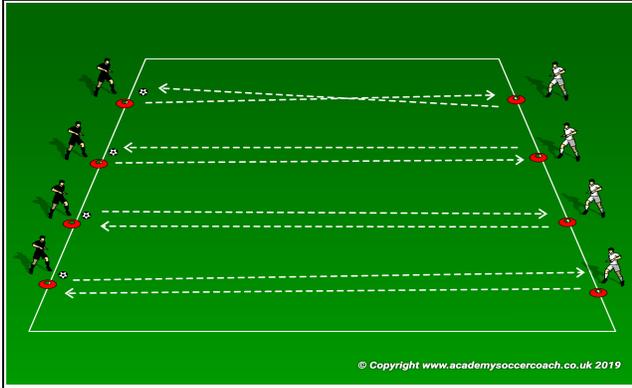


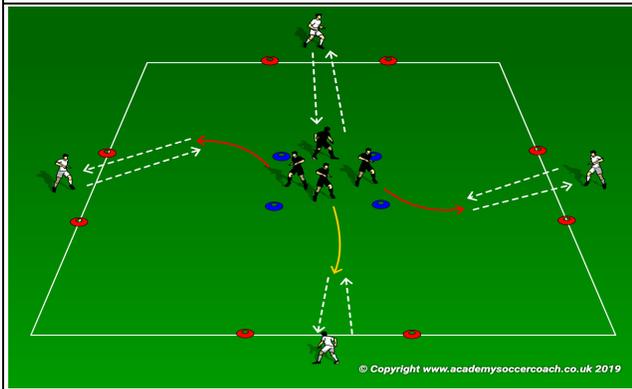
Topic: Passing, Passing to Shoot

How do we keep possession through passing to shots?



U8 - PASSING in 2's - done after simple ball control warm-up
Simple passing exercise. Passing; players should be 5-10 yards apart.
Increase or decrease distance based on success.
Have players use right foot only, left foot only, both feet.
After they have had success, restrict touches, 3 touches, 2 touches

COACHING POINTS:
Pass with inside of the foot, toe above heel, and ankle locked. Plant foot with ball pointed to target.
Make contact on center of ball, and follow through.



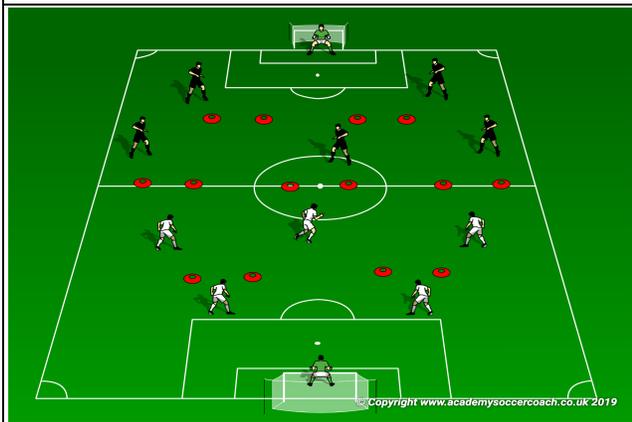
U10 - 4v4 WINDOWS - Grid size 30x30, with 5x5 grid centrally
Four players (depending on numbers) are inside a small grid, checking to four players outside a larger grid, who pass to the inside player.
The inside player controls the ball and passes it back to the outside player.
After 1 minute, players switch roles. Can progress to outside of foot trap.
Players centrally can also start with ball to add dribbling/ball control to exercise

COACHING POINTS:
Passing with inside of foot, toe up, heel down, ankle locked.
Can introduce body shape in receiving a pass.



U12 - Y-PASSING PATTERN to GOAL/SHOT
Simple passing pattern to goal, with focus on passing and progressing to different passing options.
Progressions can include, wall passes, give and go's, etc...
If players are successful, can incorporate the US Soccer numbering system and give examples of positioning in exercise.

COACHING POINTS:
Passing and receiving with both feet, body shape to facilitate ball movement.



U14 - SCRIMMAGE with PASSING GATES
Free play scrimmage with emphasis on passing within game scenario
Passing gates placed through out field of play to facilitate passing.
Players score extra "goals" when passing through a gate.

COACHING POINTS:
Players should notice when to pass and when to dribble
Are the proper mechanics; toe up, heel down, ankle locked as well as body shape, implemented in a game scenario