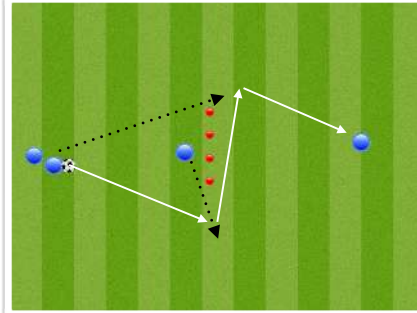


Top 5 Soccer Sessions To Improve Passing

1. WALL PASS IN 3'S



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Dimensions: Two cones 15 yards apart (adjust depending on ability) with a line of cones half way between the two

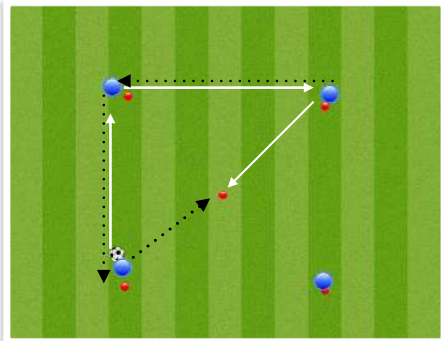
How to: Have a player stand on each cone with a player in the middle. The objective is to complete a wall pass around the cones and play a pass to the opposite end. The line of cones is to show a defender's range of motion. The player with the ball plays a pass into the player by the cones and moves wide to receive a return pass past the defender, the move is completed by passing to the player on the opposite side, the player follows their pass and joins the other line. Rotate the midfielder every few minutes.

Coaching Points: Make positive runs, after passing to the player in the middle move quickly to receive a return pass, be careful not to overrun the play though, this could be the difference between an offside call and a goal.

The midfielder has to be ready to move to either side to make the wall pass with their team mate. Communication between passer and receiver is very important.



2. PASS AND MOVE TO FREE CONE



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Dimensions: 10 x 10 Yard Square with a cone in the middle. Use 5 cones in total, the area should look like a 5 on a dice. Set up more areas to accommodate more players. Have 4 players per 5 coned areas. There always needs to be one cone free.

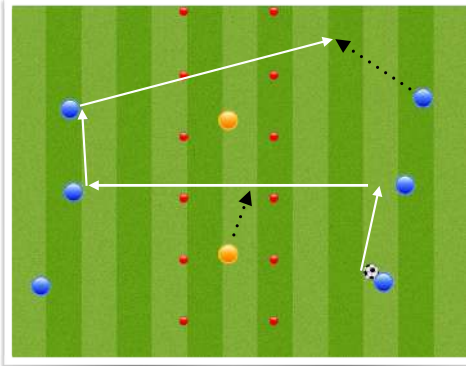
Adjust the dimensions depending on the outcome you want. A large area will mean more movement and be more physically demanding. A smaller area will make for quicker thinking and sharper movement.

How to: Each area has one ball, the player with the ball can pass to anyone in their area, once they have played a pass to feet, the person who passed the ball must move to the free cone. The player who now has the ball must look for another pass and then move to the new free cone

Coaching Points: Stress good passing and quick movement; try to stay alert to the changes in space so you can know where you are moving to even before you have played your pass.



3. SWITCHING PLAY



Dimensions: 40 x 30 yard area played width ways. Two coned off channels placed 10 yards in on either side (the field will be separated into three 10 x 45 yard sections)
Two teams of attackers split evenly into the two outside channels, the defending team are placed in the middle section (two or 3 defenders max, we are still trying to encourage success from the team in possession)

How to: Players must stay within their channels. The team in possession must attempt to work an opportunity to pass through to their team mates in the other section. Points are scored each time the ball passes successfully to the other side.

Coaching Points: Try to pass the ball on the ground through the players. Move the ball quickly to create gaps in the defence, exploit the areas when they are available.

Be patient, don't try and force a pass that isn't available. Build play by using your team mates.

Progressions: When playing with even numbers in each channel (6v3) the group responsible for losing the ball switches with the defending team.

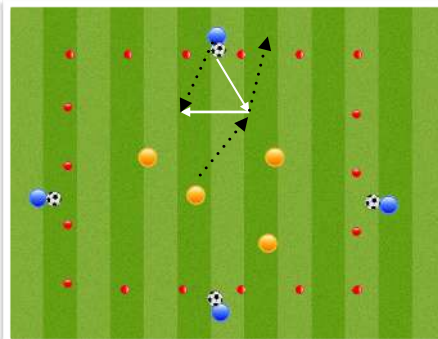
Team competition: 2 minutes to make as many through passes as possible, each team gets an opportunity to be the defensive team and protect their total.

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4. LINKUP PLAY



Dimensions: 25 x 25 yard square. Half of the players spread out around the outside of the area. The remaining players remain inside the area each with a ball at their feet.

How to: Players on the inside must dribble around looking for a free player on the outside and pass to them, the player on the outside must now look to make a 1-2 with the player in the middle bringing themselves into play and moving the person who was in the middle to the outside.

There are three passes in total.

When the sequence is complete and the person on the outside now occupies the ball in the middle the drill continues.

Coaching Points: Create an angle; the pairs should look to create a triangle when they pass. Exaggerate the angle by stepping off to the side after the first pass, this will allow you to open your body for the return ball and complete the move easily with a comfortable pass in front of your team mate.

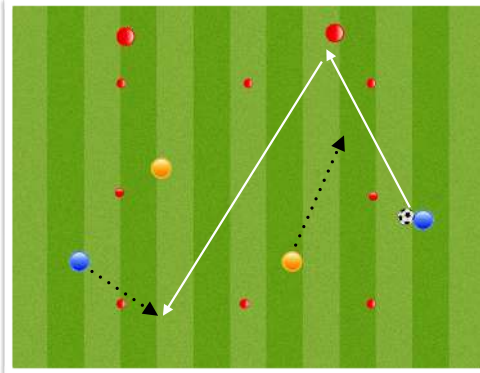
Work together, look after your pass- Ensure passes are not only accurate, but weighted well.

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5. SPLITTING DEFENDERS



Dimensions: 12 x 12 Yard coned square, 6 players per square split into three teams of two. (Distinguish teams clearly using coloured bibs)

How to: One team of two starts in the middle of the square as defenders, the other two teams work together around the outside of the area creating a 4v2 scenario.

Defenders cannot leave the square, their goal is to intercept passes.

Passing teams must attempt to move the ball quickly around the outside, their objective is to pass the soccer ball through the middle of the two defenders, splitting them. Points are scored each time they successfully split the defenders.

If the defenders win the ball back, the team that lost the ball become the defenders in place of the current defenders.

Coaching Points: Play with your head up. If the pass isn't there to be played then be patient, don't force the play Encourage off the ball movement. Be a passing option.

Move the soccer ball quickly. Take advantage of poor defensive form created when a defender is drawn to a certain area.

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