



u14 Passing Squares

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Passing Progression 1 (10 mins)

Set Up

10x10 square

4 equal lines at each cone

Instructions pass forward run forward

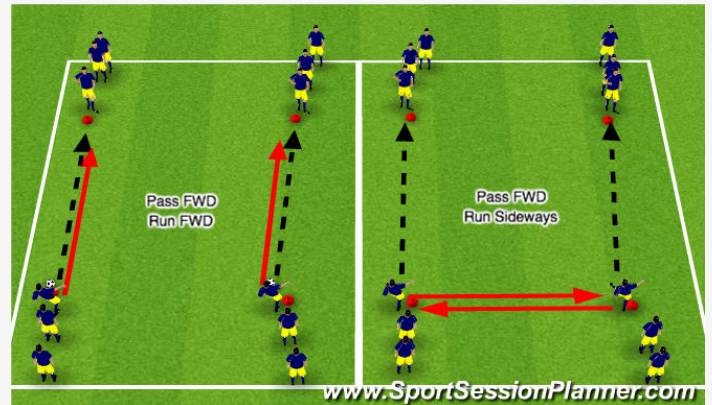
Players will pass to the line in front of them and follow their pass. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

Instructions pass forward run sideways

Players will pass forward and run to the line beside them. Again, go to two touch and then to one touch if players need the additional challenge.

Coaching Points

1. Proper passing technique- toe up, ankle locked, pendulum swing, opposite foot comfortable placed beside the ball and pointed toward the target.
2. Proper receiving technique- toe up, ankle locked, cradling the ball in but keeping the ball in front not underneath or way out in front.
3. Keep the ball on the ground
4. If you try one touch, the weight of the pass is very important



Passing Progression 2 (10 mins)

Set Up

10x10 grid

Equal lines at each cone

Instructions for Pass diagonal, run forward

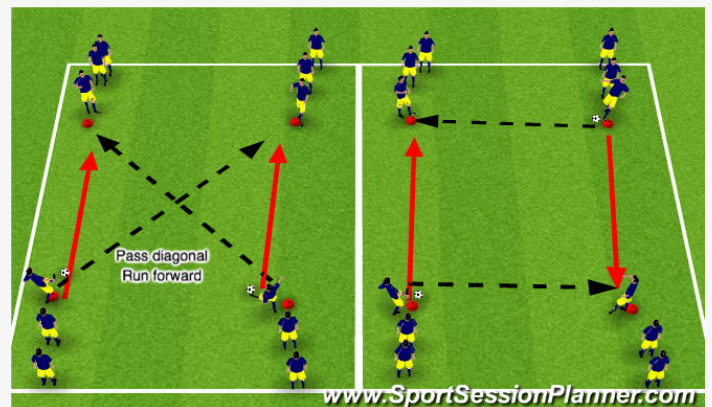
Players will pass to the line diagonal from them and run to the line in front of them. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

Instructions for Pass sideways, run forward

Players will pass to the line beside them and run to the line in front of them. Again get into two touch if possible and then to one touch if players are excelling at two touch.

Coaching Points

1. Proper passing technique- toe up, ankle locked, pendulum swing, opposite foot comfortable placed beside the ball and pointed toward the target.
2. Proper receiving technique- toe up, ankle locked, cradling the ball in but keeping the ball in front not underneath or way out in front.
3. Players have their hips facing forward, but play the ball diagonally for the diagonal passing sequence.
4. For one touch passing the weight of the pass is very important



3v3 Gates

Set Up

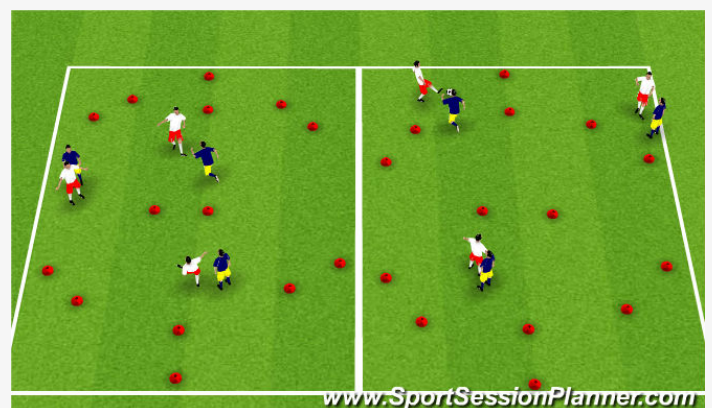
2 20x15 grids with 6-8 2 yard gates scattered throughout

Instructions

2 separate 3v3 games will be going on. Teams score by passing to their teammate through a gate. Plays 5 minute games and then switch the teams up.

Coaching points

1. Movement off the ball to give the player on the ball support.
2. Not every pass is going to be through a gate
3. Unlimited touches so you can use the dribble to open up space for a pass



4v4 w/ Targets

Set Up

25x35

One 3 yard goal in each corner of the grid

Instructions

4v4 with neutral players on each side of the field. A team scores by dribbling through either of the two goals they are attacking. Play 3 minute games then switch teams so a new team is on the outside as neutrals.

Coaching Points.

1. Attacking team is actually 8v4, there should always be an option
2. Can you find the highest player forward, the neutral target, and play off of that player to go to goal
3. Pass and move, there should never be a pass and stand. Even moving a few yards is better than standing.
4. Don't hide behind defenders. If the ball had eyes could it see you. If not, then your teammate probably is not able to pass the ball to you. Find a space where the ball can see you.

