



Passing Progression 1 (10 mins)

Set Up

10x10 square

4 equal lines at each cone

Instructions pass forward run forward

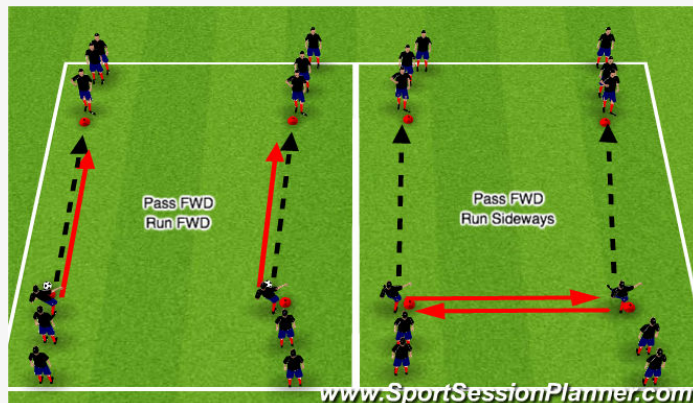
Players will pass to the line in front of them and follow their pass. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

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

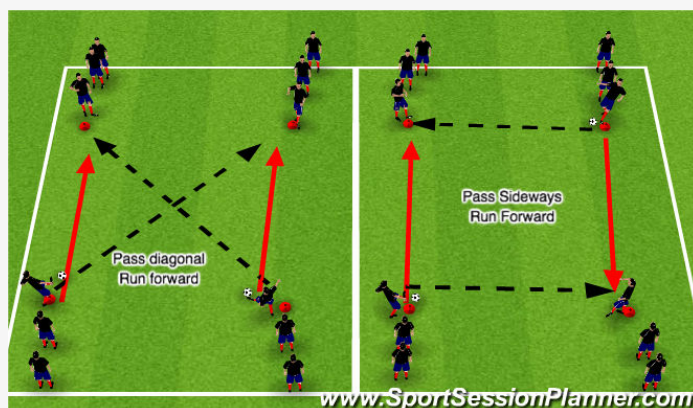
Players will pass to the line diagonal from them and run to the line in front of them. Quickly integrate two touch, receive and pass. If that is going well go to 1 touch.

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



Passing Progression (10 mins)

Instructions

One-two

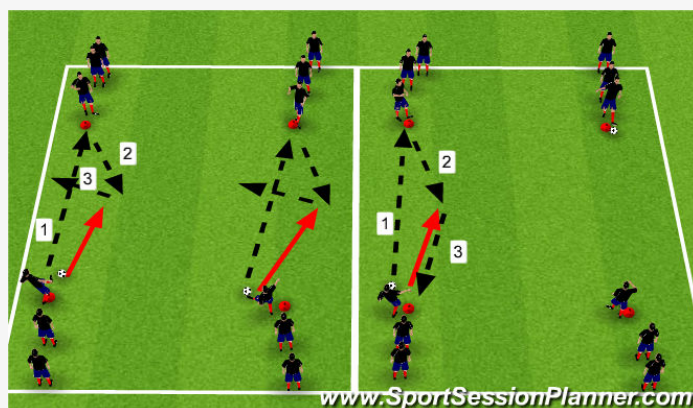
This is a one-two passing sequence that happens at both ends of the passing lines. This can be done two touch but encourage everything to be one touch.

Pass across-turn

Player plays a ball across then goes half way to show for the ball. Ball is played back, they turn and play back to the line where the ball started. Players should stay in the same line the whole time until the coach switches where the ball starts.

Coaching Points

1. Passing and immediately moving to be an option
2. When can we play one touch and when should we play two touch



5v2 to Zone

Set Up

2 20x15 grids cut in half

Instructions

Split your team into two groups. Field 1 is doing the same thing as field 2. Each group puts one defender in the middle so that it's a 5v2 or 6v2. To score a point players will need to make 3 consecutive passes and then pass to a teammate into zone 2. At the point the whole team shifts into zone 2 and works to get 3 more consecutive passes before playing their teammate into the space back into zone 1.

Keep defenders in the middle for 2 minutes and then switch someone else in.

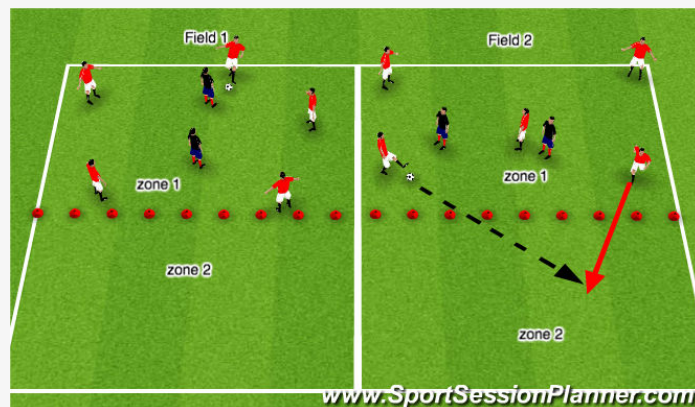
All players need to move into the zones. They cannot stay in zone 2 if the rest are in zone 1.

Coaching points

1. Where can I support my teammate with the ball? Beside them (not too close)? In front of them? Across from them? Behind them?
2. Using the whole space
3. What run can players make to get into the zone? it doesn't have to be the player closest to the offside line.

Progression

1. You need 5 passes and get across to score a point
2. You are offside if you get into the next zone early



3v2+1 to Goal

Set Up

Use full width and start the offensive players about 25 yards out from the goal. Defenders start off the goal post.

Instructions

Start the ball with the middle attacker. The defender may run out to defend on the attacking players first touch. At this point it is 3v2 to goal. On the first pass from the attacking players the third, recovering defender may join in. Once they get the hang of the drill feel free to start the ball at any of the three attackers so the play starts at different angles. Have 6 defenders and the rest of the team divided into the attacking lines. Switch defenders to attacking and some attackers to defending every 5 minutes.

Progression

1. Add a third recovering defender
2. 3 pass maximum to get a shot

Coaching Points

1. Where can we support the player with the ball? In front of them? behind them? Maybe running around them (overlapping run)?
2. You do not need to be wide open to shoot.
3. Timing of run to stay onside

