

### Passing 5-7 Years

Once players have gained a degree of confidence with the ball at their feet it is now time to move onto the most often used skill in soccer. For those of you that are still guessing it is passing. Unfortunately for the majority of young players the correct passing technique is over looked. You will be subjected to the “kick it, shoot it, boot it” parent phenomenon. Unfortunately kicking the ball the furthest is not the name of the game, despite the worlds view of the English game. The end result for most young players is usually toeing it as far as they can. I will leave it to you to convince your players that their argument of “but I can kick it further and harder with my toe” is untrue!!

Much of coaching the correct passing technique involves a fair amount of static work, therefore it is important that your introductory practice should be one which captures their interest, gets the kids moving and most importantly has a high element of fun. As a coach it is essential not to facilitate playing games, but to enhance and reinforce the coaching points and ensure that each game you play has a focus or a desired outcome. For players aged 5-7 years use the ideas below to get kids moving whilst making a start on the technique of the short pass.

### Passing 7-10 Years

Players should be able to do a simple push pass, at least with their strongest foot. However, the games in the previous section should be used as a starting point and progressed upon, dependent on ability. Passing and control compliment each other and go hand in hand. Players should be focussing on using different parts of both feet to pass and control and progressively taken out of their comfort zone. Players should be encouraged to receive the ball whilst on the move and passing into space. Longer passing games, driven along the floor are a natural progression for players 7 to 10 years of age. Don't be afraid to challenge players, you can always go back.

### Passing 10-14 Years

All players need to constantly finely tune and practice technique. Pressure is the key for the older player and as a coach you must demand perfection every time. Use some of the activities for players 10-14 years as you feel necessary but for increased pressure activities see possession.

# P A S S I N G

## TECHNIQUE: Passing & Receiving

The two main considerations in passing are the direction and speed of the pass. Passing exercises must involve repetitious "drill". The coach must utilize numerous exercises of a general and functional nature to improve passing. (i.e. possession games, conditioned games (1+2 touch), grid work, small sided games, shadow play).

### **Direction of pass:**

- when a player is standing or running at server, the ball should be played to his/her foot
- when a player is running laterally, ball should be played to space

### **Speed of pass (Weighting of ball):**

- the weight of the pass is determined by many factors in an ever changing environment
- players should have the skill, versatility and decision making capabilities to execute effectively a variety of passing techniques under pressure

### **Timing of Runs:**

- player with ball determines when to run
- player(s) without ball determine where ball is played

### **Receiving Balls on the Ground:**

- Receive ball across body on furthest foot
- Look at next target as ball is being passed to you
- Receive ball with toe pointed up
- Do not stop - prepare ball towards next target
- Keep hips open

### **Receiving Balls in the Air:**

#### Control and Preparation

- the first touch in soccer is the vital touch
- get in line of flight of ball
- decide which body part to use
- present body part to ball
- relax body part at impact if ball is to be collected

## TECHNIQUE: Long Passing

### Driving (driven “line drives”):

- ball must be “out of” feet
- player approaches from slight angle
- “hop” onto support foot - pointed forward
- support foot slightly behind ball
- toe pointed down
- ball struck in the middle
- follow through at target

### Lofted Pass:

- ball must be “out of” feet
- player approaches from slight angle
- “hop” onto support foot - pointed forward
- support foot slightly behind ball
- player leans back more
- toe pointed down
- ball struck middle to left/right (dependent upon passing foot)
- player kicks down at ball and extends to target.

### Bending and Hooking:

- toe pointed up at impact when hooking with inside foot
- toe pointed down at impact when slicing with outside foot
- kicking “across” the ball
- follow through is across (slicing) or away from (hooking) the body

### Crossing:

Crossing to near and far post spaces

Serve to near post and far post spaces

- driven ball: actually shooting the ball
- near post: must be short of the goalkeeper
- far post space: more of a half chip, half driven ball, past the goalkeeper

Early cross

- ball hooked from corner of penalty box
- ball swerved away from goalkeeper
- ball arrives at knee length
- ball arrives at “second” six yard box

### **Bumper Cars/Soccer Marbles**

Each player has a ball. They have to chase the coach and try and bump their ball into the coaches. If they are successful they (collectively) are awarded one point. The coach should start slowly and allow the players a degree of success until they reach their target number of points.

Once again enforce inside of the foot technique.

#### **Variation:**

- Each player has a ball and must try to pass/bump their soccer ball against other players soccer ball using the inside of their foot.
- Each direct hit players are awarded a point.
- Divide group into two or three teams.
- Right foot only, left foot only, try the outside of the foot and see how they cope.

### **Harry Potter Quidditch shooting**

Everyone in the group finds a partner, one ball between two. The players stand a small distance apart. Players pass the ball using the inside of their foot through their partners legs. If they get the ball through their partners legs they get 1 point.

#### **Variations:**

- Progress to how many points can you and your partner score between you.
- Increase distance between partners.
- Use different foot, and different parts of foot. Use as an introduction to shooting-laces.

### **Empire Strikes Back/Star Wars**

Players are placed with a partner, one ball between two. They stand opposite each other with a ball on top of a disc separating them. In turn Luke Skywalker and Han Solo attempt to blow up the death star (soccer ball on a disc) by passing their laser guided missile (soccer ball) against it. Point awarded for each time they blow up the death star (collectively between partners). Older players can play competitively against each other.

#### **Variations:**

- Increase/decrease distance.
- Change feet.
- Introduction to shooting using the laces.

## Meteorite/Time Bomb

All players have a ball and are placed into two teams. Each team stands opposite each other on different sides of the area. One ball (easily distinguished) is placed in the middle of the area (Meteorite). Players have to pass their soccer balls at the meteorite to deflect it back to the other teams planet (please be careful what you call each planet!!). If the meteorite is deflected across the opposite teams defense barrier then the team wins.

### Variation:

- This game can be painful with younger players and so a time limit can be a god send. The ball in the middle is a time bomb which will explode in a given amount of time (hence a time bomb). Whichever planet the ball is furthest from when it explodes are the winners. Play several rounds to ensure some degree of success.

## “Megs”

75% of players have ball in the square. Those who don't have ball stand with their legs apart. Ball carriers dribble around square and pass the ball through players legs to then get ball back. Rotate players who don't have ball every minute.

### Variations:

- Players make legs smaller.
- Place a time limit on each rotation with a set amount of goals to score.

## Star Gate

In pairs players have to unlock the star gate by passing between the gate # of times. The combination of the star gate changes after each round. The coach chooses the star gate.

### Variations:

- Two touch using the inside of foot to control and inside of other foot to pass.
- Two touch, outside of foot control and inside of foot pass.
- One Touch only.
- Possible add defender(s) to increase difficulty.
- Make gates smaller to increase difficulty.
- Players have to unlock every star gate in the area to complete the round.
- Change the combination after every round. If players mess up by hitting the side of the gate or using the wrong combination, they have to start the combination again. Going as fast as you can is not always the best policy.

### Passing Knockout

Two players are designated to try and knockout all the other players balls. Unlike knockout, if a players ball is knocked out they stay in the area without their ball and help the other players to keep their soccer balls away from the stealers. This encourages players to pass in order to stay in the game. Change stealers every couple of minutes.

### Conkers/Monster Trucks

In pairs both players with a ball stand at least 15 yards apart. One player passes their ball slowly towards their partner. Before the ball gets half way to its target the other player attempts to hit the moving ball. If hit player scores one point. Repeat. Must be a good feed to partner.

#### Variation:

- Use other foot

### Gate Passing

Use four discs to create three gates side by side. In pairs players have to pass between one of the three gates. Once the ball has been played through, the ball may not be played back through the same gate. Start with a maximum of 3 touches per player.

#### Variations:

- Restrict players to two touches.
- Inside of foot only to control and pass.
- Outside of foot only to control.

### Spontaneous Passing

All players in area, half of whom have a ball. Players dribble around and pass to open players.

#### Variations:

- Restrict number of touches that players are allowed.
- Introduce defender(s).

### Bank Vault

Players have to unlock the bank vault which has different combinations. In pairs passing between cones. Players begin with 2 touch and once reasonably proficient progress to 1 touch. As players improve, allow them to move freely about the area to score on as many goals as possible in a given time. Pass to feet if player is stationary, pass into space if player is moving.

#### Variations:

- Use different parts of foot to pass and receive.
- Add more cone gates.
- Vary size of the gates.
- As competency increases players can begin passing and moving around the field (in pairs, 3's).

## Passing Rotation

In groups of 3 with varying distances between players:

- Receive i/s of r foot, pass i/s of r foot
- Receive i/s of l foot, pass i/s of l foot
- Receive i/s of one foot, pass o/s of same foot

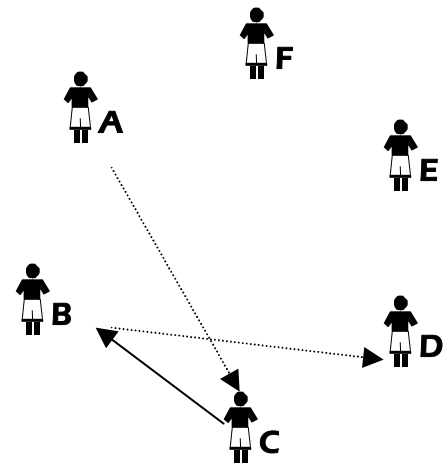
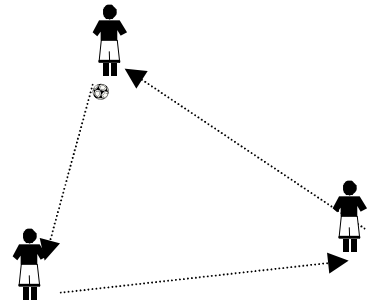
### Coaching points:

- Open body shape when receiving
- Cushion ball when receiving, good first touch
- Quality pass

### Variations:

In groups of 6 with varying distances apart

- Receive i/s of r foot, pass i/s of r foot in a clockwise direction all players follow their pass. There must be at least 2 players where the ball starts. Try 2/3/4 balls.
- First pass misses out a player, receiver sets ball back to the player who was missed out. Long, set back, long, set back (repeat).  
A to C to B to D to C to E etc.
- As above but players follow their pass. Two players are needed where the ball starts.
- As above but as C sets the ball back to B they must run around B and back to their position to receive the set back from D.
- Try short, short, long (Start with a backwards pass). Using i/s of of both feet



### No Mans Land (Lofted passing game)

In pairs one player plays a push pass to their partner through no mans land. The receiver attempts to loft the ball over no mans land. The moving ball helps the player loft the ball.

**Progression:** Players have to loft a static ball, and then progress to players feeding themselves with a touch out to the side.

In threes one player stands in no mans land and feeds to one of the other players. Receiver lofts ball over middle player to opposite counter part. Repeat and rotate positions.

**Variation:** Players are placed into two teams who stand on opposite sides of the area in there own area. One team has a ball each and tries to pass the ball over the moat. A point is scored every time the ball successfully clears the moat and lands in the other teams area.

**Variation:** Neutral players stand in no mans land. If they are able to intercept the ball they change places with whom ever passed it.

- Use both feet, alternately for all of the above.

### Empire Strikes Back

- Weakest foot
- Laces driven pass only
- Increase distance between partners

### Islands

In pairs, each player and their partner are on different islands (in a 5x5 yard area 25-30 yards apart). Players have to loft the ball to partner aiming for it to land on the other island (in the boxed area). Player scores a point if it lands in the box and receiver scores a point if they successfully control the ball in the area. Change feet to pass. Control ball with any surface.



### Through the gap

Players in groups of 4. Two players (P1 and P2) stand about 10 yards apart and pass the ball back and forth first time (no controlling touch allowed). Meanwhile the other two players move in a sideways skip motion back and forth between their stations in the middle of the two passers. How many passes can you make without the ball touching the two moving players? After 5 minutes, players swap roles.

## Possession Tag

Half the players have a soccer ball and choose two designated taggers. On the coaches command taggers come into the area and can only tag players without a soccer ball. Players should work together and pass the soccer balls to players who need them. Encourages players to want the ball.

### Variations:

- Only allow players to hold a ball for # of seconds
- Increase or decrease # of soccer balls
- Increase or decrease # of taggers
- Allow taggers to hold a pinnie, which they have to give to the person they tag. If you are tagged you become the tagger.

## Pinball

Half the players have a soccer ball, all others stand spaced out anywhere inside your area. Players with a ball dribble around receiving wall passes from standing players. Switch after a given time. Stress the use of voice and pointing where receivers wish the ball to be played (into space not to feet).

## Yes Please!

Half the group have soccer balls standing around the outside of the square. All other players stand within a smaller square set within the large area. Players in the middle have to run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving another pass from a different player. Players must say yes please to receive a ball.

### Variations:

- Two touches using inside of foot to control and pass.
- Use outside of foot to pass.
- One touch only.

### Feeder Variations:

- Along the floor
- Difficult bounce
- Header back
- Chest, thigh etc.

## Sequence Passing

Give each player a number and line them up in number order so that players can see where they appear in the sequence. Give a ball to player number one and allow players to hold the ball in their hands. One passes to two to three, to four etc, the last player in the sequence passes it back to number one. Chest passes only and players must call out their number before the player in sequence before them receives the ball. This enables the player receiving the ball to control the ball towards the next person in sequence. The player with the ball in their hands must stand still, but all other players and the ball must keep moving at all times.

### Variations:

- Progress to players using their feet.
- Add 1/2/3 balls.
- Players must check away around one of the outside discs as soon as they have passed the ball.
- Players can only pass in front of them within their 180 degrees field of vision.

## Passing Exchange

All players have a ball and dribble anywhere inside the area. If they see another player they can exchange soccer balls.

### Variations:

- Players must be at least 10 yards apart to exchange. Emphasize that players don't have to exchange soccer balls with everybody they see. Players need to create space in order to make an exchange. All players pass with the same foot. If the coach chooses the right foot to pass, all players aim to pass to their partners left foot/standing foot. Balls pass each other and don't collide.

### Players must use cues:

- Visual:** Players need to make eye contact with whomever they are exchanging with.
- Audio:** Players need to talk to each other.
- Physical:** Once players have called for the ball and made eye contact the next physical/visual cue is the players leg retracting backwards to make the pass.

### Variations:

- Use other foot to pass.
- Longer passes.
- Control using a particular part of the foot only. First touch into space and accelerate away.
- In pairs ball between 2. Allows a supporting playing to make a sprint run into space.

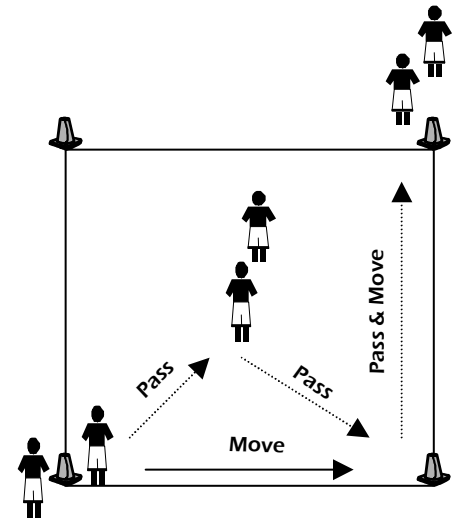
Game speed is essential at this age.

### Pass & Move

Two players stand in the middle of the practice area. The other players form two lines of no more than 2/3 players in diagonally opposite corners. The 1st player in each line has a ball & on the coaches command pass into one of the players in the middle of the area. Player moves to the spare corner to receive a short pass back from the middle player, and then plays a long pass down the line to the front player in the opposite line. Player then follows pass and joins the next line.

#### Variation:

- Middle players are only allowed one touch.
- All players are only allowed one touch



### 3v3

Play 3v3 (2 neutral players, optional) to end zone. Players must pass to teammate in end zone to score. Players cannot wait in zone but must be moving into it.

#### Variations:

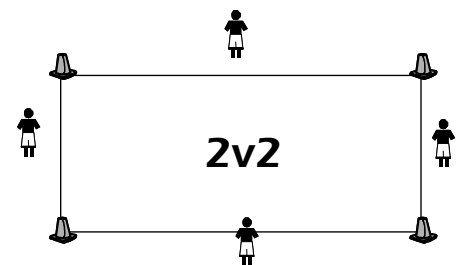
- Make space larger or smaller.
- Play 3v2 to encourage success, rotating odd player every 2 minutes.
- Players must have 3 passes before attempting to score
- Players have to receive a ball in the end zone & play a one touch pass back out for a player to then dribble into the end zone to score. Play 3v3 with 2 neutral players who play for the team with possession.

### 2v2 to end zone w/2 wide supporting players

Play 2v2 to end zone similar to above but have a target player in each end zone & a supporting player on each side of the area. Players on sides and end zones are neutral, and players must make the decision when to keep possession and when to penetrate. Rotate positions.

#### Variations:

- Limit movement of side players.
- Limit # of touches of side players.

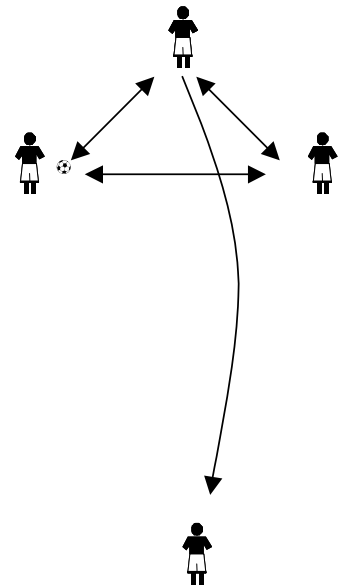


### Short, Short, long

In groups of 4 create a kite shape with the 3 players passing between themselves. Players must open up their body each time until the furthest player checks to the ball to receive a long pass. As soon as the pass is made 2 players run to support the player with the ball. The pattern continues concentrating on short sharp passes and a quality long ball to team mate. Emphasize the importance of opening up body position, checking away to receive the pass and effective communication.

#### Variations:

- Short passes with the addition of wall passes and overlapping runs
- Long pass driven along the floor/lofted into the air/outside of foot/played into space.



### Timed Team Keep Away

Divide the players into teams of at least four or five. Each player in the team has a number from one to five depending on how many players are in the team. Each team has their own area in which they pass and move keeping possession of the ball. The coach calls out a number, the player with that number in each team runs into the other teams area to try and steal the ball. The first team to gain possession are the winners. A point is scored each time.

#### Variations:

- Limit number of touches.
- Depending upon group numbers call out two or three numbers each

### Possession Sectional Thirds Game

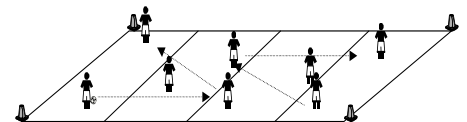
Small field is split into equal thirds. 3v1 in one third, a middle neutral zone and 2v1 in the final third. The three attackers attempt to make # of passes and then carry/dribble the ball into the middle third to create a 3v1 situation in the end third. Rotate defending players.

#### Variations:

- Increase # of passes players have to make.
- Limit the # of touches each player is allowed.
- Defender has to gain possession as opposed to just kicking the ball out.

### Wall pass

The field is divided into 4 zones or sections. The game involves two teams of 4 players, 2 players of the same team stand in one of the 4 zones. Each team gets a ball and try to pass to a team mate in the middle neutral zone who then has to return a pass back into the goal or point zone. Players in the two middle neutral zones attempt to complete wall passes with their team mates whilst at the same time trying to stop their opponents from making the same passes. Award a point for a genuine wall pass.



Players will need to be reasonably efficient passers of the ball. The objective of the game is to introduce and develop concepts such as first time passing, passing into space, creating passing angles including off the ball movement and support, communication and decision making.

Possession assumes that players have the technical ability to pass & receive/control, therefore age and ability is key in this section. Possession is very difficult to coach when play is constantly breaking down because of technical errors. If this is the case then you may have to go back for a short time to focus on technique. It essential that you set your players several realistic targets so as to maintain interest and success.

Players should understand the importance of keeping the ball from a very early age. It is for this reason that much of the younger players learning will be individual to increase their familiarity and confidence on the ball. Possession starts with each individual player having the confidence to hold the ball and make appropriate decisions that enable a team to create scoring opportunities. Possession is an activity that has many pre-requisites including ball mastery, first touch & control and passing. If any of these skill areas are deficient in a player then possession related activities can suffer due to technical breakdown. Possession related activities can begin for players as young as 6 & 7 at a very basic level. Other players of different ability may not be able to cope with possession until much older which is why possession relies on the pre-requisites as mentioned above. However, do not be afraid to place your players under pressure situations. Take players out of

### 5-7 Years

Possession for players 5-7 years should take the form of spatial awareness and creating space. Players will need to have reinforced the correct passing technique as many young players still use their toe. Creativity needs to be encouraged at this young age through positive reinforcement of the basic techniques of the game. Possession can be encouraged through the use of conditioning a scrimmage or the added bonus of # of passes counts as a goal. Young players need to be kept active and need positive experiences in order to learn the game. Possession needs to be successful and is dependent upon players ability to pass the ball, therefore allow your players a high degree of success which will not be achieved by two touch three team keep away first team to make ten passes. Know your players!

### Possession 7-10 Years

Players at this age should have the technical ability to pass a ball. Pressure can be difficult to implement with players who are not technically proficient or mature enough to cope with possession related activities. Using fun games should be used as in the previous section as an introduction to possession, but the danger is increased excitement thus, poor concentration and technical errors. However, any successful possession work at this age is

### 10-14 Years

Possession assumes that players have the technical ability to pass & receive/control, therefore age and ability is key in this section. Possession is very difficult to coach when play is constantly breaking down because of technical errors. If this is the case then you may have to go back for a short time to focus on technique. It essential that you set your players several realistic targets so as to maintain interest and success.

Create numbers up situations such as 2v2v2/3v3v3/4v4v4 etc 6 maximum.  
Use neutral players to create situations where players experience success.

**Use activities outlined in the 7-10 section and the 14+ section with the following adaptations & conditions:**

- Size of area
- Neutral players (#'s up)
- Vary target: Line/zones/corner goals
- SSG with restrictions
- # of touches
- Interception only
- # of passes before shot
- Target player

### 14+ Years

Possession is an essential part of the game and it's competitive nature ensures players interest. Physical punishment is not precedent within USA, Inc. training for players aged 3 to 12 but can be used for older, competitive players . As players get older the physical demands of the game increase and so fitness can be used as a team forfeit. Again it is important that you know your players.

### **Team/Pairs Knockout**

In pairs/team with one ball between 2 players have to keep possession in their team away from knockerouters. Encourages players to pass and move.

#### **Variations:**

- Increase the number of players in the team. Groups of 2/3/4 etc.

### **Knockout Twist**

Play knockout with two or more players chosen to be knocker outers. However, if a players has their ball knocked out they have to leave their ball next to the coach and they are allowed to stay in the game and help the other players keep possession.

### **Passing & Creating Space**

In groups of 3 players work in a grid with each player standing on a corner leaving 1 corner free. Start with a diagonal pass and then run to the spare corner. Encourage a good first touch into space, preparing the ball for the next pass.

#### **Variations:**

- Restrict number of touches each player has
- Add a defender to play 3v1. Make the area large enough so that players experience some success

### **Team/Pairs Knockout**

In pairs/team with one ball between 2 players have to keep possession in their team away from knockerouters. Encourages players to pass and move.

### **Constant Motion**

In an area 20x20 players work together with one ball. The ball can never stop moving, players can never stop moving and the ball must not leave the area. Coach will keep time and see how long players can keep in constant motion. Focus on quality of passing, communication and movement off the ball.

#### **Variations:**

- Add additional balls
- Decrease/Increase the size of the area
- Limit # of touches
- Allow players to use different parts of the foot when passing
- Encourage the use of tricks and flicks for creativity
- Add defender (s)

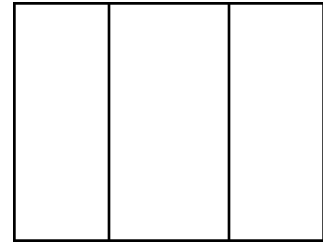
### 3v1 & Neutral Zone

3 players/attackers play against 1 defender in one third of the area. There is a neutral zone which is the middle/midfield third and an end section with 2 players & 1 defender.

Play 3v1 in first third with the aim to keep possession for # of passes (dependent upon age and ability). Once the set number of passes has been made, at any point one of the attackers can dribble into the neutral zone and then join players in the end third to create another 3v1 situation. Rotate defenders.

Variations: Once the set number of passes have been made instead of dribbling into the neutral zone the ball now has to be played/passed in front of a team mate to run onto.

If players have difficulty completing number of passes, increase the space, or increase the ratio of attackers to defenders. Or decrease number of passes. Set realistic targets.



### Three Team Keep Away (8v4)

Three teams of different colors play in a designated area with no goal keepers. Two teams work together to keep the ball away from the other team. Whichever team loses possession or makes a mistake take up the defending team position.

#### Variations:

- Restrict # of touches
- Set a target of # of passes to complete
- Apply a time limit

### Timed Team Keep Away

Divide the players into teams of at least four or five. Each player in the team has a number from one to five depending on how many players are in the team. Each team has their own area in which they pass and move keeping possession of the ball. The coach calls out a number, the player with that number in each team runs into the other teams area to try and steal the ball. The first team to gain possession are the winners. A point is scored each time.

#### Variations:

- Limit number of touches
- Depending upon group numbers call out two or three numbers each

### The Square

Play 6v6 possession in designated area. If 1 of the 2 teams manages to execute a set number of passes without the opponents touching the ball, the opponents have to run through the gate all the way around the square in a given amount of time. As soon as the time limit has elapsed then the team in possession can begin passing the ball again.

#### Variations:

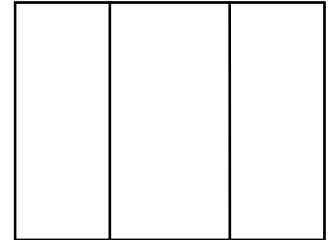
- Two touch only.
- No tackling, interception only.

### 3v1 & Neutral Zone

Small field is split into equal thirds. 3v1 in one third, a middle neutral zone and 2v1 in the final third. The three attackers attempt to make # of passes and then carry/dribble the ball into the middle third to create a 3v1 situation in the end third. Rotate defending players.

#### Variations:

- Increase # of passes players have to make
- Limit the # of touches each player is allowed
- Defender has to gain possession as opposed to just kicking the ball out
- Once the set number of passes have been made instead of dribbling into the neutral zone the ball now has to be played/passed in front of a team mate to run onto.
- If players have difficulty completing number of passes, increase the space, or increase the ratio of attackers to defenders. Or decrease number of passes. Set realistic targets.



### 3v3/4v4/5v5/6v6 Possession and Penetration

Play possession game to end zone. Players must pass to teammate in end zone to score. Players cannot wait in zone but must be moving into it. There are off sides.

#### Variations:

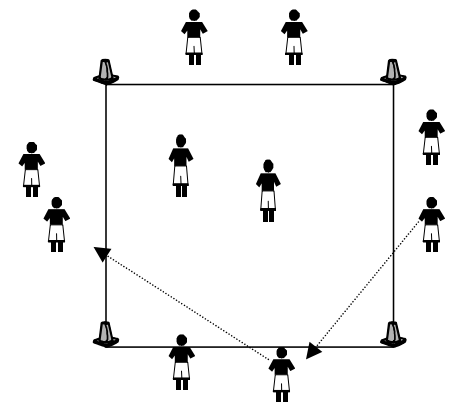
- Make space larger or smaller
- Players must have 3 of passes before attempting to score

### 6v2 Possession

6 players stationed around the outside of the area play possession against two defenders inside the area. The 6 players are not allowed inside the area interpass and the defenders attempt to intercept the ball. Player who gives up possession changes positions with a defender. As a coach insist that the ball does not stop moving.

#### Variations:

- Limit # of touches
- Inside of foot only
- Set # of passes as a target
- Must split to score

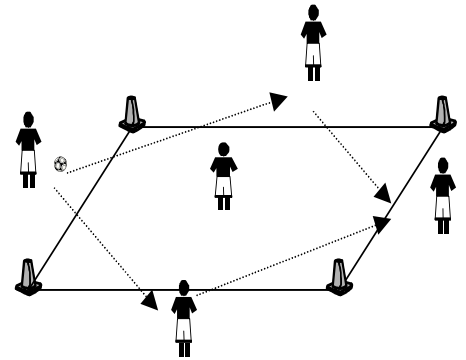


### 4v1 Possession

4 players stationed around the outside of an area play possession against 1 defender inside the area. The 4 players are not allowed inside the area and inter pass, defender attempts to intercept the ball. Player who gives up possession changes positions with the defender. As a coach insist that the ball does not stop moving.

#### Variations:

- Limit # of touches
- Inside of foot only
- Set # of passes as a target

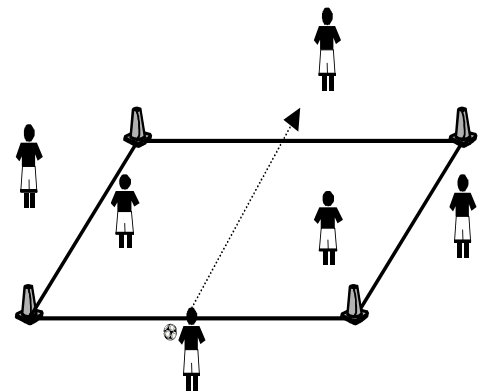


### 4v2 Possession

As above but add a defender to create a 4v2 situation. Players keeping possession should try to split defenders for double points.

#### Variation:

- Increase or decrease space.
- Play 4v2 in an open area. All players must stay in the area which places greater emphasis on players movement & 1st touch.
- Limit # of touches.

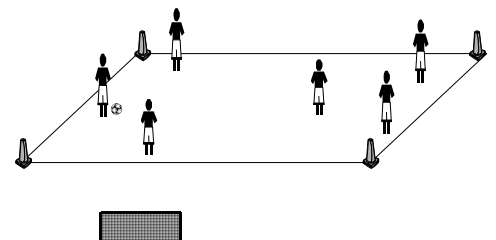


### 4v2 Possession To Goal

Play 4v 2 to a goal set 10-15 yards back from the rectangular area. Attacking players have to create as many scoring opportunities as possible after completing designated number of passes.

#### Variation:

- Increase or decrease # of passes.
- Restrict # of touches.
- Introduce off sides.
- Increase the size of the area extending to the goal.
- Add a 3rd defender.
- Add a goal keeper.



### 3v3v3 Possession & Penetration

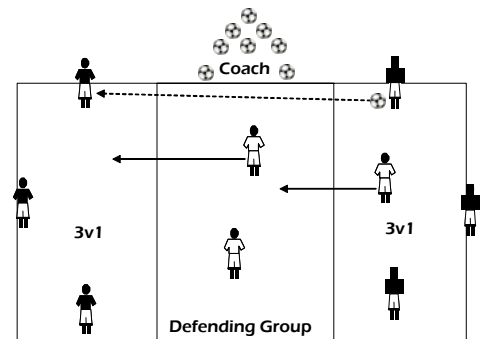
Field is divided into thirds with a team of 3 players in each third. Ball is played into one of the teams in the end sections and have to complete # of passes. A player/defender from the middle third acts as a defender playing 3v1 keep away. As soon as players have completed # of passes the ball is to be played through the middle third to players in the end section (point scored). The original defender runs back into the middle section and a different defender runs to defend the ball creating another 3v1 situation. If defender wins the ball the team that gave up possession go into the middle.

#### Variations:

- Ball must be played on the ground through the middle section
- Ball must be played in the air through the middle section
- Play 4v4 to make it easier for players
- Players in the middle section are not allowed to intercept to make it easier

#### Additional Coaching Points:

- Play short, short, long in end sections to draw in defender and then release pressure
- Players in opposite end section to the ball need to make themselves available for players to pass too through the middle section (work together). Players stood still will be penalized by going into the middle section.
- Each section refers to either defense, midfield or attack. The same principle of short, short, long applies to the whole picture.



## Yes Please!

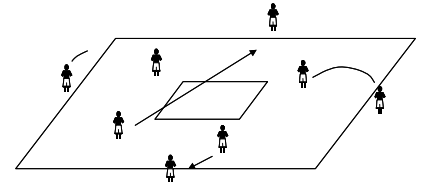
Half the group have soccer balls standing around the outside of the square. All other players stand within a smaller diamond set within the large area. Players in the middle have to run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving another pass from a different player. Players must say yes please to receive a ball or call the players name.

### Variations:

- Two touches using inside of foot to control and pass (pass to other foot)
- O/s of foot control and I/s of same foot to pass
- Use outside of foot to pass
- One touch only
- Control: Chest, thigh etc.
- Inside of foot control
- Headed straight back
- Head to self (cushion) and back to feeder
- Head into space and turn

### Feeder Variations:

- Along the floor
- Ball in hands (difficult bounce)



## Yes Please! Progression Control Under Pressure

A third of the group have soccer balls standing around the outside of the square. A third of the group stand within a smaller square set within the large area. A third of the group stand outside the inner square and act as defenders. Players in the middle have to run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving another pass from a different player. Players must say yes please to receive a ball.

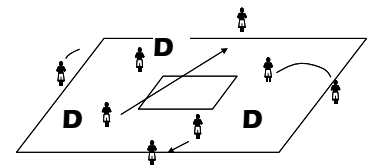
### Coaching Points:

- 1) Eyes on the ball
- 2) Body in line
- 3) Check away first taking defender away (diamond)
- 4) Check at an angle
- 5) Feeders give information to player receiving the ball "TURN" or "BACK"
- 6) Glance over shoulder as ball leaves feeders feet to make a better decision as to what to do with the ball.

Players in the middle are paired as an attacker & defender. Attackers have to receive a ball from any of the outside players and play the ball back without an interception from defender. Begin with a pass/feed on the ground. Rotate attackers, defenders & feeders.

### Variations:

- One touch only.
- Progress to balls in the air.
- Pass/feed is into space for player to receive & then pass to an open player



## Yes Please! Progression Shielding & Turning

Players are generally encouraged to play the way they are facing, but in the attacking third of the field we wish to encourage players creativity. All of the following should be progressed from passive to semi-active to game related. Start in grids and progress to playing to goal.

### Variations:

- Player B controls and shields the ball from C. Player B does a Matthews fake, scissors or step over and then takes the ball to the left past the defender.
- Player B controls and touches the ball with the inside of the right foot so as to take the ball to the left. Attacker B now side ways on to defender C and drawn them to the left hand side does a Cruyff turn to take the ball in the opposite direction to the right.

Once all the variations have been identified allow players to play but with full pressure. The attacking player has a decision to make on how to best get to the end line or play back to player A.

