

COACHING RESOURCES

Training ideas for passing:

1. *Ball in the Box* - Make a 5 foot square with cones. Coach stands 10 yards away and passes ball to player standing behind the box. Player controls the ball with first touch, placing it inside the box, and then passing it back to the coach. Practice with both feet.
2. *Tres Amigos* – Organize players in group of three with one player in the middle and two on opposite sides with balls. The middle player, without a ball, stands about 15 yards from each of the outside players. The outside players serve the ball one at a time to the middle player, who must control it and move toward the other server and do the same maneuver. Rotate the player in the middle.
3. *Soccer Golf* – Set up cones or flags randomly in a 20 x 20 grid and have players try to hit them with a ball in the least amount of touches. Players complete the course when they touch all of the flags with their ball. Each player counts how many touches it took him/her to touch all of the cones/flags. The least amount of touches wins.
4. *Pass and Follow* – Divide the players into two groups and place them in the tow lines facing each other, about 10 yards apart. The first player in one line passes the ball to the first player in the other line and then runs to the end of the other line. The receiver of the pass two touches the ball and passes it to the first player of the other line. This drill continues until all the players have passed 10 times. For advance players a variance is to have the two groups practice chest, thigh and head traps followed by a pass and run to the opposite line.
5. *Keep Away* – Have players play 4 versus 1 in a grid with boundaries. Have players try to keep the ball away from one defender. When a player loses the ball, he becomes the defender. Use one touch then two touch passing.
6. *Passing through Flags* – Divide the players into two teams. Set up two goals with cones/flags, 5 yards apart and assign each team to a goal. Position half the players from each team on either side of their goal about 15 yards away from the goal. Each player passes the ball between their goal to their teammate and then sprints to the other end of the line. The two teams compete to see which one can pass the most balls between their goals in a certain amount of time. To vary, narrow the width of the goals and use one touch passes.
7. *Pitching Soccer Pennies* – Pass ball so that it stops on a target line with one pass. Line up players on one line. Place a target line (using cones) about 10 yards away. Players stand behind serving line and pass to the target line. Player passing ball closest to line wins.
8. *Small Sided Passing Games* – Use 5 versus 1 for beginning players and up to 5 versus 4 for excellent players. Each member of the team is restricted to ‘one or two touch play’. If player touches the ball more than once (one touch) or twice (two touch), the player loses possession of the ball or a goal is scored. Points are awarded for goals scored and/or for intercepting passes of the larger team.
9. *Gator Crossing* – Create a ‘lane’ with cones or flags. Gators are in the lane while players on both sides of lane attempt to ‘chip’ the ball over the gators in the lane. Lane width will vary based on age and skill levels. Rotate players so everyone get to chip the ball and be a gator.