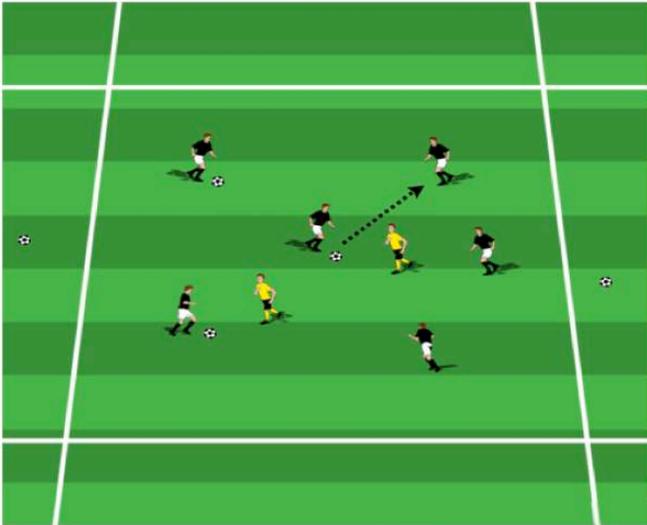


# PASSING

## Practice 90 - Phase I



- Area** – 20 x 20. Two teams. This exercise shows eight players. Two yellow defenders and six dark attackers. All the dark players have a soccer ball.
1. The exercise starts with the two defenders entering the area and attempting to kick all the balls out of the playing area.
  2. The dark players dribble and shield their ball from the defenders.
  3. If a dark player's ball is kicked out, they now become a support player for the other dark players.
  4. You will eventually end up with one soccer ball and a 6 v 2.
  5. Switch defenders.

**Coaching points:**

When a player loses the ball, they must look around the area for the players that need help.

Dribbling and shielding. Communication and the use of space.

If the last ball gets kicked out, bring in another ball and coach spacing.



- Area:** Set up two 12 x 20 grids. Exercise shows 10 players, 5 v 5. (Can be done with more players)

The coach has all the soccer balls.

1. The coach serves in a ball. Once the ball is touched by that team, one defender from the opposite team enters the area. (You can start with two entering the area)
2. The team with 5 players keep possession. The coach counts the passes. After every 5 passes another defender comes in to help. So 5 passes, 10 passes and so on. See how many defenders the possession team can get in their area of play.
3. If the defender wins the ball, they quickly move back in to their playing area and the coach serves the ball to the other team.
4. Same process.

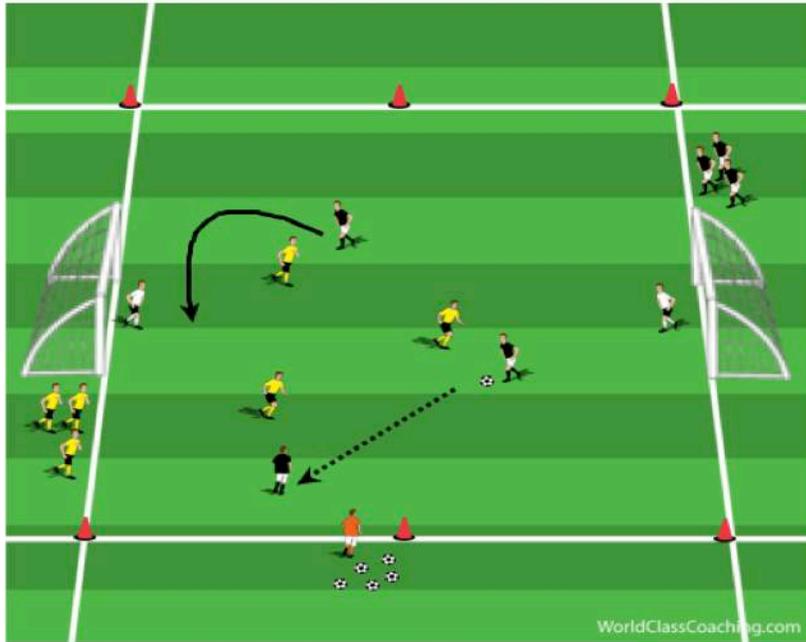
**Variation:**

Now send in two defenders only. Those two defenders have to win the ball and pass it back to their team.

**Coaching points:**

Communication, support play, passing.

# PASSING



**Area** – 20 x 30. Play 3v3 with other team-mates standing by their own goal.

1. The teams play against each other.

2. The rules of the game are:

- On the coaches whistle, both teams leave the field leaving the ball where it is.
- They are replaced by three other team mates who continue the game with the score remaining the same.

**Coaching points:**

Encourage the players to play with intensity.

Transition – Organize quickly on defense or attack.

Players should control and pass the ball using the correct technique.

Movement off the ball is vital for this 3v3 exercise

Finish with a 4 v 4 game.

Coaching notes:

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