

## **PASSING/RECEIVING**

Passing is okay between players that are at least 10 feet apart. Could set up players in own grid with 10 foot zone. Encourage players to use both feet, left and right.

Because passing involves giving the ball to a teammate, it is important that players are taught to know where their teammates are by constantly looking. A second important ingredient is verbal communication, or talking. Coaches should teach players to provide intelligent verbal cues to help with decision-making in passing.

The technical elements of passing vary based on the kind of pass being made. The key elements of any pass (both short and long) include:

- See the target.
- Approach the ball.
- Plant and position of support, or non-kicking foot (the toe of the non-kicking foot should be pointed in the direction the player wants the ball to go).
- Look at the ball, holding the head steady.
- Contact the correct area of the ball with locked ankle.
- For instep and outside of foot pass, the toes are pointed down and contact is on the top of the foot.
- For inside of the foot pass, toes are pointed up.
- Follow-through: kick "through the ball," following through toward the target.
- Transfer the weight forward.

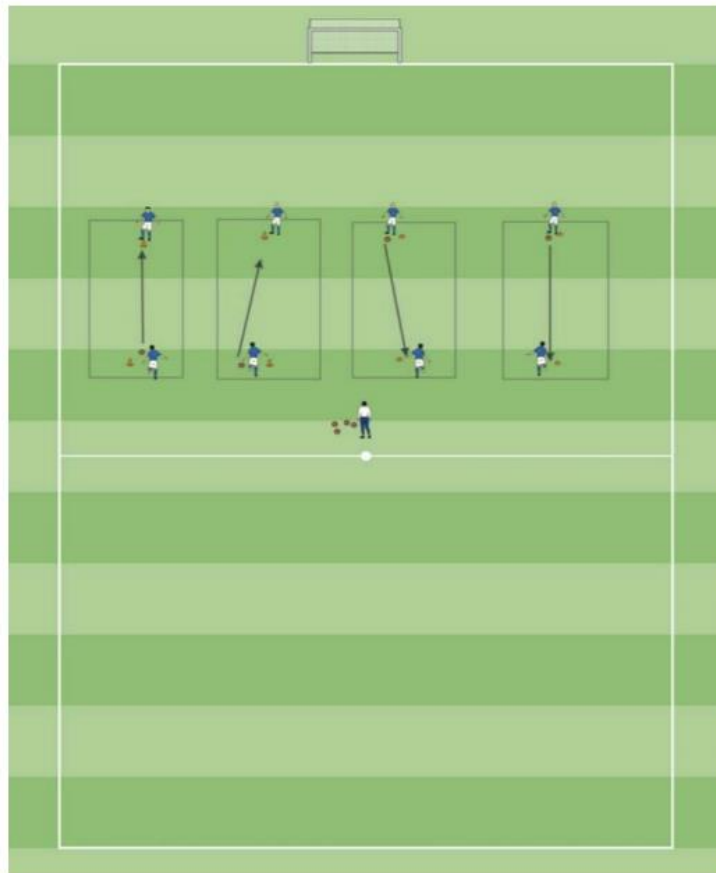
## 4v4 Passing and Target (U7-U8)

**Objective:** Improve Accurate Passing and Passing Technique

**Player Actions:** Pass/dribble

**Key Qualities:** Read game/make decisions, Optimal technical, Focus

Terry  
Babatunde  
Eguaoje Ed. D.



**Organization:** Players in pairs across from each other separated by two cones that are 10-15 yards apart and 5 yards wide. In one group, players pass to each other, then move the ball around the cone and pass back to their partner and the other group try to hit their partner cones.

**Notes:** Count how many times you hit the cone. Players will be moved between groups/grids. 4 Players work on passing and receiving.

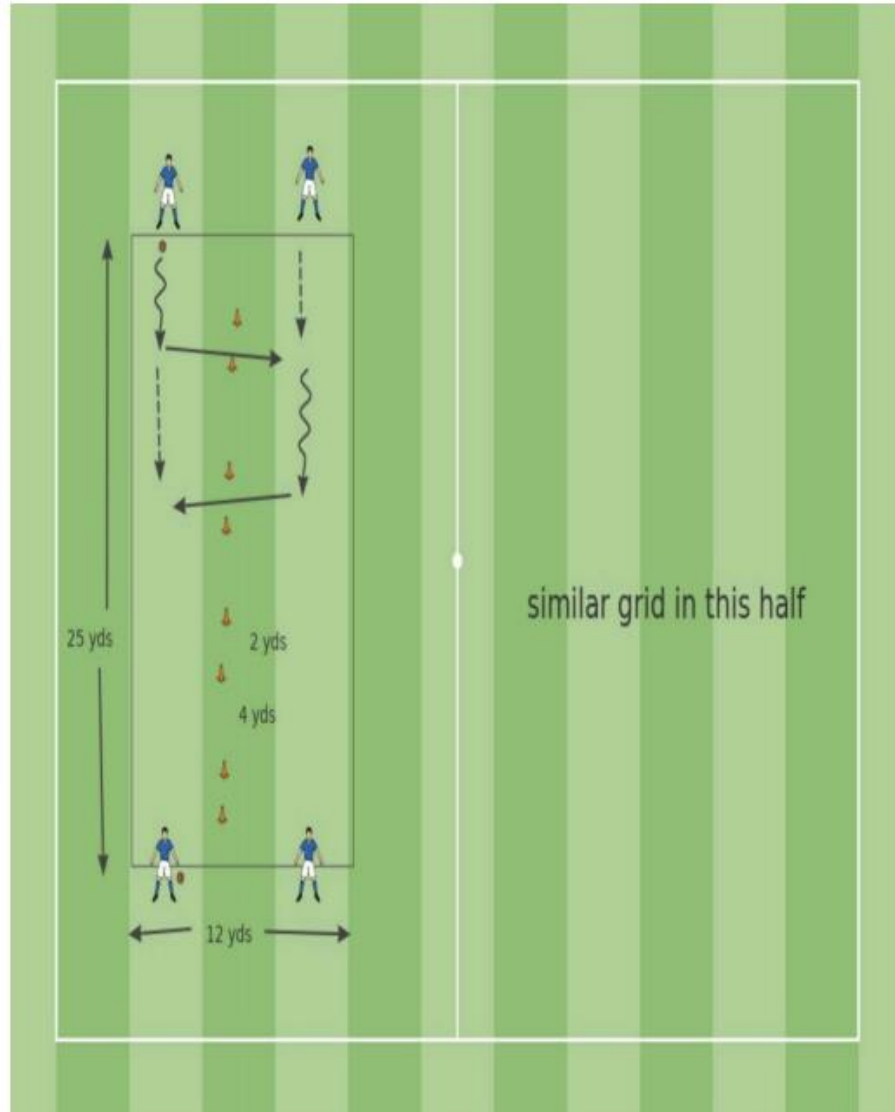
## 4v4 Social Distancing the Gates Game (U7-U8)

Jacob  
Daniel

**Objective:** Work on dribbling and passing while maintaining social distance

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical



**Organization:** Two grids of 26 by 12 yds. 4 players in each grid positioned as shown at both ends. One pair starts by dribbling into grid and passing to each other through the 2 yard gates. When they get to the other end, they turn and repeat skills as they return to their original position. The second pair does the same thing when the first pair is done.

**Notes:** Can vary kind of passes. Can progress to contest to see which pair completes their round fastest.

## 4v4 2v1 for the 4v4 Game Model (U7-U8)

Auke  
Wiersma

**Objective:** Improve the players ability to move off the ball and to find and create openings

**Player Actions:** Spread out, Pass options

**Key Qualities:** Read game/make decisions, Initiative, Optimal technical



**Organization:** Create two 10 x 15 rectangles with a 6 feet space in between. This space is occupied by the defender. The attacking blue players pass the ball back and forward to generate points. When the defender wins the ball, he/she can score on the small goal. The spaces between the squares are 6 feet wide. The attackers are not allowed past the cone line (social distancing requirement). Rotation of players: defender moves to the right side of the field. Attacker 1 moves into the defensive position. Attacker 2 takes the spot of attacker 1 by moving to the opposite side of the field by walking over on the left side of the field. Once attacker 2 is in position, the defender moves to the attacker 2 spot.

DEFENDER CAN BE A CONE! OR A COACH! Stay 10 feet away from players.

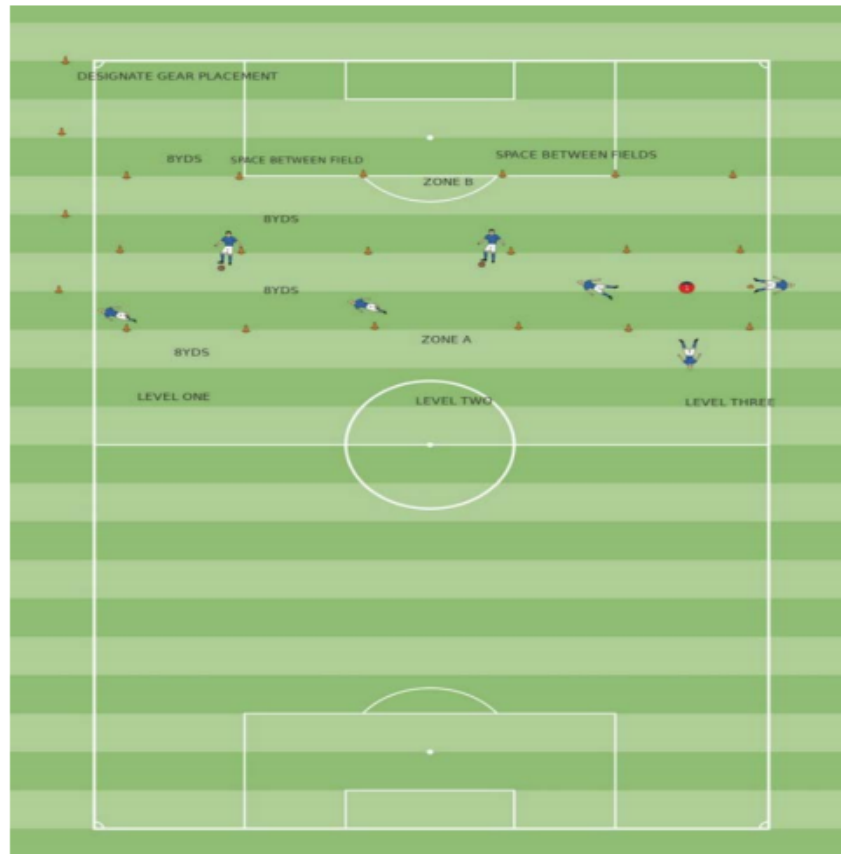
## 4v4 Share the Ball (U7-U8)

**Objective:** Passing and Movement

**Player Actions:** Pass options

**Key Qualities:** Read game/make decisions

Bryan  
Thorp



**Organization:** Pre-session PPP- sanitize all equipment. Refrain from contact during greetings. Set cones to designate where players can leave equipment. ESTABLISH CHANNELS - 8X16 YARDS WITH AT LEAST 6 FT BETWEEN CHANNELS.

**Notes:** LEVEL ONE- TWO PLAYERS, ONE BALL- HOW MANY PASSES IN 30 SECONDS? CAN YOU PASS AND DRAW LETTERS IN THE GRID, EX. LETTER "W", USE TIME AND SHAPE TO INCREASE PASSING REP'S LEVEL TWO-TWO PLAYERS ONE BALL INVOLVE ZONE B- CAN YOU DO TWO SHORT PASSES IN ZONE A, THEN ONE LONG PASS INTO ZONE B? REPEAT. THREE SHORTS PASSES, ONE LONG? LEVEL THREE- THREE PLAYERS PLAY KEEP AWAY - ATTACKING PLAYERS ARE ON THE OUTSIDE OF THE GRID, MUST MOVE, AND PASS THROUGH GRID TO KEEP POSSESSION. ALTERNATE AFTER 1MIN/ 90SEC Post-session PPP- do not allow players to contact each other nor contact the equipment. The coach collects and sanitizes cones. WHEN SWITCHING DEFENDERS- DO NOT SHARE VESTS-SUPPLY A NEW VEST FOR EACH.



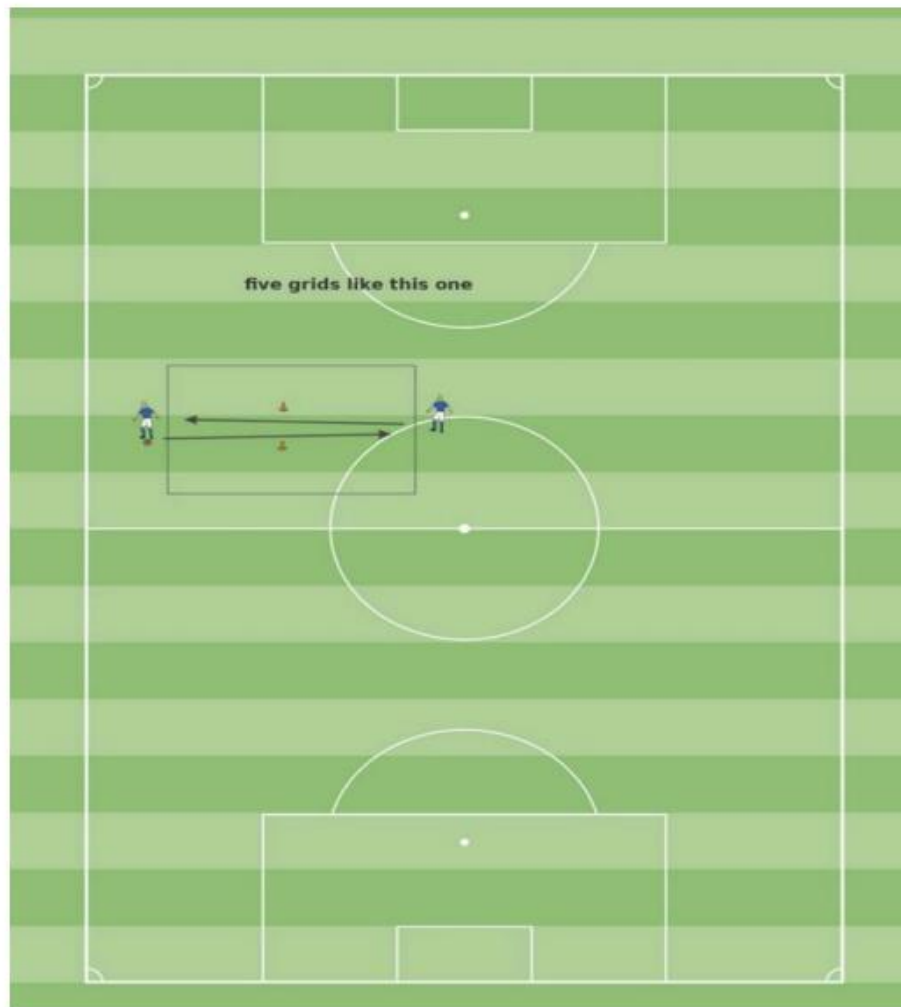
# 7v7 Social Distancing 1v1 Passing Contest (U9-U10)

Jacob  
Daniel

**Objective:** Improve passing and receiving

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical



**Organization:** 10 players divided into pairs, each pair in a 10 by 15 yards grid. Players pass to each other through a gate which is 2-3 yards wide. If one player misses the gate, the other player gets a point first to get 10 points is the winner. Passes must be on the ground. If a pass was made in the air, no one gets a point and receiver restarts passing sequence. Players cannot enter the grid but can move laterally outside the grid. With good players can make it one touch passing, with intermediate players make it two touch max.

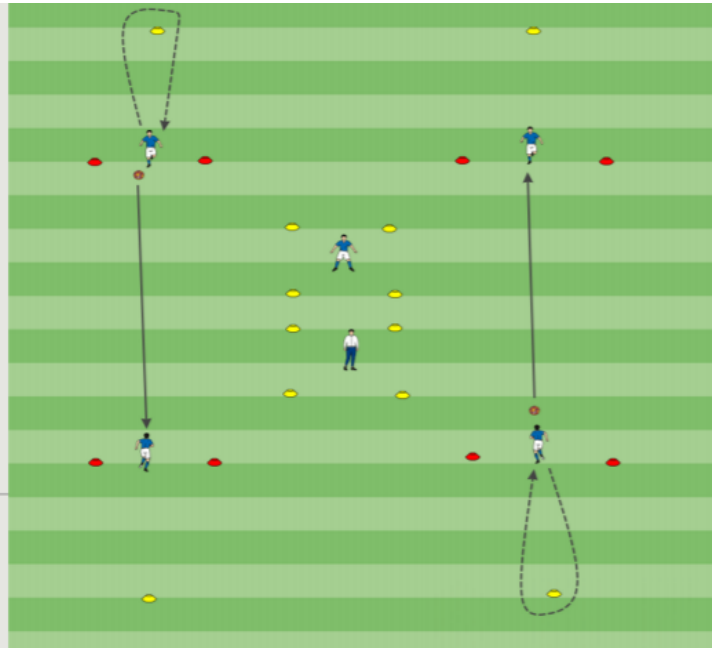
### Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and run around the cone and await the pass back while the other player follows the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

#### Coaching Points

- Head Up
- First touch and weight of pass
- Lock the ankle and plant foot
- Accuracy of pass

Time: 15-20 Minutes



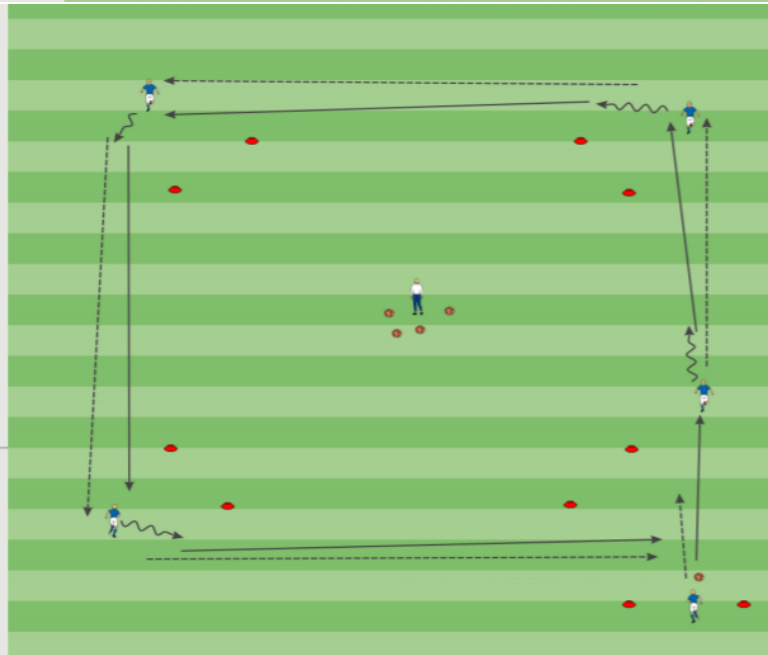
### Passing Activity

- Players pass and follow their ball to next area
- They check in and check away
- Follow the pattern of passes
- Start with 1 ball and then add another ball to be more dynamic and more touches
- Switch direction to all work on left foot

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



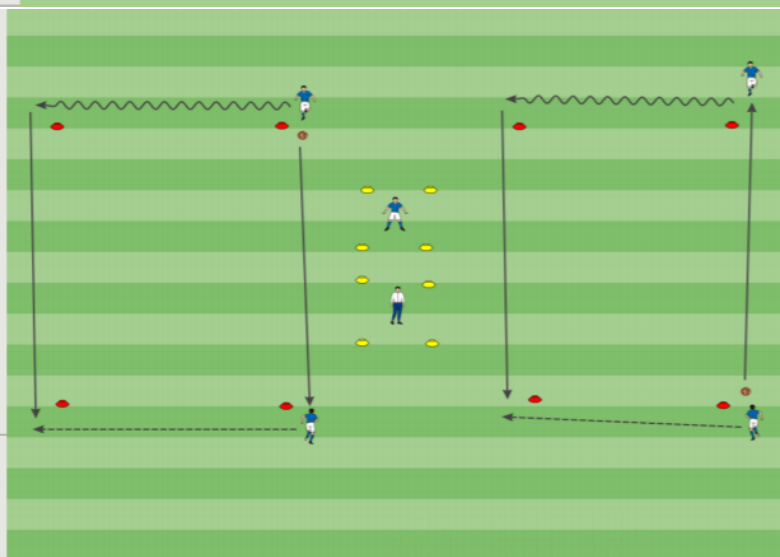
### Pairs Competitive Activity

- Two players across from each other and on the coaches command they start
- Pass the ball across and dribble to other side and follow the same sequence
- First team with 10 passes under control win
- Awaiting player joins the winning team and takes a player out and switch

#### Coaching Points

- Head Up
- Lock the ankle and plant foot
- First touch and weight of pass
- Dribbling for speed using the laces
- Small touches and accuracy

Time: 15-20 Minutes



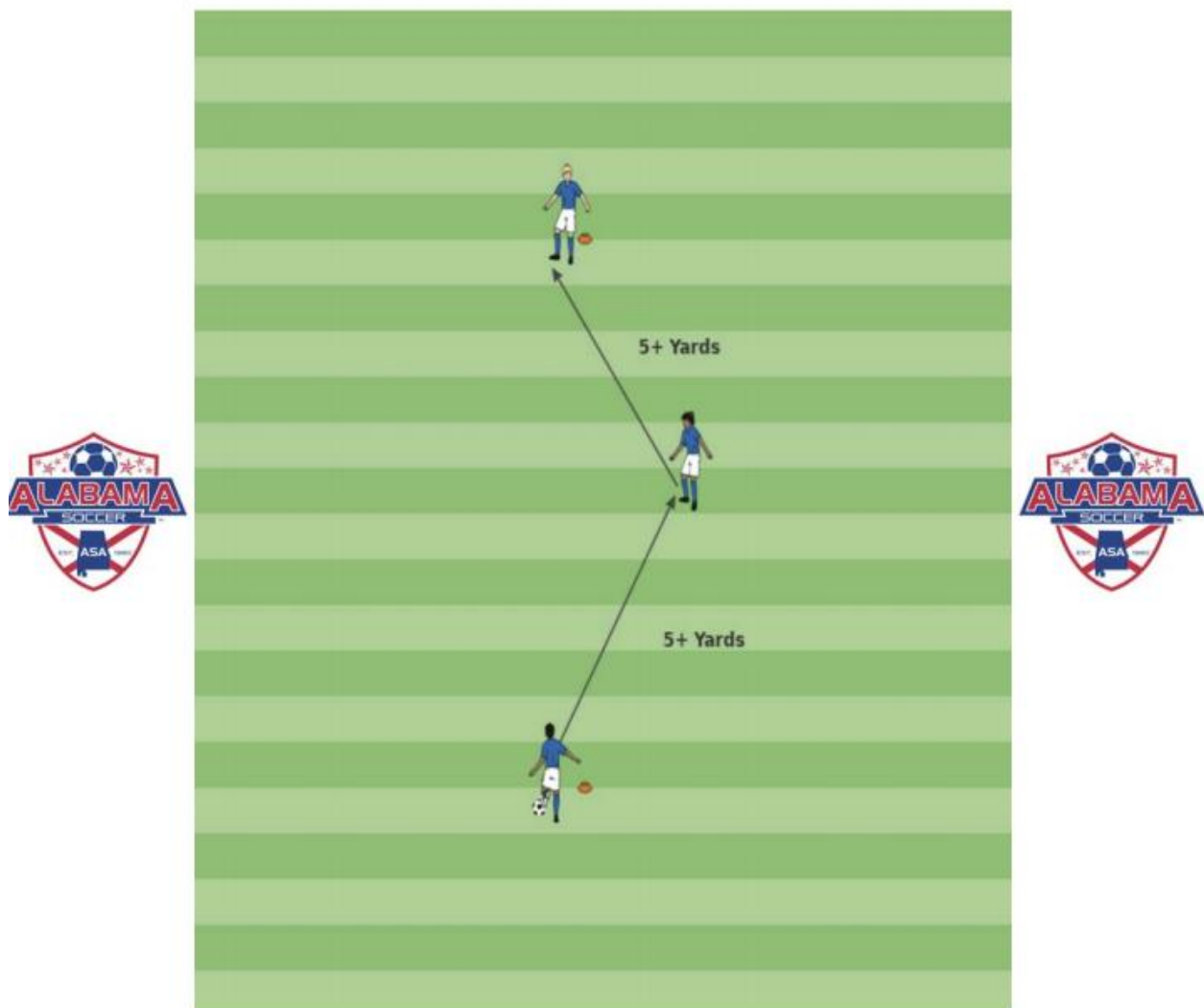
## 9v9 Open Up Passing (U11-U12)

**Objective:** Improve ability to receive and pass

**Player Actions:** Pass/dribble

**Key Qualities:** Optimal technical

Kevin  
Laux



**Organization:** Place 2 cones a minimum of 12 yards apart. One player stands on each cone with another player in the middle offset to Attacking form a triangle One player on a cone starts with the ball and passes to the player in the middle who receives with their far foot, receives & turns/opens their body toward the other player then passes to that player. Repeat of a set number of repetitions or timeframe.



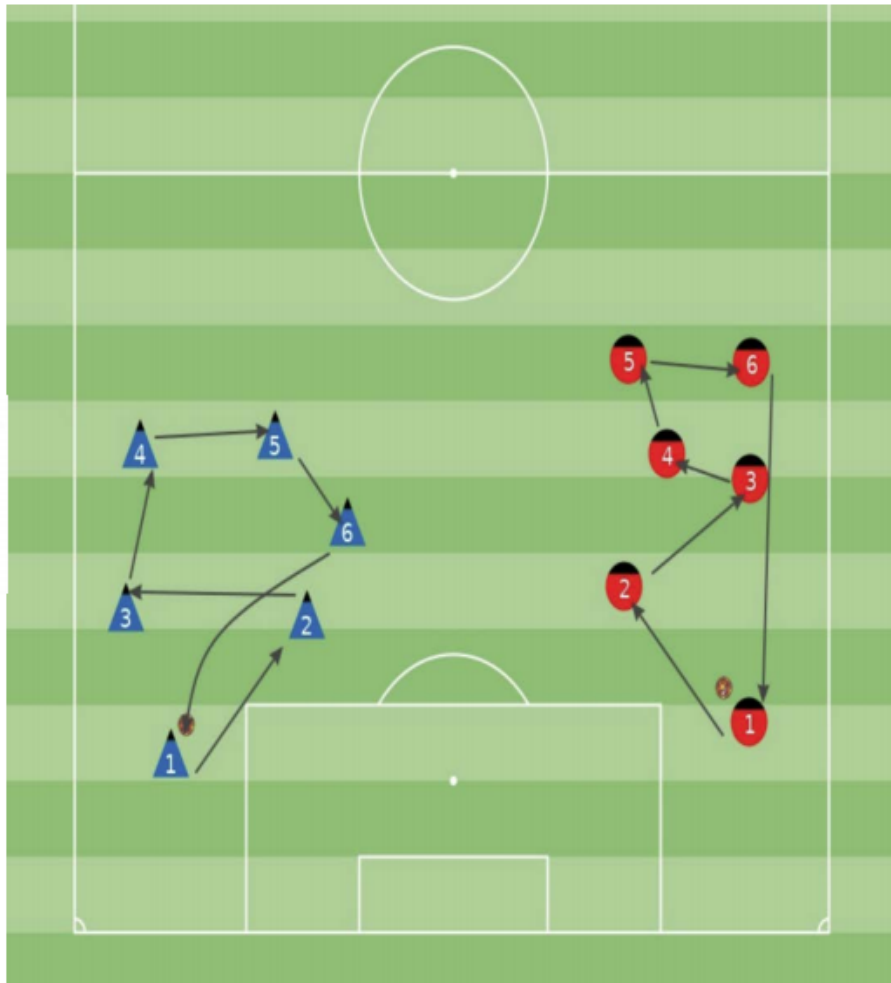
## 9v9 Numbered Passing (U11-U12)

**Objective:** Improve ability to receive and pass

**Player Actions:** Pass/dribble, Spread out, Create passing options

**Key Qualities:** Optimal technical

Skyler  
Bell



**Organization:** Groups of 4-7 players, with each player given a number. Players pass in number order. The image here is of the 2 major issues you'll have: either they will be in a circle or they won't have put any thought into moving into the line of sight of the player before them. The groups don't even need to have their own space, but can go invade the space of other groups. They should work to vary the distances between players so some passes are longer, some are shorter. **RULES:** 1) ball cannot stop moving. 2) players cannot remain in the same spot. Keep moving! (side shuffle, back peddle, run forward, etc) **ADD AS YOU PROGRESS:** 3) use opposite foot from your last pass. 4) no turning\* (this is the most important rule, as it forces the players to know which way they want to play and make their run facing that way, as well as the next player must be aware and make their run into the line of sight of their teammate). 5) no talking (make them LOOK)

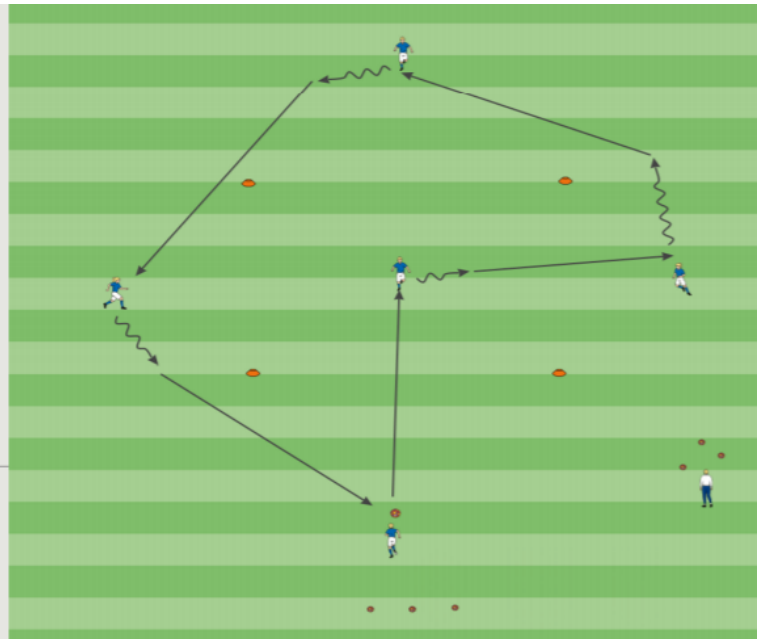
### Passing Activity

- Players continue to move in their area
- They check in and check away
- Follow the pattern of passes
- Change players as there are different versions of receiving the ball
- Switch direction to all work on left foot

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes



### Passing Activity (Short Short Long)

- Player in center provides a one touch back for player to make long pass to teammate
- Player in center moves left and right to provide support to both groups
- They check in and check away
- Change players as there are different versions of receiving the ball
- When player controls ball they will quickly pass to teammate who is closest to them and then follow the same going the other way

#### Coaching Points

- Ankle Locked
- Head Up
- Weight of Pass
- First Touch
- Control and Surface of Foot
- Balance and ready to receive
- Communication

Time: 15-20 Minutes

