

Passing Soccer Drills

Drill 1: Pass and Move Drill

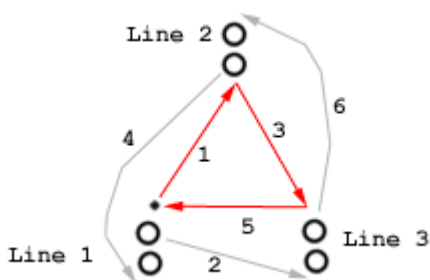
Description: There are three lines of players behind three cones, arranged in a triangle. The player in the front of each line passes the ball over to the next. As he completes his pass, he moves over to the back of the line that is opposite to the direction of his pass.

Explanation: This drill incorporates many fundamental aspects of passing. First of all, all passes are made in a triangle, which is the basis of all ball movement. Secondly, the players are forced to move right after releasing the ball. This enforces the dynamic concept "pass and move."

Task: keep the ball moving from cone to cone; after a pass from Line 1 to Line 2, the player passing must go to back of the opposite Line 3 and so on

Purpose: technique, rhythm

Complexity: simple



Drill 2: Combination Passing

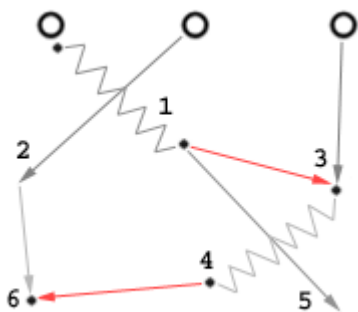
Task: to advance with the ball while preserving width

Purpose: maintaining attacking shape, passing to space

Complexity: simple to medium

Description: Three evenly spaced players advance the ball forward through combinations of dribbling and passing. There are many variations of this soccer drill. As shown in this particular diagram, the ball is always dribbled to the middle and passed to the outside. An important fact to notice is that when running past a player dribbling with the ball (Steps 3 to 5) you must always run behind him (Step 5 occurs after 4.)

Explanation: Combination plays are great for young players because they teach many fundamental principles of attacking. Preserving width, for example, is important because it challenges and pulls out the enemy defense.



Drill 3: Keep away

Description: Two teams of players try to maintain possession of the ball in a confined area.

Task: keep possession of the ball and complete a X number of consecutive

Explanation: This drill is used to develop passing in a dynamic game-like atmosphere. Demand that the players get spread out in attack and compress around the ball when defending. Restrictions could be implemented for increasing the difficulty. For example,

passes

Purpose: vision, onball & offball movement

Complexity: medium

prohibit the players from making back passes (where the ball cannot be played back to the player who passed it.) Imposing a limit on the consecutive touches per player is also a good way of increasing the challenge.

Legend

- | | | | |
|---|---------|---|--------------|
| • | Ball | ● | Defender |
| — | Shot | ○ | Attacker |
| — | Pass | Ⓢ | Goalkeeper |
| — | Run | ● | Marking Cone |
| ∨ | Dribble | — | Marking Line |