



PASSING ACTIVITIES

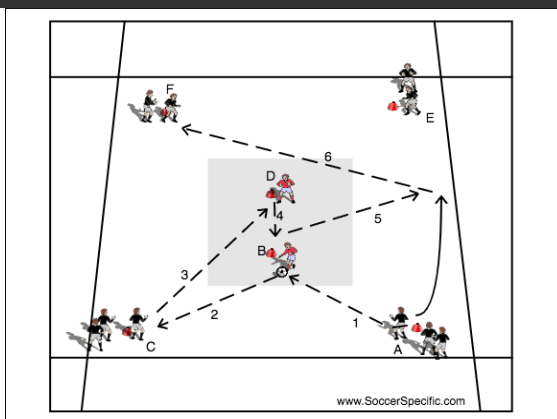
Date: Jan 14, 2018

Duration: TBD

Team: SoccerSpecific Staff

Intensity: ● (4/10)

Category: Technical



Setup: Squad is split into 2 groups and positioned at 6 cones as shown. 2-3 Players are positioned at the perimeter cones (A,E,F,C); Central players at positions B + D (Red)

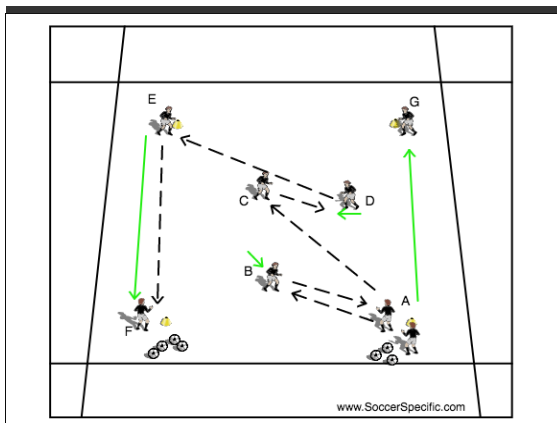
Instructions: PASSING ROTATION WITH CENTRAL INTERPLAY:

Sequence: Play begins with a pass from Player A to B; B to C; C to D; D layoff short to B; B pass into the path of A; A switch the ball diagonally to Player F to repeat the sequence in the opposite direction. One-touch passing should be used if possible. Emphasis on the Inter-Play between the central players - angles / timing / direction / speed of movements. 4x2min: change Central Players each 2 minutes.

Coaching Points: Central Players: Distances / Angles to receive passes and support teammates. Inter-play between central D + B - game realistic; check to, check away, spin underneath to receive passes.

All players should use checking / opposite movements before moving to receive passes. Timing of forward run by Player A - delay and arrive late. Quality execution of passes.

1



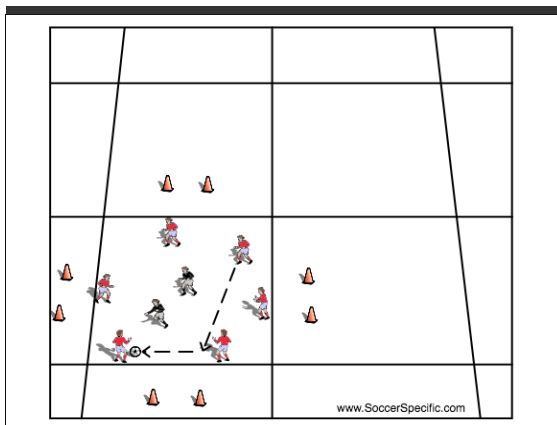
Setup: Squad is split into groups of 8 and positioned as shown. Grid is approximately 15-20m. 3 Players positioned Centrally (B,C,D)

Instructions: PASSING - CENTRAL COMBINATIONS:

Ball starts at Player (A) - pass to central (B); (B) lays back to (A); Player (A) to deepest player (C); (C) layoff to (D) - (D) now passes to corner player (E). Next ball starts at position (F) to repeat the sequence of central combinations with the 3 players. Time: 4x2min. Change central players after each 2 min block.

Coaching Points: Timing / angles of support - body position to receive and pass is vital. Short / sharp accurate passes at all times. Increase rhythm / tempo as activity progresses.

2



Setup: Players are organised into groups of 7-8 (Only one group illustrated in diagram: 2 groups set up to accommodate 16 players) Two players are designated as 'defenders' (Black). High cones are used to create goals as shown.

Instructions: PASSING / POSSESSION WITH COUNTER-PRESSING:

Warmup Activity to introduce the concept of 'Counter-Pressing'. A 6v2 takes place within the central grid; The 2 Defenders attempt to win possession of the ball - if they win possession they must attempt to score immediately through any of the goals (high cones).

On losing possession the Red team is instructed to immediately counter-press against the 2 Defenders to win back possession as soon as possible. Rotate Defenders on each loss of possession.

Coaching Points: Emphasis on Counter-Pressing; react immediately on the loss of possession + immediately close on the opponent to regain possession. Develop the habit / quick thinking 'Press'.

3



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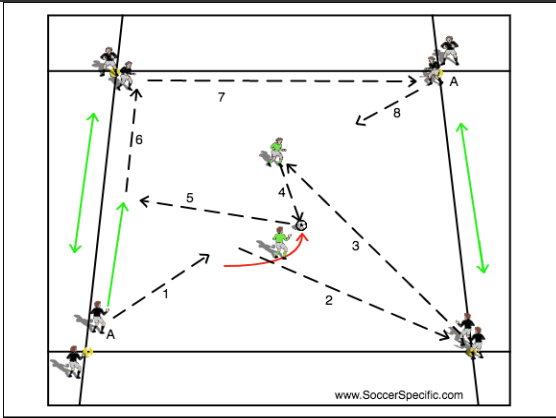
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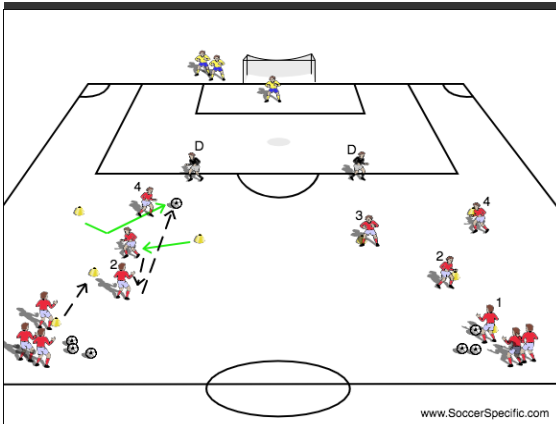
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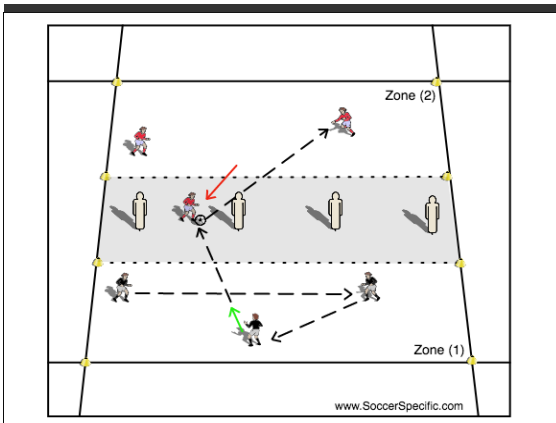
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Setup: Squad is split into groups of 8-10 players. Grid size is 15-20x15-20.
Instructions: COMBINATION PLAY OF CENTRAL PLAYERS:
 Option (B): Central Players (Green) simulate the Strikers (#9 + #10); passing sequence demands that the central pair work in unison to create passing options and support. Players follow the numbered passing pattern shown. Ball starts at Position (A) - the player passes the ball into the #9 and #10 in the middle of the area who bounce the ball back (pass 2). Pass 3 is played forward to the deeper Striker; supporting Striker drops underneath to receive the layoff (Pass 4) - the supporting player now plays a reverse pass (Pass 5) into the path of the player moving from position (A). Pass 6 returns to the corner player who switches it across to the opposite position (A) with Pass 8. Sequence is then repeated in the opposite direction. Change the central players every 1-2min.
Coaching Points: All - Focus on quality (pace/direction) of the pass. All - Check away to create space for the next pass. All - Play a pass that can be played on 1-touch. #9/#10 take up a position so they can see as many team-mates as possible = awareness of team-mates positioning at all times. Players from position (A); timing of movement - wait and then accelerate



5

Setup: Players are organised into groups of 6 as shown. Two Players (D) are designated as Defenders with starting positions on the 18-yard line.
Instructions: Emphasis on Final Pass Forward into Space with 1v1 to Goal: Player (1) passes to central Player (2) and receives a short layoff; Player (3) moves to receive a pass from Player (1); Player (3) lays the ball back for supporting Player (2); Player (3) now continues to run inside to open the passing lane / space for Player (4) to run onto the through-ball. Player (4) now receives the ball and must attack the Defender (D). Play is continuous: alternate right/left sides of pitch.
Coaching Points: Moment / Direction of movements to receive passes. Timing / Execution of passing - emphasis on final pass into space. Moment / Direction of Player (4) moving into space - 'delay' the run to run forward onto the ball. Be 'direct' - go at pace at Defender.



6

Setup: Two groups of 3; Playing area divided into 3 zones - (1), (2) and Central. Central Area has 4 mannequins / sticks to represent Opponents.
Instructions: BALL CIRCULATION - FINDING SPACE BETWEEN OPPONENTS: Players pass + move in their designated area; after 6-8 passes they must look to pass to a player arriving into the Central Area / Behind the Opponent line. Player receiving ball must half-turned in order to turn quickly and continue passing to his teammates in the opposite end-zone. Play is continuous.
Coaching Points: Find the space 'between the lines' of opponent. Recognise the moment to move to the central zone - arrive + move in the zone while constantly looking over shoulder to scan playing area. Recognise the moment to pass to the central player: passing players must also keep eyes 'up' to scan the playing area.



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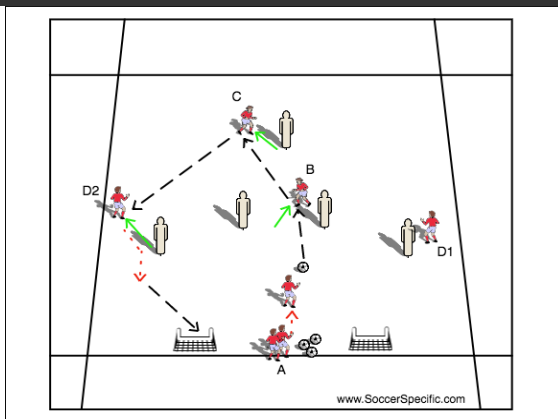
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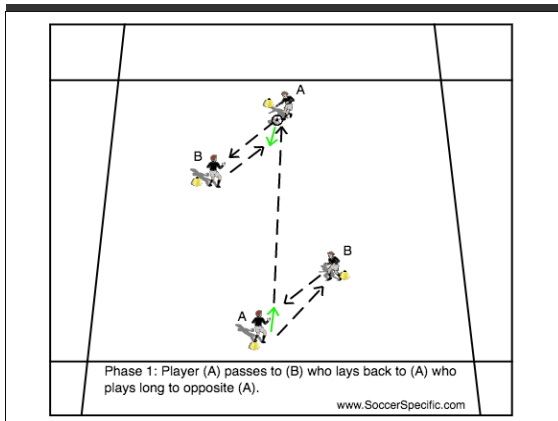
Setup: Players are organised into groups of 7/8. 5 Mannequins and mini goals / sticks are utilised.

Instructions: WARMUP / PASSING: Emphasis on Moving Away from Opponents to Receive:-

Sequence starts with Player (A) dribbling forward; Player (B) must move into the space off the shoulder of his opponent (Mannequin) to receive in a half-turned position. Immediately Player (B) is facing forward; Player (C) now pulls away from his opponent to receive. Player (C) receives and accelerates into space with the ball; Player (D) now pulls away from his opponent to receive a pass. Player (D) now dribbles at the Mannequin / feints to beat the mannequin and completes the sequence with pass into the mini-goal.

Play is continuous; gradually increase temp/speed as warmup progresses

Coaching Points: Player (B): to replicate 'Moving Between Lines' to receive. Player (C): replicates pulling off the shoulder of opponent to receive in space. Player (D) replicates moving into space to receive in front of opponent. In all situations: Emphasis on Moment, Direction, Speed of movements to receive



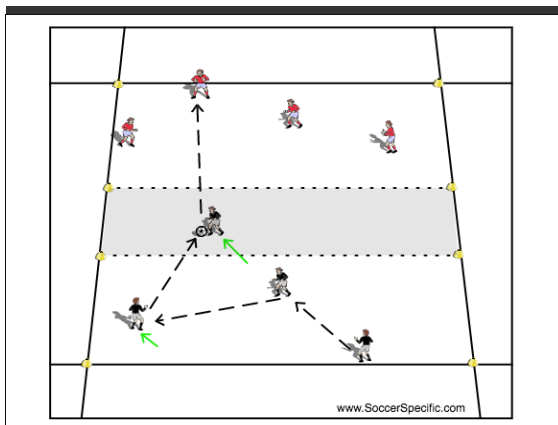
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Setup: Players organised in groups of 4 as shown. (A) + (B) work as a pair at each end of the grid.

Instructions: PASSING COMBINATIONS - working in Pairs: Phase 1: Player (A) passes to (B) who lays back to (A) who plays long to opposite (A).

Progression 1: Wall Pass combination - (A) passes to (B) who lays a leading ball to (A) who then plays to opposite (A). Progression 2: Overlap combination - (A) passes to (B) who takes an aggressive touch inside, (A) overlaps (B) who then slips a ball forward to (A) for a pass to opposite (A). Each combination 2 minutes approx.

Coaching Points: Pace of pass, play the proper foot or space, movement/timing off the ball, taking "looks", deception and fakes - disguise passes.



9

Setup: Squad split into groups of 3 or 4 Players (4 Players shown in Diagram). Two groups of 4 (8 players) positioned in playing area: playing area consists of 2 end-grids and central zone (shaded area in diagram)

Instructions: PASSING ACTIVITY - Moving to Receive in Space / Playing Forward: The 4 Players circulate / pass the ball within their grid - after 5-6 passes one player must move into the central zone to receive a vertical 'penetrating' pass; the player must receive on the half-turn and immediately pass to the 4 players in the opposite grid. Play is continuous. Progression: Allow one player from other grid enter central area to offer passive defensive pressure.

Coaching Points: Moment / timing of pass to player moving into space. Communication + Decision-Making - when does the opportunity arise to play forward? Angles to receive: receiving on the half-turn in order to quickly face forward and play the next pass.



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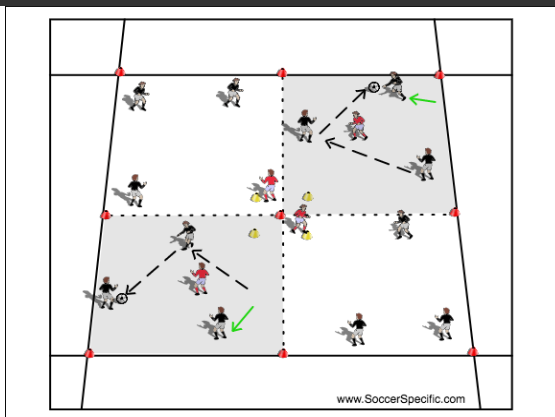
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Setup: Playing area divided into 4 zones. Four Defenders (Red) start at central yellow cones. 2 Balls utilised at same time.

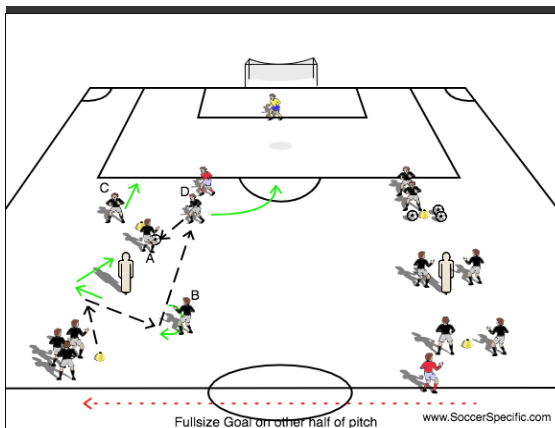
Instructions: PRESSING / AVOIDING THE PRESS:

Play begins with 2 of the Defenders entering the grid to apply pressure - this creates a 3v1 situation. Defender must work on elements of pressing to attempt to regain possession; the players in possession must attempt to avoid the press + keep the ball through quick ball circulation and movement (2-touch max)

After minimum of 5 passes the players can pass the ball into the opposite grids - NOTE: the 2 balls must always be in diagonal grids (shaded / unshaded in diagram). This is the cue for the next 2 Defenders to enter and press! *Rotate Defenders after 2-3 min.

Coaching Points: Defenders: Individual elements of Pressing - speed of approach, direction of approach, intercepting, tackling.

Possession group: Quick ball circulation / passing, Angles of support, Communication - verbal + non-verbal.



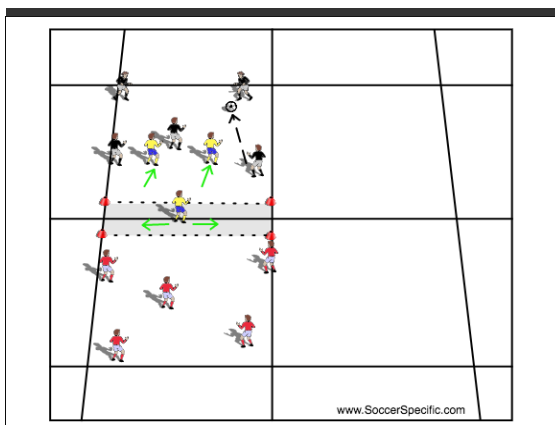
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Setup: Squad is divided into 2 groups and positioned as shown; One Defender (Red) is assigned to each group.

Instructions: FINDING THE ADVANCED PLAYER - DIRECT TO GOAL:

Play starts with a pass to (A) pulling off the shoulder of the Defender (mannequin); Player (B) must support underneath to receive the pass back from (A). Players (C) and (D) now split away from the Defender - Player (B) must choose to pass to Player (D) or Player (C); Player (A) moves to support to receive the layoff - from this point all 3 players attack the Defender (Red); this creates a 3v1 to goal. Play is continuous.

Coaching Points: Moment (timing) of movements to create passing angles. Be direct - go to goal: engage the Defender immediately! Direction and distance of support; be aware of off-side. Speed / Weight of passes in front.



12

Setup: Two grids end-to-end with a 3-4yd central zone (shaded in diagram)

Instructions: PASSING / POSSESSION: DEFENSIVE ORGANISATION - When to 'Press', When to 'Cover'?

Two groups of 5 Players (Red + Black) are positioned in the grids; 3 Defensive Players (Yellow) start in the central zone. Play begins with 2 Defenders entering the grid to gain possession of the ball or force errors. The Black + Red teams attempt to maintain possession and switch the ball from grid to grid. *The 3rd Defender must make a choice - (1) Enter the area to create a 5v3 situation or (2) Stay in the central zone to close passing channels.

On any loss of possession or error the player responsible becomes a Defender. Play is continuous.

Coaching Points: *Activity can be modified to 6 Players in each grid vs. the 3 Defenders - this accommodates 15 players.

DEFENDERS: Pressing direction / angles, timing to make opponent predictable. Communication amongst teammates is vital. 3rd Defender: right moment to step into grid to win ball or awareness to cut-out penetrating pass? POSSESSION TEAMS: Look to quickly switch grids - 'Play

