



# Passing

## Activity 1: Passing in a small square – 2 balls

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Four players per square.

Two balls per square.

Focus of Activity: Accurate passing.

Activity: The players pass the balls back and forth with a partner inside their square. The passes should be accurate and at a fast pace.

How to increase the difficulty:

- No more than two touches.
- One touch.

Make a game out of it:

See how many passes they can make in 1 minute.

## Activity 2: Passing in a small square – 1 ball

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Four players per square.

One ball per square.

Focus of Activity: Accurate passing.

Activity: The players pass the balls between the four players inside their square. The passes should be accurate and at a fast pace. The players should call for the ball and the passing player should call the name of the player they are passing to.

How to increase the difficulty:

- No more than two touches.
- One touch.

Make a game out of it:

See how many passes they can make in 1 minute.

## Activity 3: Passing and moving in a small square



# Passing

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Four players per square.

One ball per square.

Focus of Activity: Accurate passing.

Activity: The players pass the balls between the four players inside their square. The passes should be accurate and at a fast pace. The players should call for the ball and the passing player should call the name of the player they are passing to. After they pass the ball the passing player needs to move 5'.

How to increase the difficulty:

- No more than two touches.
- One touch.

Make a game out of it:

See how many passes they can make in 1 minute.

## Activity 4: Accurate passes

Setup: Pair up players.

Players should face each other 10 yards apart.

One ball per pair.

Focus of Activity: Accurate passing.

Activity: The players pass the ball back and forth. The receiving player stands with their legs apart as a goal. The players must pass the ball through the other player's goal.

How to increase the difficulty:

- The receiving player does jumping jacks.

Make a game out of it:

See how many passes they can make in 1 minute.

First to 5.

## Activity 5: Pace passes

Setup: Pair up players.

Players should face each other 5 yards apart.

One ball per pair.



# Passing

Focus of Activity: Fast pace passing.

Activity: The players pass the ball back and forth. The passes should be one touch and fast paced.

Make a game out of it:

See how many passes they can make in 1 minute.

First team to 50 passes.

## **Activity 6: Pace passes at a distance**

Setup: Put the players into four groups of at least four.

Place two sets of cones 20 yards apart.

Each group stands behind a cone facing another group.

Two balls.

Focus of Activity: Fast pace passing.

Activity: Pair up two groups as a team. The teams pass the ball back and forth. The passes should be fast paced and accurate. After the player passes the ball they go to the back of their groups line.

Make a game out of it:

See how many passes they can make in 1 minute.

First team to 30 passes.

## **Activity 7: Passing in a small square with a defender**

Setup: Setup multiples squares 15' by 15'. Each square has four cones.

Four offensive players per square.

One defensive player per square.

One ball per square.

Focus of Activity: Accurate passing.

Activity: The players pass the balls between the four players inside their square. The passes should be accurate and at a fast pace. The players should call for the ball and the passing player should call the name of the player they are passing to. The defending player attempts to intercept the passes.

How to increase the difficulty:

- Increase the number of defenders.
- Make the square smaller.



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Make a game out of it:

See how many passes they can make in 1 minute.

See how many interceptions the defenders can make in a minute.

## **Activity 8:** 4v4

Setup: Setup two rows of cones 20 yards apart.

Setup two teams of four players.

One ball.

Focus of Activity: Accurate passing vs. defenders.

Activity: The players play 4v4. The goal is to stop the ball on the opposing team's line of cones. Players can not dribble and can have no more than 3 touches on the ball before passing it.

How to increase the difficulty:

- No more than two touches.
- Change the size of the field.
- Add an "all time" offensive player that plays offense for whichever team has possession of the ball.

Make a game out of it:

See how many passes they can make in 1 minute.

## **Activity 9:** Hand ball

Setup: Setup two rows of soccer balls 20 yards apart.

Setup players into two teams.

One ball.

Focus of Activity: Creating and moving to open space.

Activity: The two teams play against each other. Instead of passing the ball with their feet the players pass the ball with their hands. They are not allowed to run with the ball. The goal is to throw the ball and hit one of the other team's goals (balls).

Progression of the game:

- Make the players roll the ball on the ground instead of passing in the air.
- Make the players pass with their feet



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How to increase the difficulty:

- Add an “all time” offensive player that plays offense for whichever team has possession of the ball.

Make a game out of it:

See how many passes they can make in 1 minute.