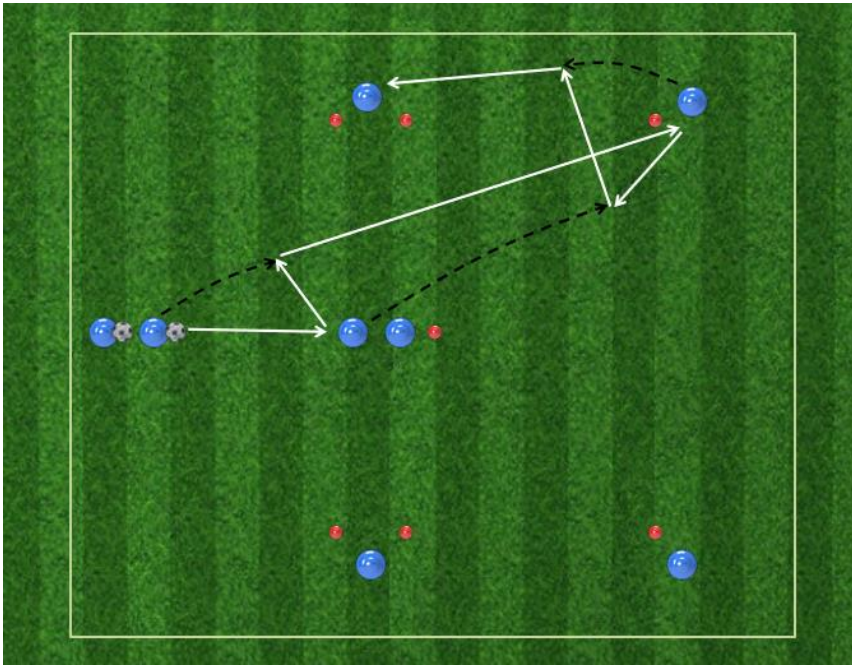


T1 Passing Activation Sequence



Area: 35 x 25 yard space with cones set up to achieve passes approx. 12 to 15 yards in distance. Players on each cone with a few players on the start cone to keep play flowing.

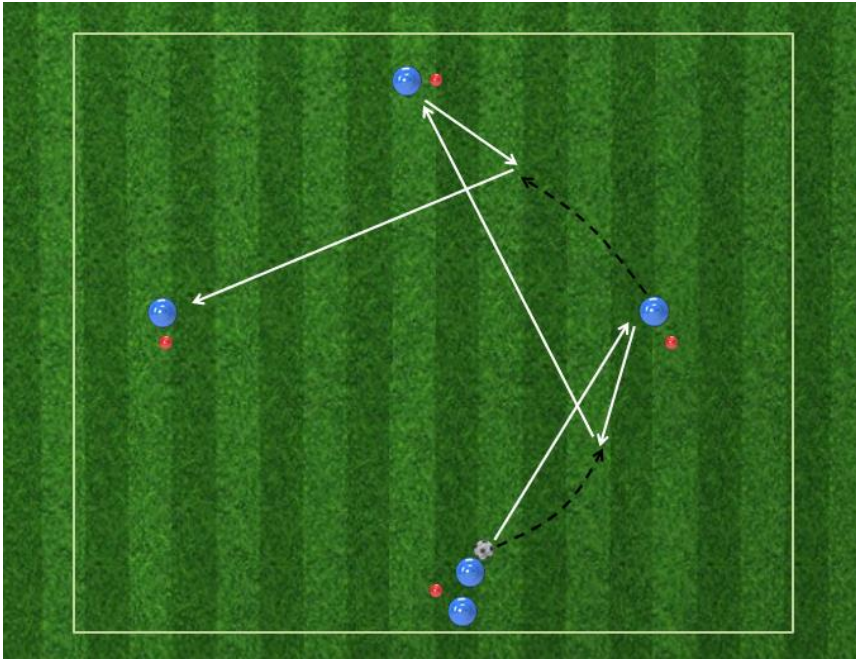
How to: Make a series of give and go passes alternating sides as shown in the video. Pass and follow your pass. This is designed to test a range of short and longer passes and lay offs under no pressure with repetition.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T2 Diamonds – Set and Run



Area: 30 x 30 yard area with cones set out in a diamond approx. 15 yards apart with a player on each cone and 2 players at the start cone to keep rotation. Place more areas to accommodate more players.

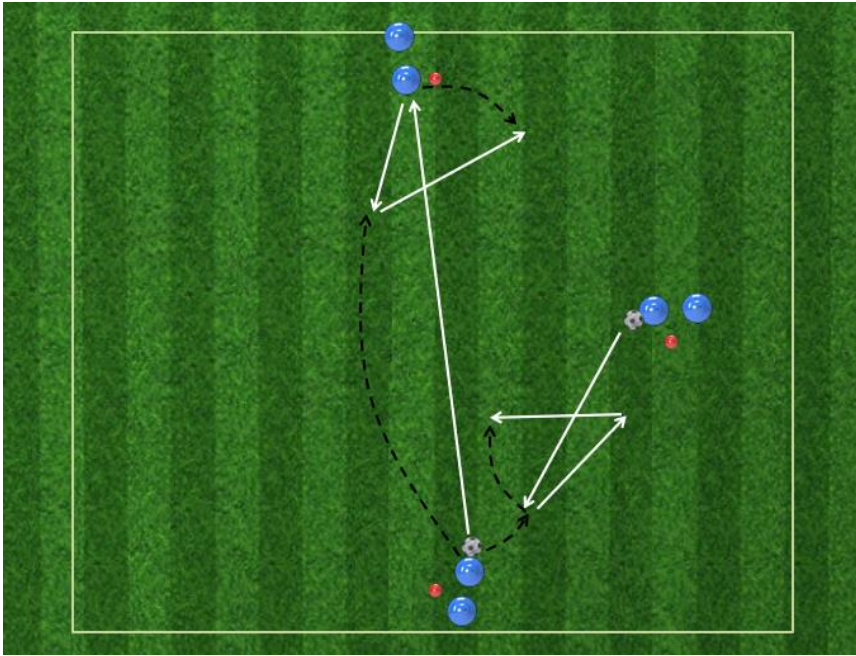
How to: Pass and follow your pass playing give and gos around the area. The idea is to set up good passing angles with the give and go to make the next pass easier. Exaggerate these angles and use the cone to pass around if it helps.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T3 – 2 Ball passing circuit



Area: 25 x 15 yard area with 3 cones and 2 players on each cone. Testing short and mid range passing with 2 balls in play at the same time.

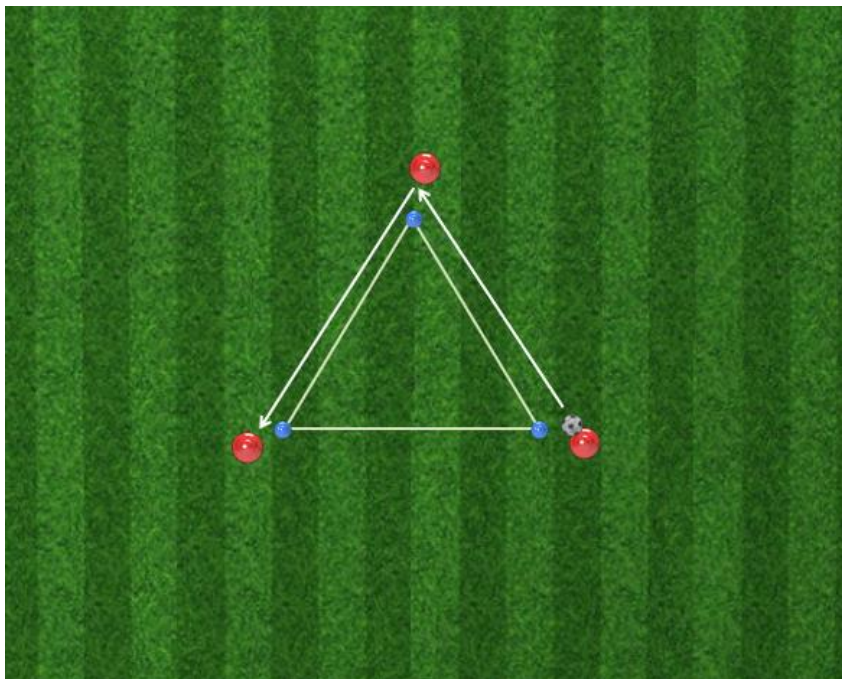
How to: Both balls are in play at the same time. Play a give and go and follow your pass to the next cone. Keep an eye on how the play with the other ball is developing as the idea is to keep both balls in circulation at the same time which will involve slowing/speeding up play accordingly.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T4 – Quick passing and first touch combinations



Area: 3 players and 3 cones in a triangle each spaced 8 yards apart.

How to: 1 player is nominated to play through, pass into the player who then takes a touch around the cone and passes off to the other corner then repeats with the return pass.

Changes to the task:

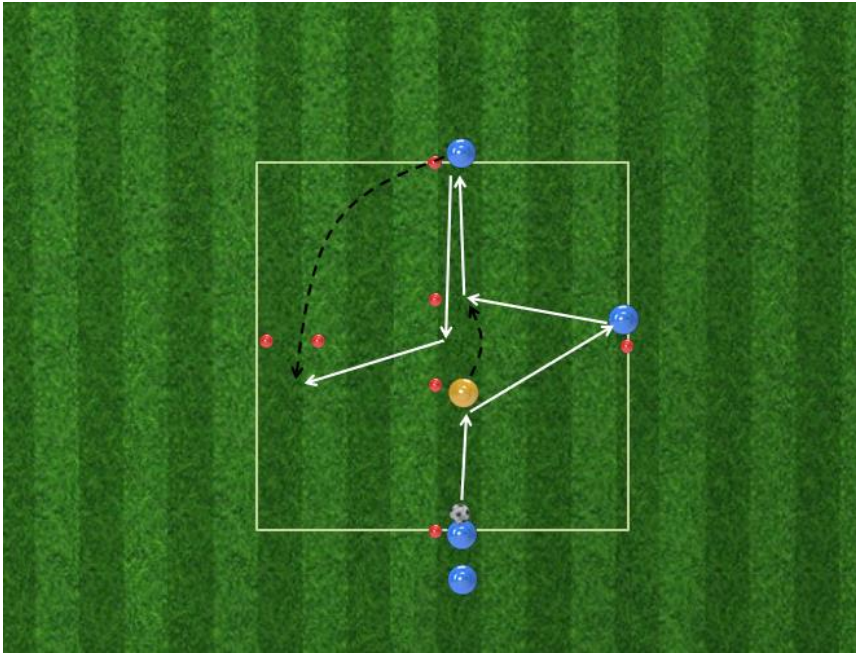
- First touch goes takes the ball through the inside of the triangle before passing off
- First touch behind the cone
- Give and go with player before inside touch

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

Notes:

T5 Midfield passes round the corner



Area: 25 x 20 yard area with an 8 yard coned gate in the middle of the area which will be worked around by the midfielder. Set players up as shown.

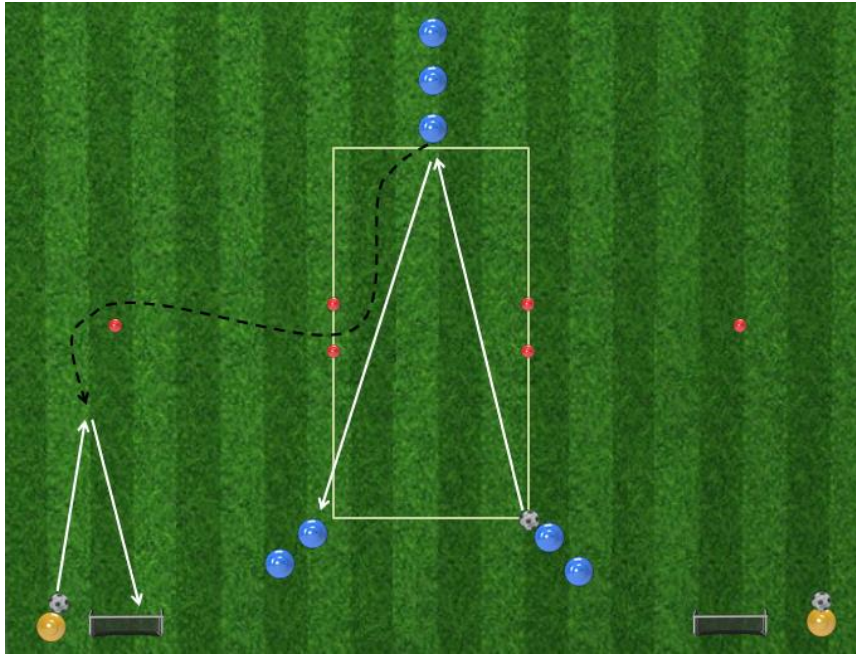
How to: The play all comes through the midfielder player so make sure this player is rotated regularly. First pass is 'round the corner' making an exchange with a wide player so that the midfielder can turn and face the play without turning on the ball into danger. Midfielder then plays a through ball for an overlapping run.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T6 Passing and finishing circuit



Area: 15 x 10 yard area in the centre with PUGs set up away from the area with feeders positioned nearby for a first time finish.

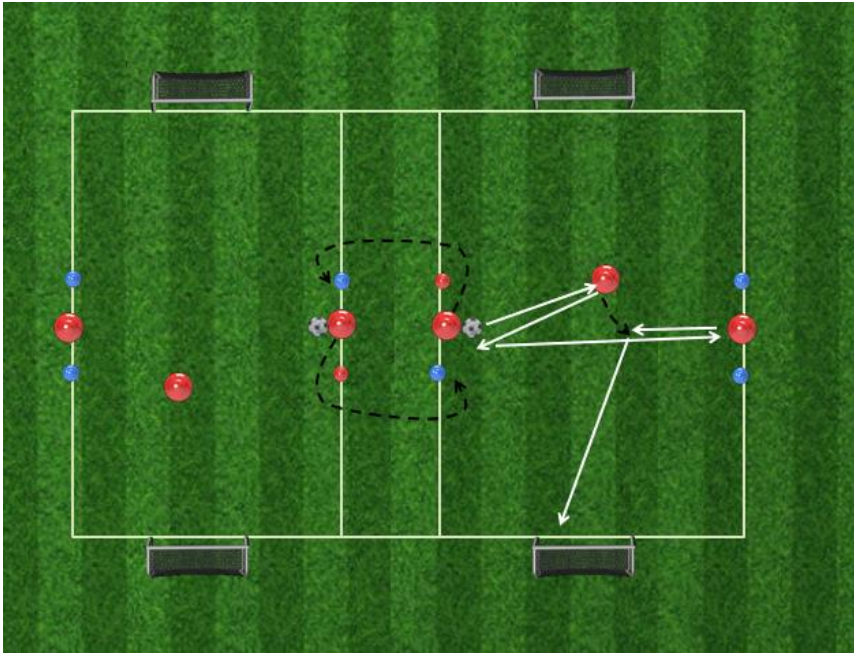
How to: Alternate side/goals each time. A starting player passes downfield and then passes off to the other corner, this pattern repeats. Once the end player has passed back to the other corner they can make a run out through the coned gate and make a first time finish. See video for the rotation.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T7 pass and finish with reactions duel



Area: Two 30 x 15 yard areas side by side with PUGs at either end and a 5 yard channel in the middle with coloured cones as shown.

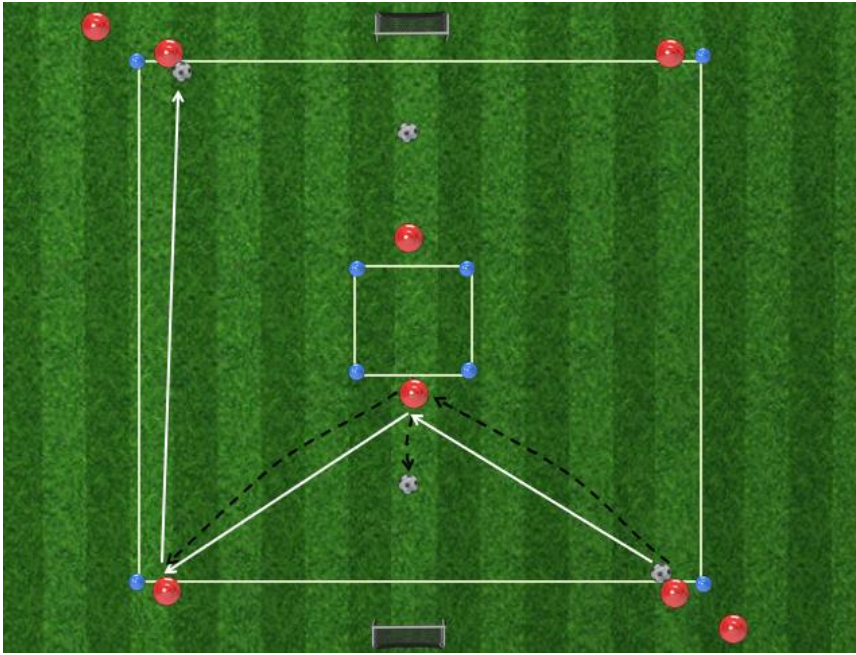
How to: Play a short, short, long passing sequence between the three players ending with a set and a shot by the middle player. After the shot the two players back to back on the inside of each field turn to face each other, the team who scored first picks a color and runs around that cone to the other side, their opposite player follows suit and the game continues.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T8 Passing with sprints



Area: 30 x 30 yard area with a 5 yard coned square in the middle. And a goal or PUG set back at either side. Set players and soccer balls up as shown.

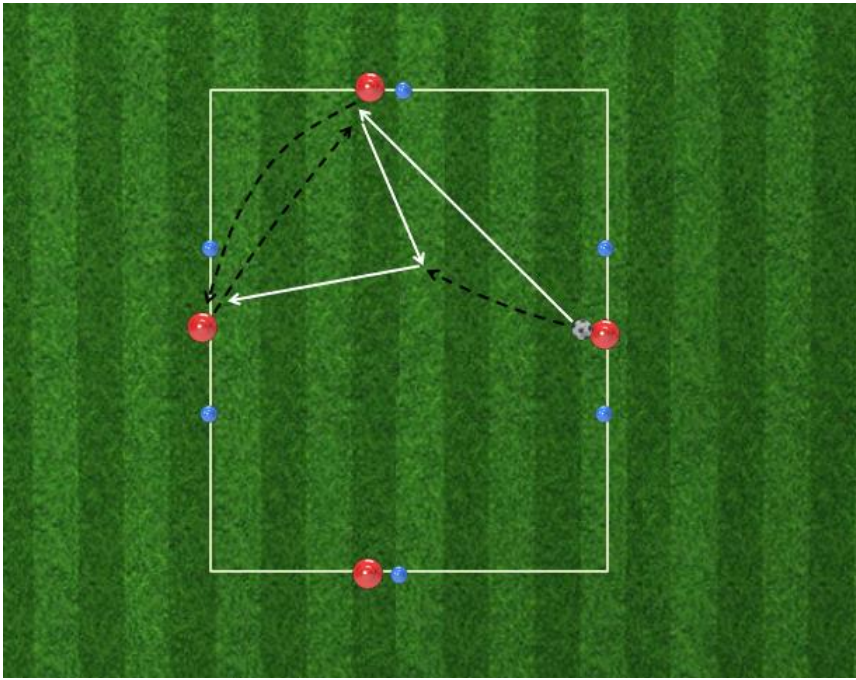
How to: Pass and follow your pass. In terms of 'field realism' the first pass on either end is from full back to midfielder and out to the other full back before a long ball down the line. After the midfielder sets the ball out wide they can take the ball in play as dead ball/free kick at the goal. A pass for the PUG or a shot on goal with a full size net with goalkeeper.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T9 Square give and go combinations



Area: 15 x 25 yard area with 4 players positioned as shown with 1 ball.

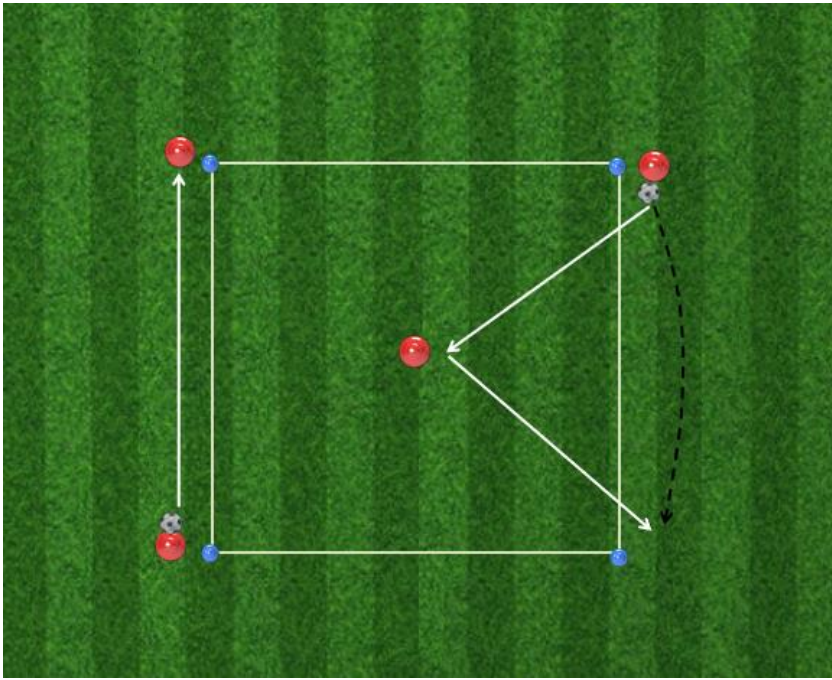
How to: A wide player starts with the ball and passes off to a player on the end, the player opposite the starting player moves in play to switch with the player on the end. The player on the end who now has the ball must make a give and go around this moving player to take their original position, the pattern then repeats from the other side.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T10 2 Ball finding space and free player



Area: 12 x 12 yard area which can be expanded if you see fit. A player starts in the middle with 3 players around the outside. 2 Balls are in play at the same time.

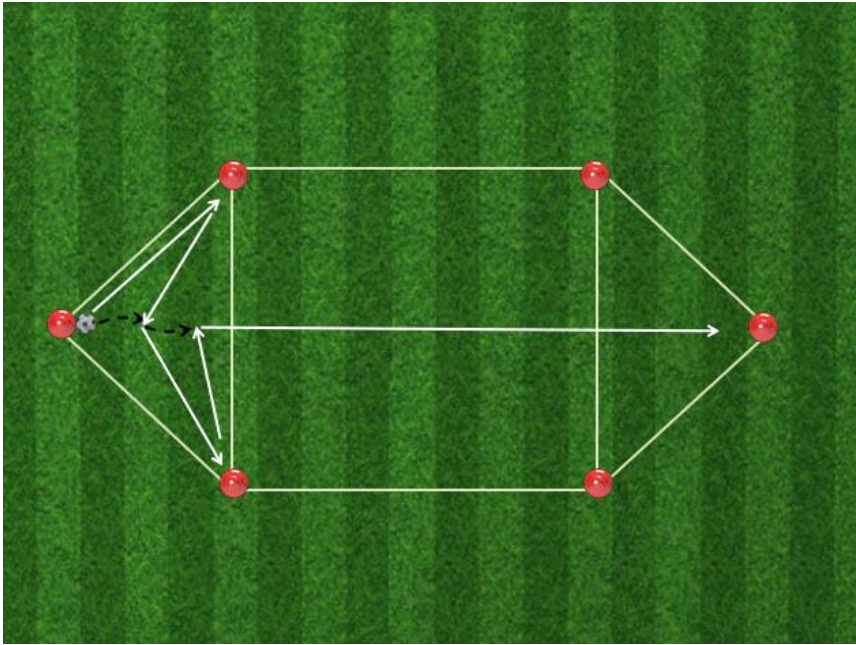
How to: Decide whether you are operating clockwise or counter clockwise, in this example we are working clockwise which will mean predominantly left foot play. If you have the ball and the cone in front of you is free, you play a give and go with the middle player. The other 2 players make passes between themselves until the cone is free next to them, they then play a give and go.

Notes:

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

T11 – Short pass and switch



Area: Two coned triangles with each cone spaced 8 yards apart separated by a 20 yard square. 1 ball and 6 players set up as shown.

How to: The aim is to make short passes to work the opportunity to switch the play then support around the long ball control. Add rotation amongst the players when they don't have the ball.

Coaching Points:

- Basic technique
- Pass accuracy
- Weight of pass
- Movement to meet the ball
- Body shape and control
- 1 touch where possible

Notes:
