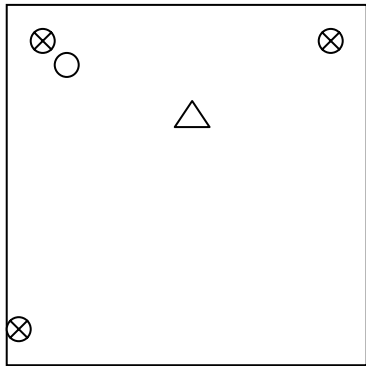
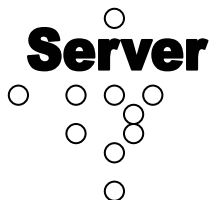
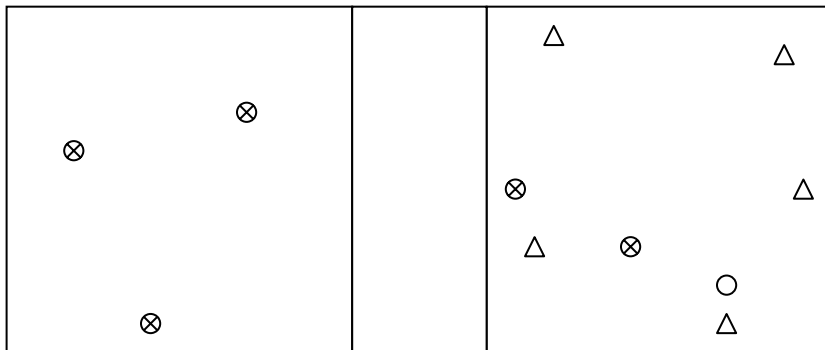


1. 4 Corners Passing:



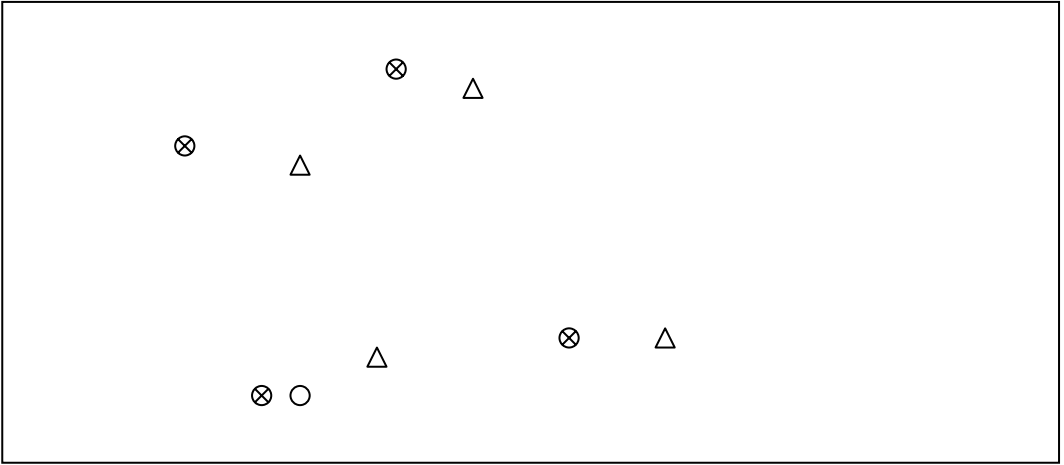
- ⊗'s must use controlled passing, communication, and speed to make supportive angles and keep control of the ball within the cones (10 x 10 yds)
- Defender (△) tries to intercept passes to change with an offensive player.
- OR As a coach blow your whistle every minute to change to keep defensive time equal.
- Start with unlimited passes, move to two-touch, and finally one-touch.

2. Possession, Possession, Possession:



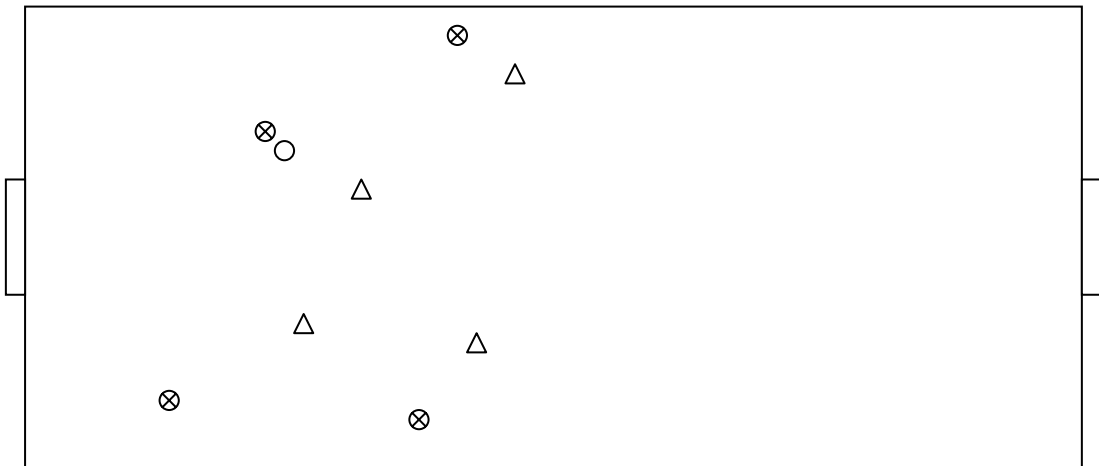
- 5 – v – 5 with a server. Field is 20 x 40 yds with cone grid 5 yds wide in the middle.
- Server sends ball to Δ 's. 2 \otimes 's run to defend. Δ 's must get 8 passes to score a goal. If they do add a third \otimes . 8 more passes a goal, etc.
- If \otimes 's get ball, pass back to their own team. 8 passes while 2 Δ 's are in transition to defend will score a goal. Continue, 8 more passes another goal and add a third Δ defender, etc.
- If ball goes out of bounds server starts a new ball.

3. Possession Breakdown:



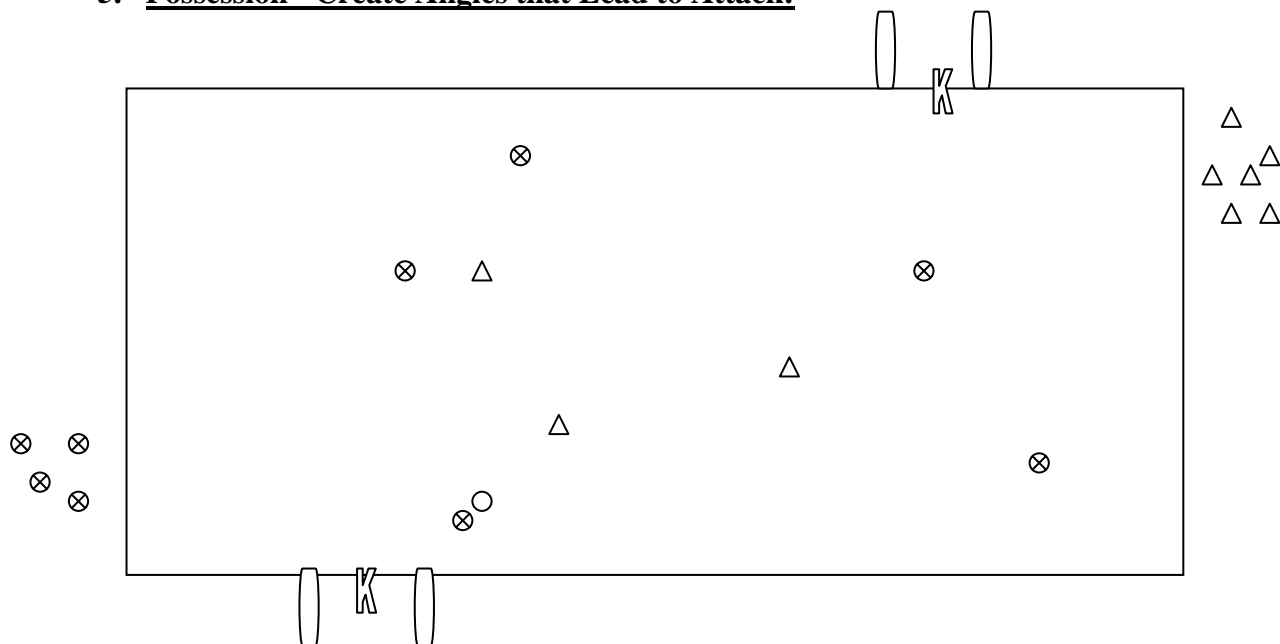
- 4 – v – 4 – (20 x 40 yd grid)
- Use benches for goals 5 yds beyond the endline. To score a goal ball must hit bench and come back into field of play.
- Play soccer, no offsides, indirect free kick when ball goes out of bounds.
- Let them play for about 5 minutes.
- Then, pick out one thing to work on, stop play, coach point, and let them play again until they master coaching point.
- After that is accomplished pick out another point to work on. Etc.
- Main goal of drill is to improve time of possession leading to controlled attack.
- Coaching points include, but not limited too:
 - Stretch field to create space.
 - Last man back doesn't have the ball.
 - Create supportive angles.
 - Head up.
 - One and two touch passing.
 - Check back to the ball.
 - Make diagonal runs.
 - Give-n-goes.
 - Etc.

4. Possession with Goals:



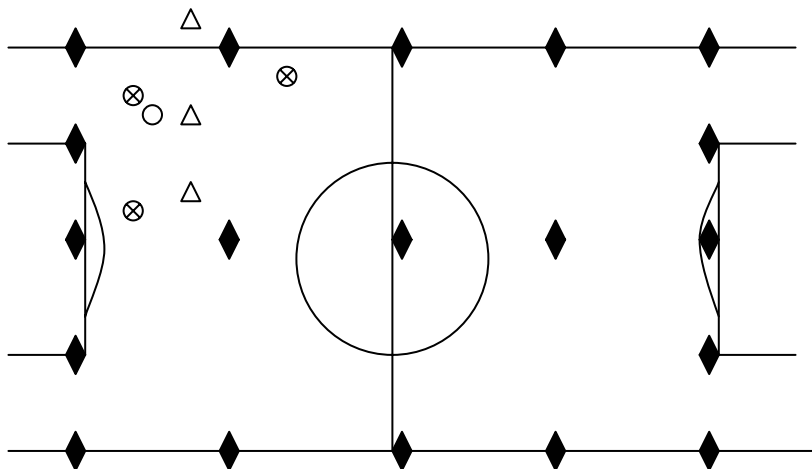
- 4 – v – 4 – (20 x 40 yd grid)
- Use small to medium goals 5 yds beyond the endline.
- Play soccer, no offsides, indirect free kick when ball goes out of bounds.
- Emphasize same offensive strategies for possession as illustrated in drill number 19.
- Defensively, mark quickly as a team by traveling to marks as ball is in air.
- Then, squeeze play down to a corner or touchline.


5. Possession - Create Angles that Lead to Attack:



- 5 – v – 3 (20 x 40 yd grid). Use old corner flags for goals.
- Keepers always start ball. \otimes 's must string together 6 passes before they can attack goal. They can score on either goal.
- If \triangle 's intercept ball, they can shoot immediately. They don't need to string any passes together before shooting at either goal.
- After 3-5 minutes, switch game and substitute so that there are 5 \triangle 's and only 3 \otimes 's.
- Keep score of game.
- Coach needs to stop game and work on angles, spreading the field to create space, and communication.
- Players should have their heads up all game.
- Ask the players to make it a question and answer game.
- What am I going to do with the ball before it is on my foot.
- Works on speed of decision making, change of field, and creating space by spreading the field.

6. Passing on the Ground:



- 4 grids (Cones )
- Play 3-v-2
- Object is to play keep away, but all passes must be on the ground.
- Set up 8 - 3 man teams. (2 pinnie colors)
- Send 2 - 3 man teams to each grid with different color pinnies.

- Start with 3 ⊗'s and 2 Δ's. 1 Δ sits to start.
- Play for 2 minutes then switch (2 ⊗'s and 3 Δ's).
- After 6 - 2 minute games everyone will have sat once and played 5 times.
- You can then rotate one team to a different grid to play another game.

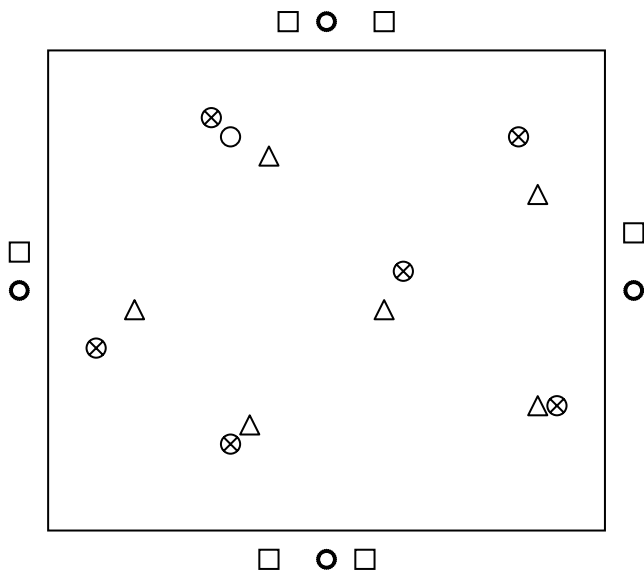
Make it a game:

- 10 consecutive passes on the ground scores a goal.
- Keep score until all 6 players go through rotation.

Build Up:

- Move cones in the middle to make 2 grids. Play 6 – v – 4 with same rules. Now you will have 2 players sitting for one team.
- Remove all cones but those on one 18. Make one grid endline to 18. Play 12 – v – 8 with 4 players sitting for one team. The twelve players attack the goal without cones on the 18. Put a keeper in that net. The team of 8 can score by gaining possession inside the 18 with the cones still on it.
- Continue to emphasize passing on the ground for the team with 12 players. Crosses are fine once possession gets the 12 man team to the endline. Shots may also be in the air as long as ground passing possession got the team to the shooting position.
- Two things to emphasize while coaching this drill:
 1. Make supportive angles for teammates before they receive the ball and communicate this to them.
 2. Get your head up and know what your options are before you receive the ball.

7. 6 - v - 6 - v - 6 Possession Passing:



- Separate out your team into 3 teams with different color pinnies.
- ⊗'s and △'s start first with □'s spread out on the sidelines.
- ○'s are water stations because this drill is continuous. The ball is always in motion. 12 players are on the field playing and 6 are resting.
- Players play keep away inside the grid.
- Teams substitute every two minutes on the fly.

- As coach yells to △'s to get off of the field and □'s to sub in, ⊗'s should take advantage of the transition and continue passing.
- The □'s are spread out around the grid to get marked as a team as quickly as possible.
- Throw-ins will put the ball back into play when it goes out of bounds.
- Teams and coach must keep score counting consecutive passes without the other team touching the ball.
- Have players create supportive angles, spread the field, play one-and-two touch soccer, and mark as a team.
- Pick how long you want to play and set your stopwatch. Winner is the team with the most consecutive passes when time ends.

8. Passing Warm-Up:



- This is a quick and easy warm-up drill to use at the beginning of practice or a game.
- Break team up into groups of 3, each group with 2 balls.
- The object is to keep both balls moving between the 3 of you. The ball should never stop moving.
- Players must communicate verbally, listen, and get their head up to see where they should be sending the next ball.
- Use this warm-up for 3-5 minutes giving them a break in the middle if they need it. It will definitely get them warmed-up and they will be tired if they are doing it correctly.

9. 20-Minute Passing to Benches:

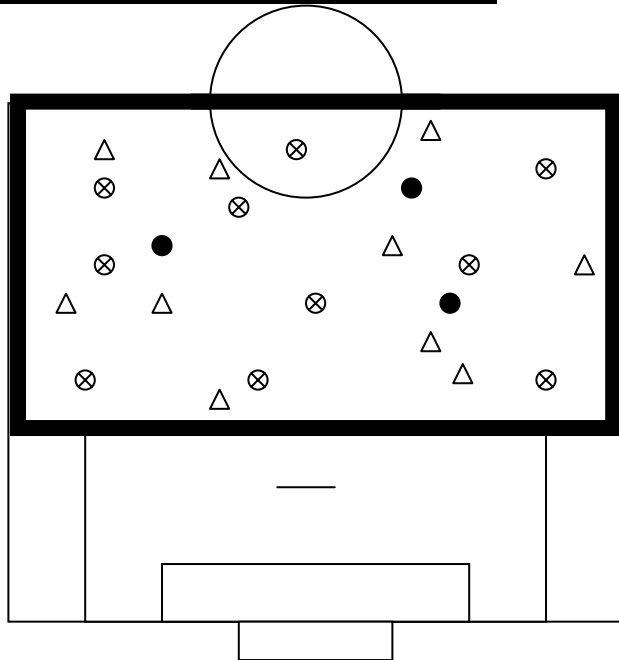


- This drill is meant to improve basic passing on the ground.
- Break athletes off into pairs with one ball.
- Place a bench 2-3 yards away from a line.
- One player is to pass the ball off of the bench and wait for it to come back across the line before striking it again. The other player rests.
- When the first player makes a mistake OR 1 minute passes the players switch.
- Benches force the players to keep the ball low.
- If you don't have benches any wall will work.

Build Up:

- Start with unlimited touches, either foot.
- Move up to two touch then one touch.
- Move from strong foot to weak foot.
- Cover inside, outside, and shoelace passes.

10. Passing Build-Up: "Parma Game"



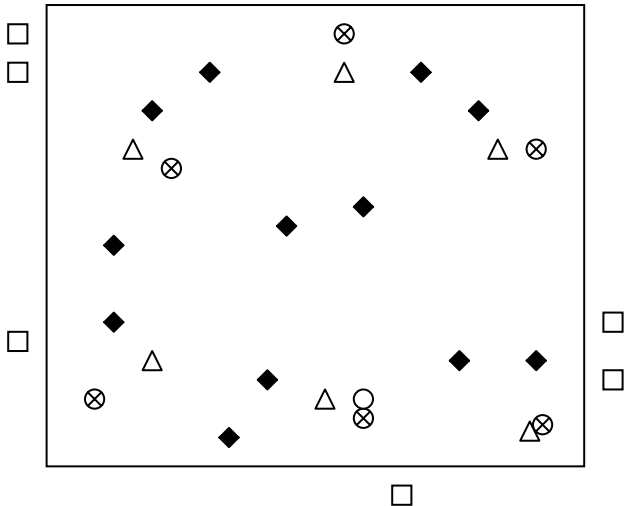
- Form 2 teams of 10 (20 players total) 2 pinnie colors.
- Play from touchline to touchline and 18 to midfield.
 - a. Use 3 balls – All 20 players no matter what pinnie color all on the same team.
- Pass ball, run to another for support. With 20 players you will probably only get the ball 1 out of 7 runs. Make crisp runs to open space to receive the ball and communicate this to the man with the ball.
- b. Play same as above with all 20 players on same team.
- Alternate long pass, short pass, etc.
- c. Again use 3 balls, teams play against each other and defend.
- Every 10 passes scores a goal.

11. Supportive Angle Numbers Up:



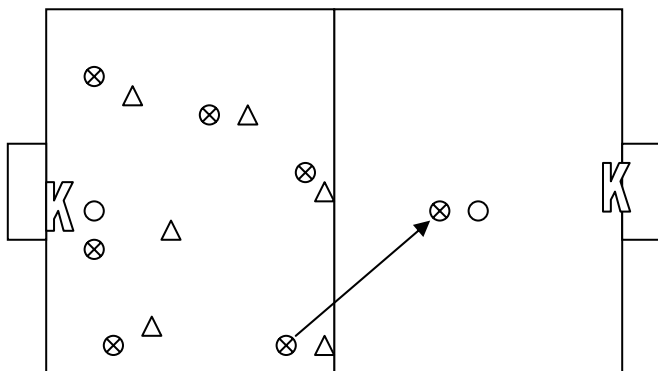
- The object of this game is to get players to understand how to support the player with the ball at all times.
- 6 players in the grid (30 x 40 yds)
- 3 pairs – each pair with a different color pinnie.
- Play 4 – v – 2 in the grid.
- Offense is to string together as many consecutive passes as possible.
- Passes should be easy and quick, players without ball should get in supportive positions before the ball reaches the player receiving it, and the player receiving the ball should know what to do with it before it reaches them. (This means keeping their head up.)
- Defense is to get to the ball quickly to slow play down and channel passing to the sidelines to take some offensive players out of play.
- After 3 touches by the defense and/or balls out of bounds switch the defensive pair.

12. 6 – v – 6 Passing to Space:



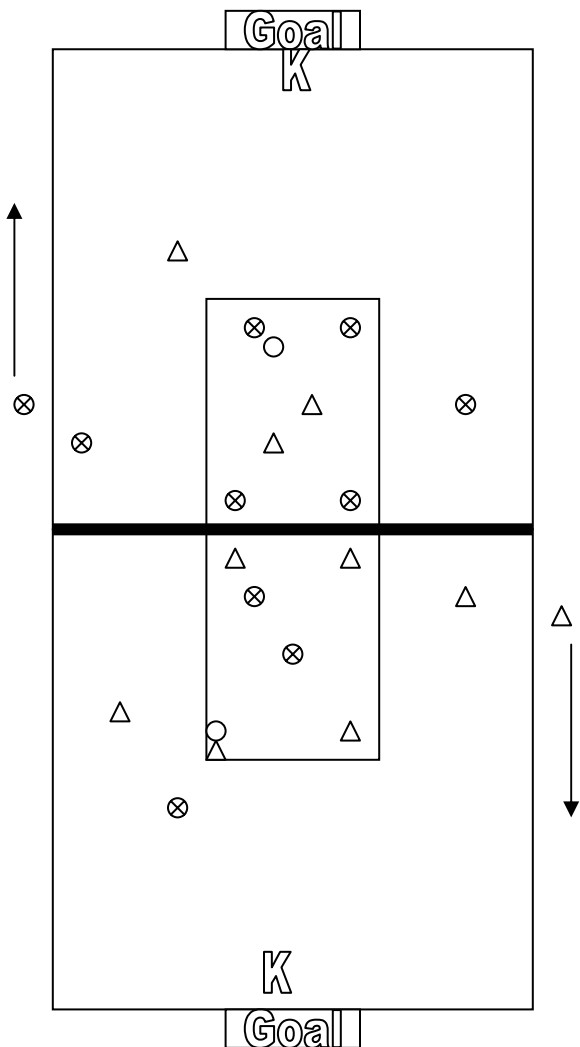
- Set up a grid 40 x 40 yds
- Place 6 cone (◆) goals in the grid 2 yds wide.
- Form 3 teams of 6 (3 pinnie colors).
- 2 teams play at once with 1 resting.
- Object of the game is to use one and two touch passing and supportive angles to pass the ball through as many cone goals as they possibly can.
- Teams can not score in the same goal twice in a row.
- Rotate teams every 2-4 minutes.

13. Passing to Quick Attack:



- Play 6 – v – 6 with keepers in a 60 yd long x 50 yd wide grid. Midfield line helps this drill work easier.
- Keeper on ⊗'s team starts with ball.
- A Δ must step to defend keeper and play begins when keeper passes ball to a ⊗ teammate who is open.
- Play occurs only in one half of the field at a time.
- ⊗'s must complete 6 passes in their defensive end.
- All 12 players must stay in that half of the field.
- After 6 passes have been accomplished the 7th pass is to be into the open, offensive half of the grid.
- One player (⊗) sprints to ball and attacks one-on-one against the Δ keeper.
- No defenders (Δ) come back to support their keeper.
- Switch ends, Δ's are now on offense and ⊗'s are now of defense.
- If the 6 pass goal is not met switch sides as well and lose your opportunity to score.
- Keep score to make it a game.
















14. Passing Build-Up to Play More of the Field:



- Set up 2 identical fields
- Both have a smaller 20 x 30 yd grid inside a 50 by 60 yd grid.
- Separate team into 2 groups with different color pinnies.
- Minimum number of players needed to run this drill is 20. (2 – 9 player teams and 2 keepers.)
- The coach blows a whistle and both fields begin play at the same time.
- ⊗'s would be attacking the upper goal on this diagram & △'s would be attacking the lower goal in this diagram. Players stay on the half of the field that they started on.
- Play starts in the small grid 4 offensive players v. 2 defensive players.
- When the offensive players complete 6 passes, play moves to the large grid (6 – v – 3). When the offense completes 6 more passes, they can attack goal.
- If the defense gets control of the ball or the ball goes out of the grid at any time, that half of the field starts over.
- The first team to score a goal gets a point.
- Change positions after every goal.
- Offense to defense, big grid to small grid, and substitute if you have more than 20 players.

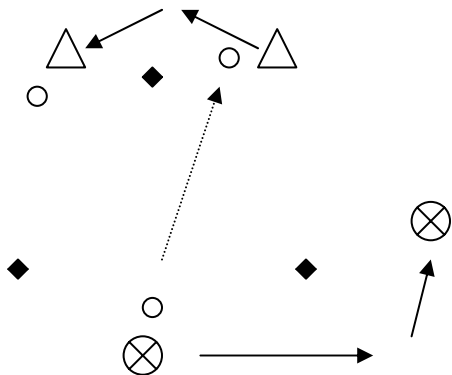
15. Beat the Ball:



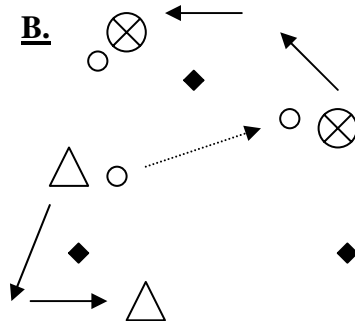
- This drill works on passing and receiving the ball while conditioning.
- 3 players, 2 balls, two cones and a painted line. Coach sets up distance.
-  sets up behind .  sprints to toward line.
- As  arrives at line  has sent a pass that arrives at the line at the same time.
-  one touches a pass back to  then runs around cone () behind  and back to line.
-  times the pass to meet  at the line and  one touches the ball back to  then runs around cone () behind  and back to line.
- Play continues for 1-2 minutes before switching to the next player.

16. Pass & Move:

A.



B.



- This drill forces players to understand that they should move after passing a ball. It also works on players first touch to set up their second touch.
- Use 3 cones, 1 ball , and 2 players in this drill.

A. Drill starts when ⊗ passes ball to △ through the cones.

- ⊗ then runs around cone (◆) to receive a pass back from △.

- △ pushes ball ahead with first touch around cone.

B. △ passes ball through cones to ⊗ with second touch.

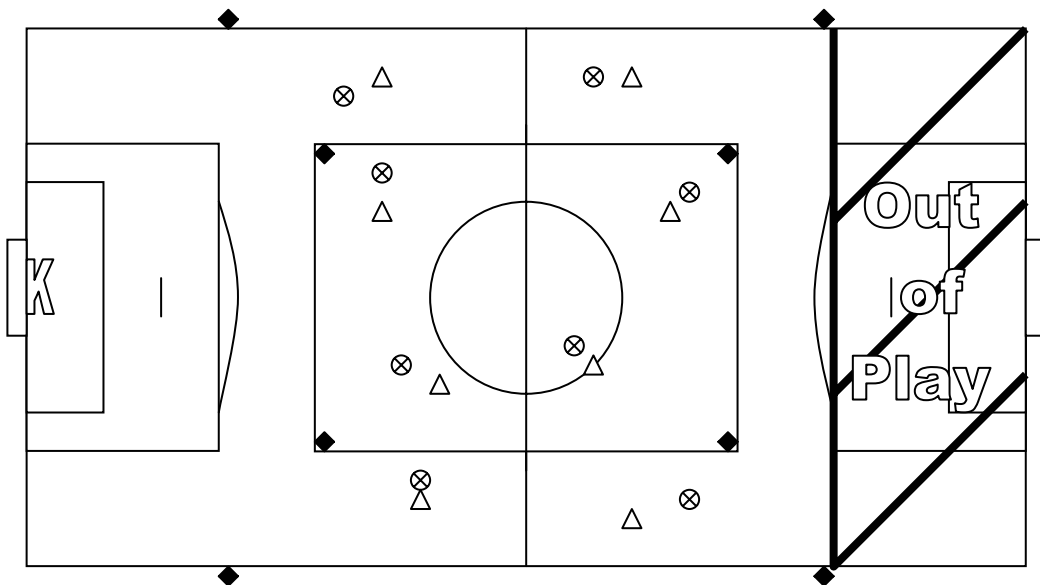
- △ then runs around cone (◆) to receive a pass back from ⊗.

- ⊗ pushes ball ahead with first touch around cone.

- ETC.

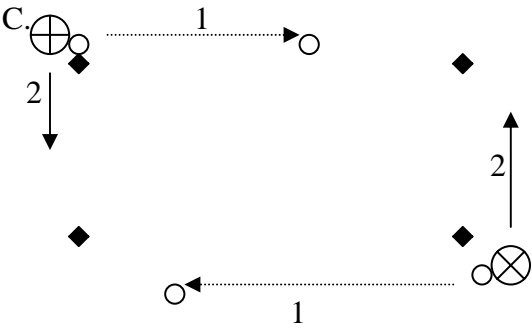
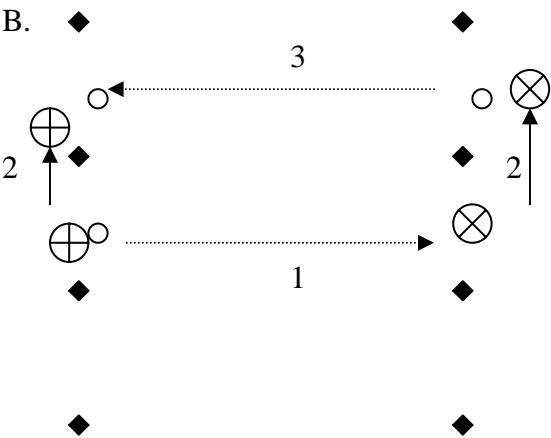
Drill should run 2-5 minutes, then change direction.

17. Building Up with Possession to Goal:



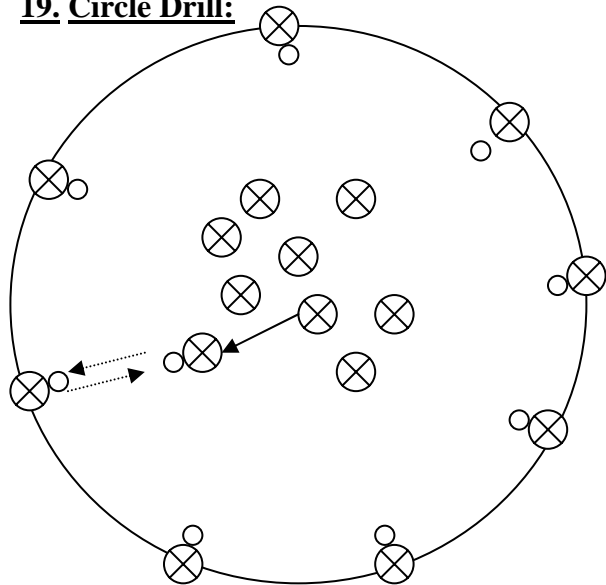
- This drill can be used to encourage the importance of possessing the ball and waiting for a good opportunity to attack.
- Use all of the field except one 18. Play 8 – v – 8 (2 different color pinnies) with 4 – v – 4 in the smaller middle grid and four more players from each team outside the smaller grid but inside the larger grid.
- The cones (◆) are the corner boundaries of the 2 grids.
- The coach stands in the smaller grid while he serves a ball to the 8 middle players.
- The two teams play against each other passing the ball until one team reaches 4 passes. (For example lets say that the Δ 's get 4 passes.)
- That Δ 's receive 1 point, the coach blows the whistle, and play moves to 8 – v – 8 in the larger grid.
- Play soccer including throw-ins, goal kicks, corner kicks, etc. until The defense clears or the offense scores.
- The ⊗ 's are now on defense with the keeper. If they clear the ball to the 18 out of play they score 1 point.
- The Δ 's are now on offense. If the Δ 's string together 4 more passes, the coach blows the whistle a second time, Δ 'score a second point, and then they can attack goal.
- There are no restrictions after 8 passes are reached.
- If Δ 's get a shot on net then they score a 3rd point.
- If Δ 's score then they get 2 more points (4 points total).
- If 4 passes are too easy increase to 6 or 8.

18. Passing Exercises:



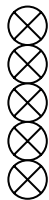
- These drills are designed to improve passing, a players first touch, and timing.
- A. Players form pairs and stand 10-20 yards apart with one ball.
- Partners send moderately paced balls on the ground to one another.
- The receiver signals for the pass by moving up slightly, then drops back again after passing the ball.
- B. Set up 4 cones (◆) on each side, 1 yard apart to form 3 cone goals.
- Pair 2 players together with one ball.
- Both players start in the center.
- ⊕ passes the ball through the goal to ⊗, who then dribbles to the right and passes it back to ⊕ through the outside goal. ⊕ dribbles back to the center and serves the pass through the center goal to ⊗ who then dribbles the ball to the left and passes to ⊕ through the other outside goal. ⊕ dribbles back to the middle and again sends a pass through the center cone goals to ⊕. Etc.
- Have players switch roles after 1-2 minutes.
- C. 2 players set up at opposite corners of a rectangular grid marked by cones 10-20 yards apart each with a ball.
- Both players simultaneously pass the ball and then take off horizontally across the rectangle to receive the pass sent by their partner.
- Once both players receive the ball they send another pass from this new position and take off to receive another pass at the place they started. ETC.

19. Circle Drill:



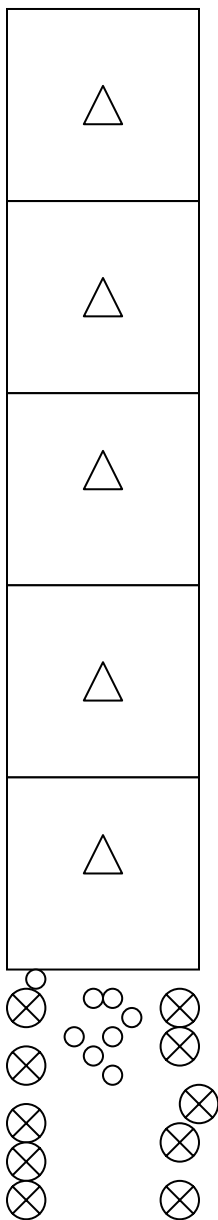
- Half of the team stands on the outside of the circle with a ball.
- The other half of the team is inside the circle without a ball.
- Individual players check to a ball with speed, control it and pass it back to the original server.
- Build up the difficulty of this drill.
- Start with balls on the ground then in the air.
- Use variations such as chest trap to volley, thigh trap to volley, header, etc.
- Switch players after each progression to give players resting periods.

20. Controlled Header Warm-Up:



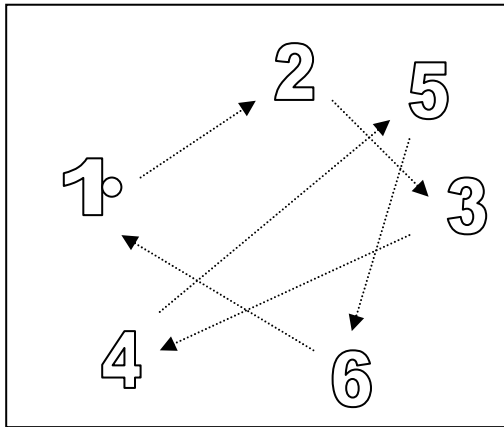
- Separate 10 players into two equal lines about 5 yards apart facing each other.
- The first player serves the ball to the first player in the opposite lines head and then gets back at he end of the same line he started.
- Players see how many consecutive headers they can send back and forth before the ball touches the ground.

21. Ladder Drill:



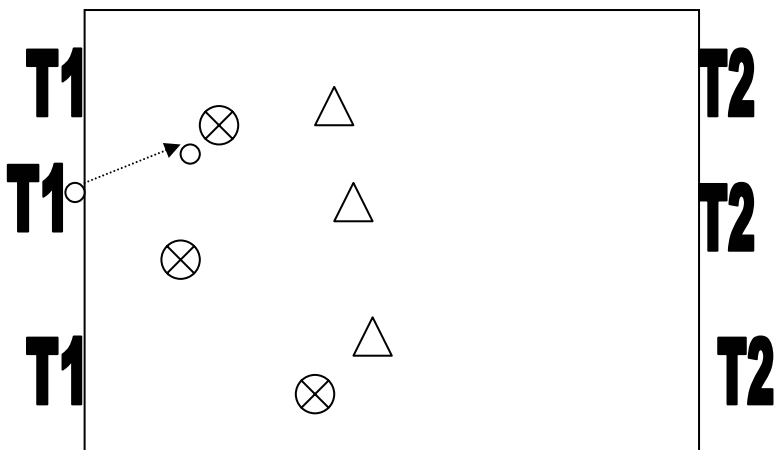
- This drill works both the offense and the defense.
- Offensive Objectives:
- Wall passing, shielding, individual moves to create space, and crisp one and two touch passing.
- Defensive Objectives:
- Cutting down angles to supportive pass, containment, and communication.
- Set up 4 to 5 squares 10 x 10 OR 15 x 15 yards.
- One defender stands in each grid and 2 lines of offensive players stand at one end of the grid.
- The offensive players attempt to play 2 – v – 1 in each grid, beating the defender and moving on to the next grid.
- Defenders have to stay in their grid but need to communicate to the other defenders for support.
- When the ball is struck out of the square each defensive player moves up one square. The front defender becomes an offensive player and one of the 2 offensive players takes the back defensive position.

22. Passing By the Numbers:



- Set up a grid 30 x 30 yards.
- Start with 6 players in the grid giving each one a number (1-6).
- Player #1 passes to # 2 who passes to #3, etc.
- # 6 passes back to one and you continue play.
- This drill can be boring and useless unless the coach stresses creativity (Overlaps, square balls, checking back to the ball, variation in one and two touch)
- Communication and player movement is essential.

23. Improving the Passing Game and Transition:



- Groups of 12 players – divided into 4 teams of 3.
- 30 x 40 yard grid.
- Exercise begins with 2 teams in the middle and 2 teams on the endlines as neutral target players.
- T1 distributes ball to ⊗'s who then attempt to score by passing the ball to T2's.
- If ⊗'s score then T2's pass the ball back to ⊗'s and they try to pass the ball to T1's to score again.
- If △'s get the ball then they attack the target players that they are facing.
- You can play drill with 2 teams of 3 and 2 keepers acting as target players. This will help keepers work on distribution.
- Progression:
- 2 touch only, combination play, minimum number of passes, etc.