

Passing-First Touch Sessions Table of Context

Basics

Cage Drill and Diamond Passing – page 2-3

Passing Session 1 – page 4-5

Passing Session 2 – page 6-8

Passing and Receiving – page 9-11

Passing and Shooting – page 12-14

Turning – page 15-19

Passing First Touch Redirection – page 20-23

Intermediate-Advanced

Technical Passing and Receiving – page 24-27

Possession and Passing – page 28-30

Pass and Move – page 31-32

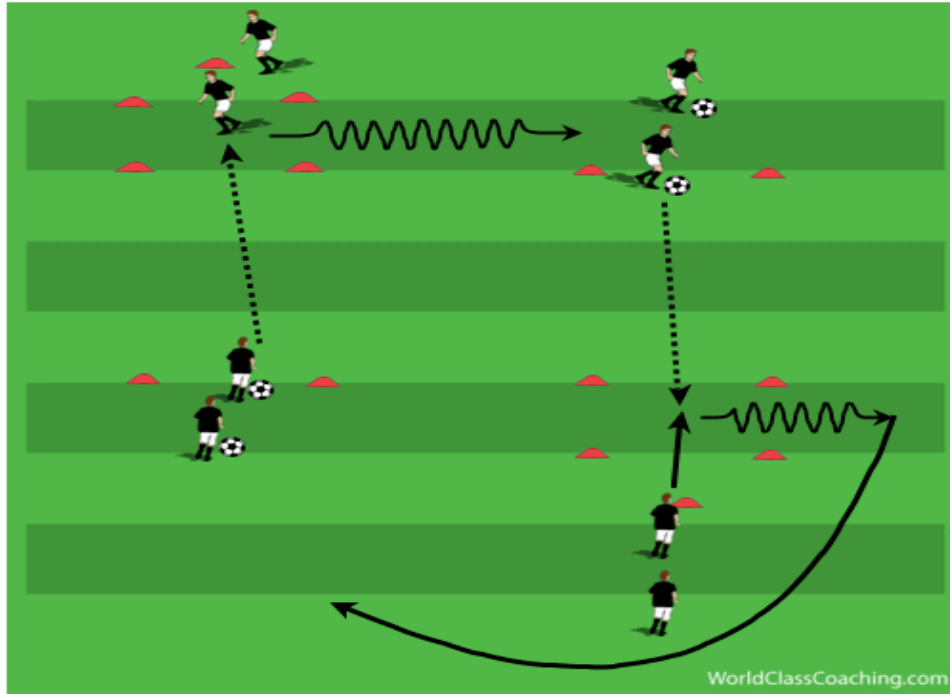
First Touch and Receiving – page 33-36

1-2-1 Passing Combinations – page 37-39

Passing-First Touch Sessions

BASICS

Session – Cage Drill and Diamond Passing



Cage Drill (Picture Above)

Cage area should be shaped like a home plate and should be about 3 yards wide and 3 yards deep. There should also be 2 cones set up about 8 yards away. You can set up multiple cages depending on how many players you have.

Player 1 starts at the bottom of the cage just outside the cones and Player 2 is between the 2 cones 8 yards away. Player 1 makes a run into the cage and looks over their shoulder to scan the field. Player 2 passes the ball into the feet of Player 1. Player 1 takes 1 touch to control the ball and a second touch to exit the cage with the ball. Player 1 then rotates to the other group where they become the passer.

Player 2 rotates to the cage where they receive a pass. Have multiple people in each group so that there is no waiting and players are consistently moving

Players should focus on the below things:

- Good first touch - get the ball out of their feet by pushing it forward into space. Make sure to cushion the ball so that it stays right in front of you. Toe should be pointing up when you pass and settle the ball

- Play the ball into the space you intend to dribble too.

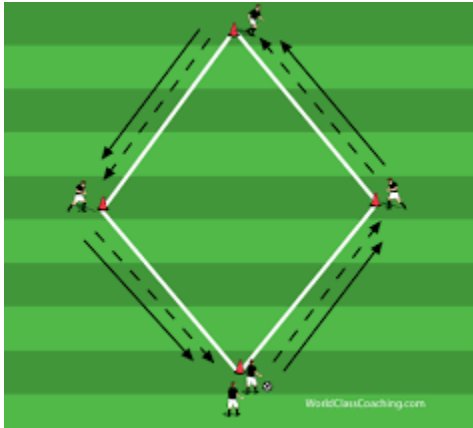
- Good body position – open up your hips so you face the direction you are going to dribble. Lead yourself out of the cage

- Receive the ball on the back foot.

After a while, and if your players start to feel comfortable, you can progress to one touch out of the cage. Instead of taking a first touch and dribbling out, take one touch right out of the cage. It is important to open your hips and push the ball into the space on your first touch. Lead yourself into the space you are attacking.

Older players can progress to settling the ball out of the air.

Session – Cage Drill and Diamond Passing (Continued)



Diamond Passing (Picture Above)

Focus – Good first touch. Play the ball in the direction you intend to pass next

- Check your shoulder

- Open up your hips

- Check away and check too

- Receive the ball on the back foot

Set up 4 cones in a diamond shape. Cones should be about 8-12 yards apart but can be adjusted based on age. Set up 2 players at the bottom cone and 1 player at each cone.

The cones represent defenders; therefore, you want to play the ball with your outside foot, which is also your back foot. Focus on keeping your body between the ball and the cone so that you are shielding the ball

Ball starts at the bottom of the diamond. The player with the ball passes to the cone on the left side. The player receiving the ball should first check their shoulder (scan the field) and open up their body and receive the ball with their back, outside foot. Their first touch should be in the direction of the cone they will be passing to next. With the second touch, pass the ball to the top cone. If the ball is being passed to the left, then the back foot will always be the right foot. The player who passes the ball should then follow the ball by running to the next cone.

You can then reverse direction so that the ball goes up the right side and you use your left foot for your first touch.

Progress to the next phase where prior to the pass being made, the player receiving the ball checks away from their cone and then checks back to the cone. Once they check back to the cone, the pass should be made. The player then checks their shoulder and then receives the pass. This replicates them making a run to draw a defender away from the ball.

Scrimmage (Not Pictured)

Focus on first touch into space and good body position

Session – Passing Session 1



Passing Gates (Picture Above)

Simple drill to improve passing and teamwork!

Organization:

Split team into 2 groups (yellow & blue or whichever colors you have). All players pair up with a player in the opposite group. One ball per pair. Set up gates (coned goals) around your field.

How to Play:

Game starts with every yellow player having a ball. The blue player runs to a gate, yellow player follows. Yellow passes to blue in between the gate. On the release, yellow runs to a new gate, game continues.

Coaching Points:

Proper technique of passing - plant foot next to ball & pointing at target (teammate), ankle locked, pass with inside part of foot, follow through

Variations:

Pass ball twice at each gate (player that starts with ball is player dribbling from gate to gate)

Receive and pass with same foot | Receive across body and pass with opposite foot



Session – Passing Session 1 (Continued)

Skill Development (Picture Above)

Who's Open

Passing and Moving drill

Organization:

Split team into 2 groups. One ball per group.

How to Play:

Your team is passing and moving within the grid. Player with the ball needs to pass to the closest open player. If you do not have the ball your job is to move to a space on the field to receive a pass. After completing a pass, continue to move in order to get the ball back.

Coaching Points:

Complete passes to your teammate's feet

Have proper body shape when receiving a pass

Use both your left and right foot when passing

Move with a purpose - either to receive a pass or create space for a teammate



Final Game (Picture Above)

2 v 1

Great way to end a practice with game-like situations that encourage passing.

Organization:

Team divides into 2 groups. Coach serves balls to the attacking team (offense). Offense starts up top. Defenders start near the goal.

How to Play:

Once ball is played onto field, 2 attacking players and 1 defender plays 2v1 to goal. This is a rapid-fire continuous game. Once a goal is scored, defender gains possession, or ball goes out of bounds; next game begins.

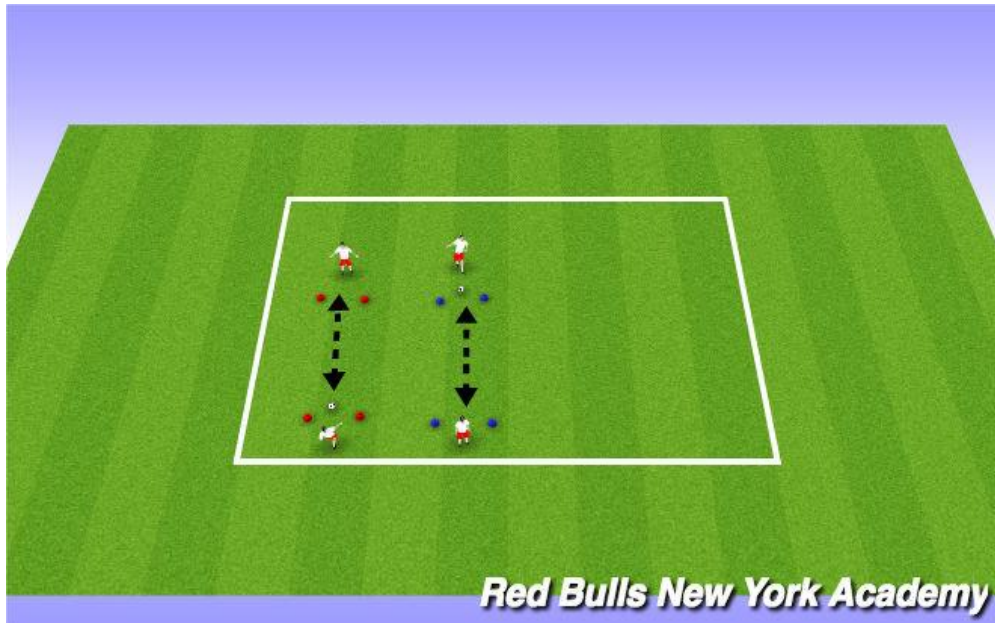
Coaching Points:

Complete accurate passes

Receive the ball effectively under pressure

Penetrate by dribbling or passing

Session – Passing Session 2



Technical reps (Picture Above)

Organization:

2 players 1 ball.

2 gates in front of players. width of gates and length between gates varies by ability.

Instructions:

player must pass ball from in between or behind their gate through their partner's gate.

Coaching Points:

Head up.

step into pass.

non-kicking foot next to side of the ball.

connect with the inside of the foot.

lock ankle.

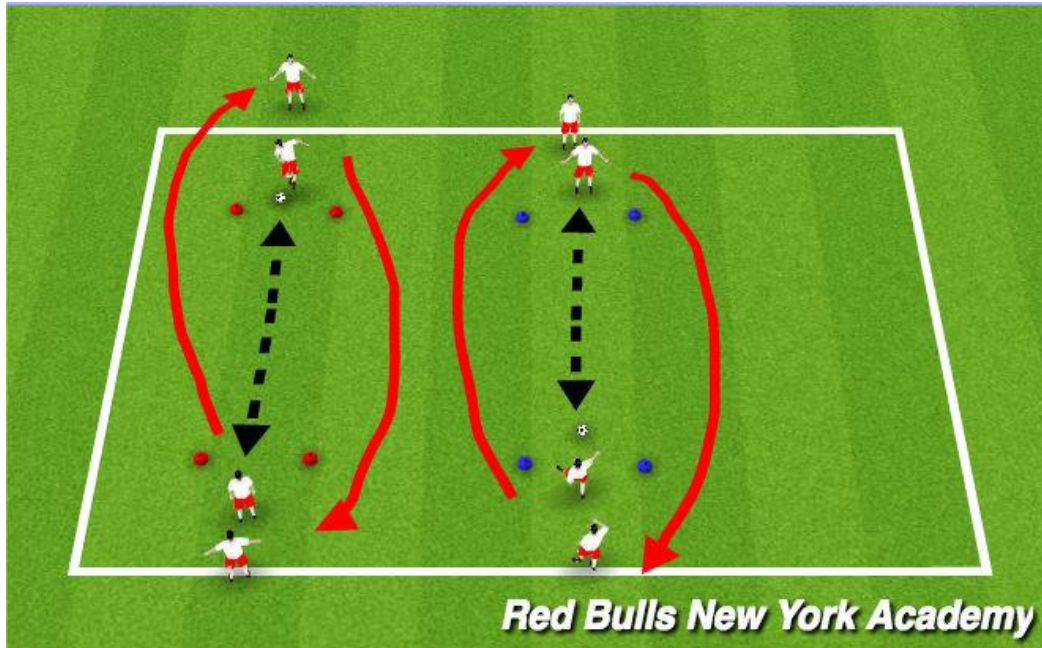
follow through in direction of pass.

Progressions:

Touch limitations.

Ball cannot be struck standing still.

Session – Passing Session 2 (Continued)



Semi-opposed (Picture Above)

Organization:

2 "teams" 1 ball per.

Instructions:

Same objective as before except now players follow their pass and join the back of the opposite line.

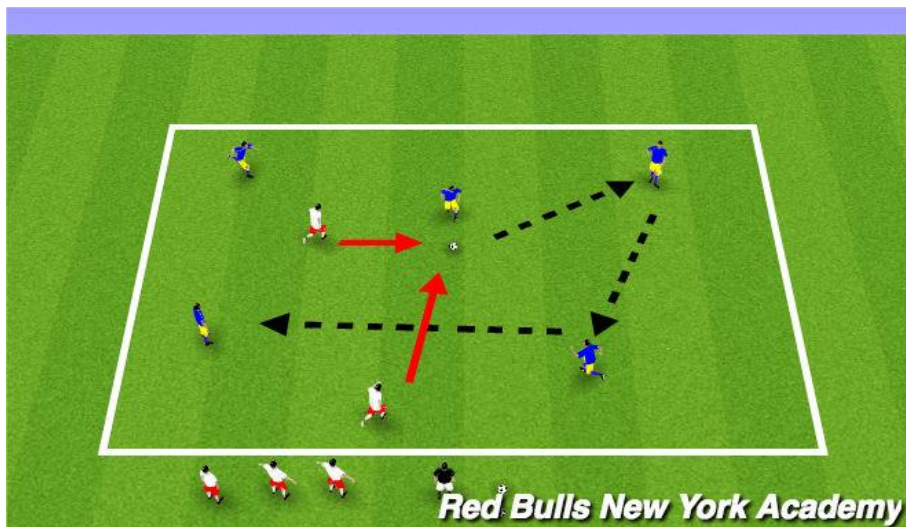
Coaching Points:

Same as previous technical points.

Move after passing.

Progressions:

Competition - every completed pass through each gate = 1 point. How many points can you get in 1 minute? Who can be first to "x" points?



Session – Passing Session 2 (Continued)

Fully opposed (Picture Above)

Organization:

2 teams.

Coach with a pile of soccer balls.

Instructions:

- Coach plays ball into area and 1 defender from white is released. Blue team tries to maintain possession completing as many passes as possible. Every 3 passes completed = 1 point.
- Every 10 seconds another white defender is released.
- Play until ball is won by defender or goes out of bounds.
- Defenders cannot earn points unless they win the ball and dribble under control anywhere out of bounds. This earns them 2 points.

Coaching Points:

Previous passing technique.

Passing and moving - creating angles of support for player on ball.

Spacing - forcing defenders to cover more ground.

Progressions:

Defenders released every 5 seconds.

Touch limitations.

Straight even possession.



Free play (Picture Above)

Organization:

2 or 3 even teams.

Instructions:

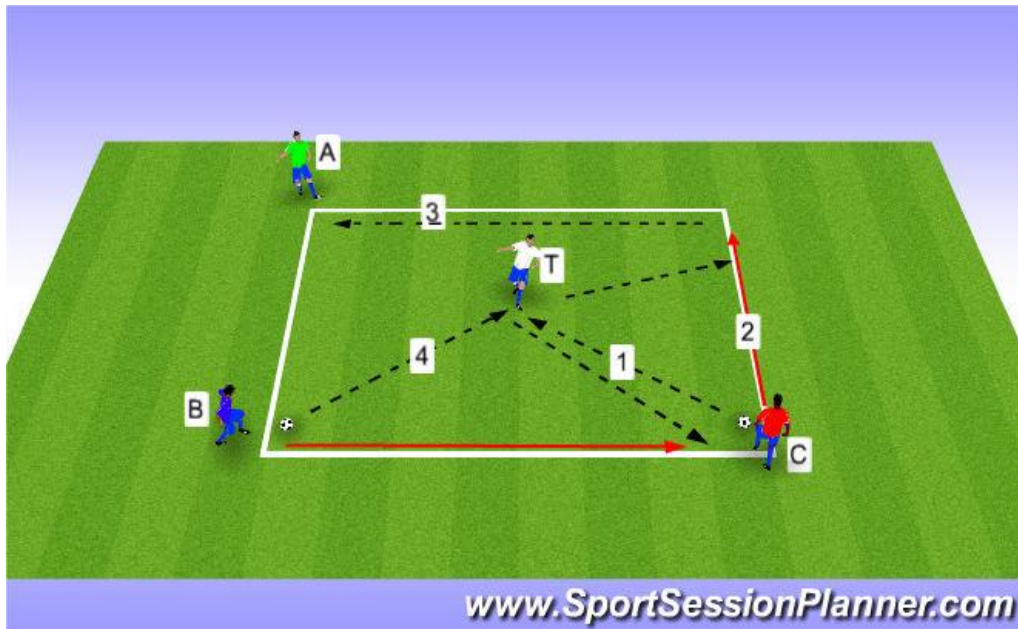
Free play.

Session – Passing and Receiving



Around the World (Picture Above)

Pass around and through the circle with a focus on using correct passing and receiving technique.



4 cone pass and move (Picture Above)

15 by 15-yard grid

three players and one ball

Organization

red player starts with a give and go

red player then then passes to green player

at the same time blue player performs give and go

Blue player will then pass to red

Session – Passing and Receiving (Continued)

-simply- after every give and go there is a square pass to teammate on the outside and players only move during give and go

Key Coaching Points

- T (target player) must receive and play ball quickly turning and finding next ball
- always working in triangles - let them sue guided discovery to figure out
- good technique is vital - start with two touch and move to one touch when able
- quicker touches require T to be quicker and works on fitness - 1 minute or shorter in middle before switching out
- timing of run and pass are of the upmost importance. mistimed runs or passes will break the entire drill down



10-4 good buddy (Picture Above)

four 10 x 10-yard grids

8 players and 1 ball

Pinnie or jersey to signify defender

Organization

Three vs one in a grid with same setup waiting in opposing grid

Offenders try to complete 4 passes before transferring ball to teammates in another grid

Offenders may move to new grid, but must make four passes to teammates in the same grid

If defender win ball, they switch with player who lost or misplayed the ball

first pass into square is unopposed by defender at first to allow success and flow -, take away restriction as they progress

Session – Passing and Receiving (Continued)



Three section scrimmage (Picture Above)

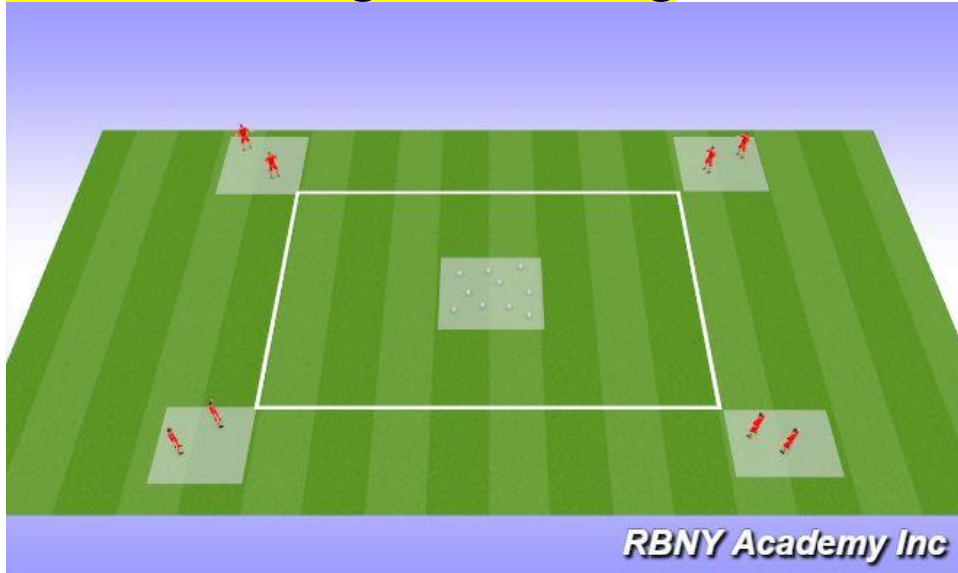
three grids set up on small field (each grid around 20 x 50)

5 + goalie on each team

Organization

Each group must stay in their grid where the blue team has a 2v1 advantage. Try to work the ball from grid to grid and score

Session – Passing and Shooting



Warm Up (Picture Above)

Organization:

25x25 yd

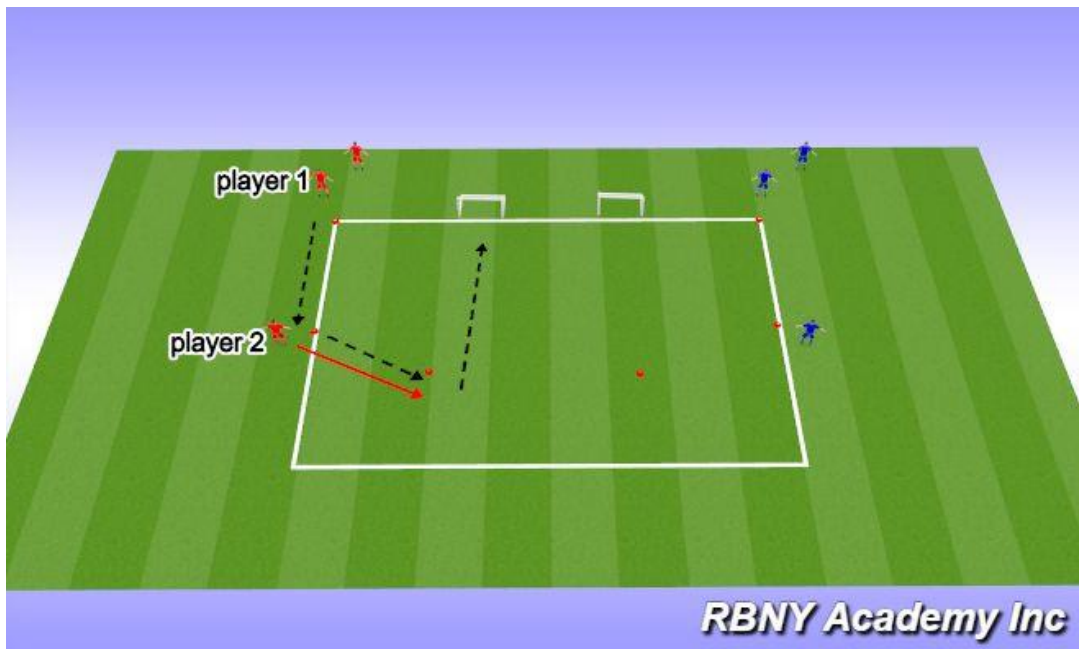
4 teams of 2 players (or 3, depending on assistance)

One square in the center with all the balls available.

Instructions:

Once the coach says go! one player goes in, grab a ball and pass the ball to the teammate inside the square. The player must stop the ball inside the square. After that they make a high five and switch. The team with more balls inside their square wins the round.

We play 3 rounds.



Pass and Shoot (Picture Above)

Session – Passing and Shooting (Continued)

Organization:

25x25 yd area

Two teams.

One ball per player queuing.

Instructions:

Player 1 passes the ball to player 2.

Player 2 stops the ball and runs to the third cone facing the ball all the time.

Player 1 goes for the ball and pass it again to Player 2.

Player 2 has two touches to score. First touch: control. Second touch: Shoot.

If the player scores in the farthest goal: 2 points.

If the player scores in the closest goal: 1 point.

Coaching Points/Questions:

- Shooting with precision: what part of the do we use?
- Head up after receiving to identify the goal.
- Be aware of the importance of the first touch.
- Importance of facing the ball all the time.



Pass and Shoot 2 (Picture Above)

Organization:

25x20 yd area.

2 lines of players with ball.

One support player.

6 cones.

Instructions:

1. Pass the ball to the support player, they will pass the ball back.
 2. Dribble the cones.
 3. Once we finish the last cone, head up and shoot.
- 1 point per goal.

Coaching Points/Questions:

Session – Passing and Shooting (Continued)

- What part of the foot do we use for power?
- Head up when facing the goal to identify goalie's position.
- Communication with support player.
- Importance of first touch after receiving the pass.



Conditioned Game (Picture Above)

Organization:

35x30 yd area.
4v4 or 5v5
Cones to make lines.

Instructions:

4v4 game.
Goal from behind the red line: 2 points. (Powerful goal)
Goal on the small side close to the post: 3 points (skillful goal)

Coaching Points/Questions:

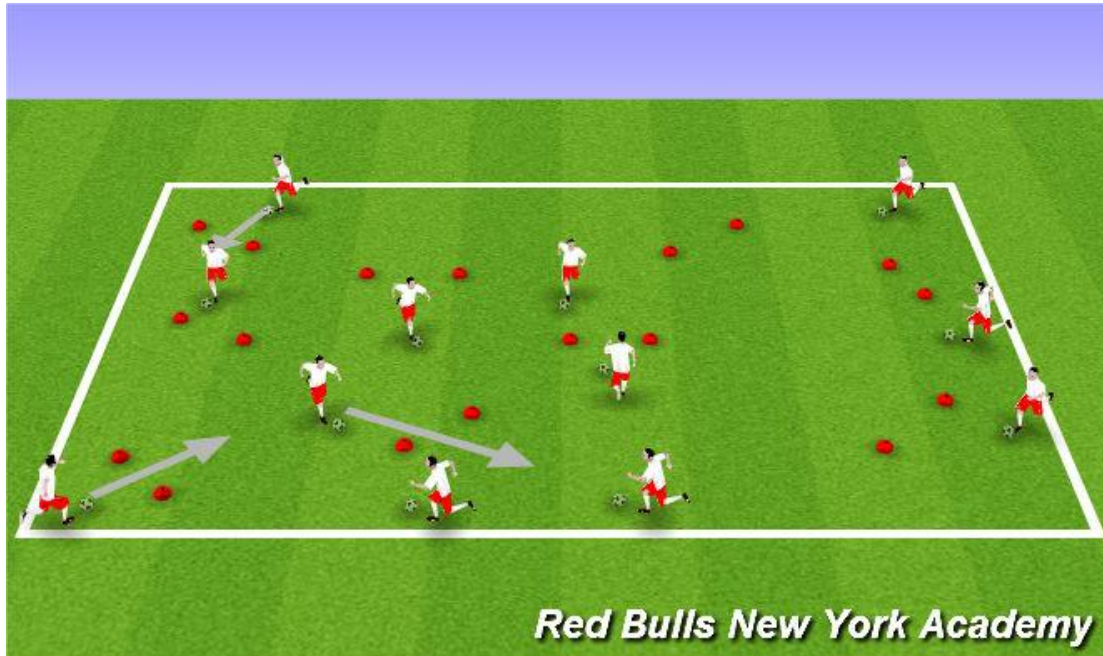
Same as before:
- Head up.
- Communication.
- Part of the foot to use for Placement. And for power?

Match (No Picture)

Organization and Instructions:

Half field.
6v6 (or 5v5, 4v4...). FIFA rules.
No limitations.

Session – Turning



Warm-up (Picture Above)

Organization:

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

Instructions:

1. Player's score points by dribbling through a gate, turn and coming back through the same gate, without touching the markers
2. Each player attempts to score as many times as they can
3. Play for a set time limit

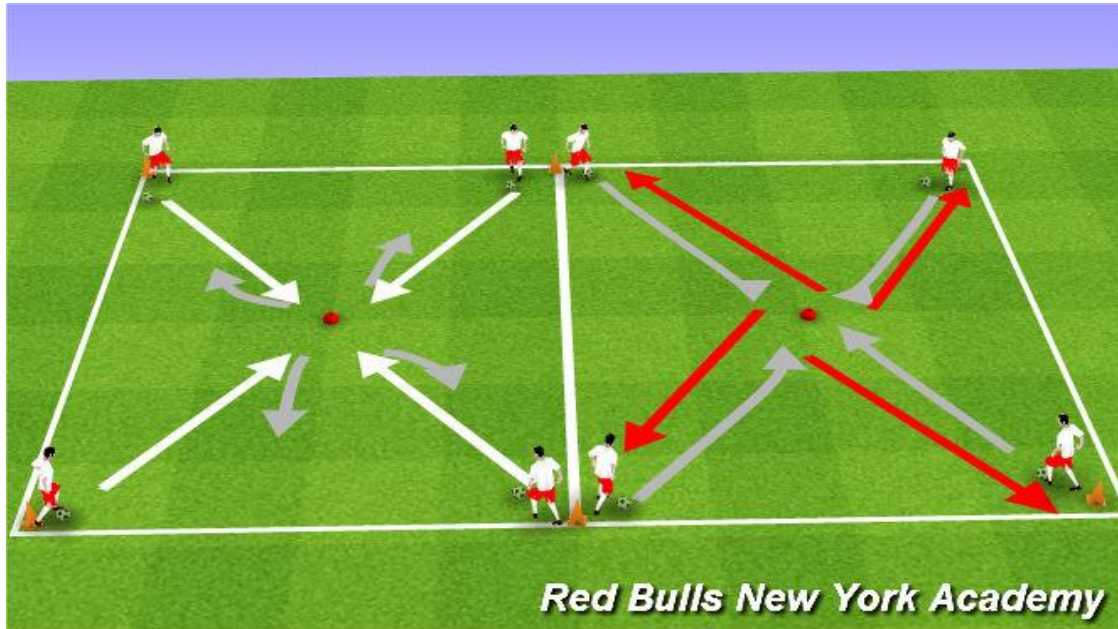
Coaching Points:

1. Look up to observe space and scoring opportunities
2. Controlled approach
3. Bend the knees to create a platform to accelerate
4. Use all parts of the feet when attempting to turn
5. The hips must work hard to ensure correct contact and turning line

Progressions:

- P – Reduce gates
- P – Reduce gate size and margin for error
- P – Add colored gates for specific turns e.g., blue gate must be a drag back
- R – Add more gates than players

Session – Turning (Continued)



main theme 1 (Picture Above)

Organization:

- 1.- A 20 x 20 yards area, set up as shown
- 2.- 12 players (1 ball per player)
- 3.- 10 cones

Instructions:

- 1.- First Player dribbles the ball up to the center cone, perform a Turning Inside Cut, and dribbles back to the starting position.
- 2.- Four players work at the same time.
- 3.- Player who is waiting on the starting point will perform same activity as soon as the first player has returned to the starting point.
- 4.- Control your approach to the center cone
- 5.- Change speed on the way back
- 6.- Perform same activity for certain amount of time, then we may switch exercise.

Coaching Points:

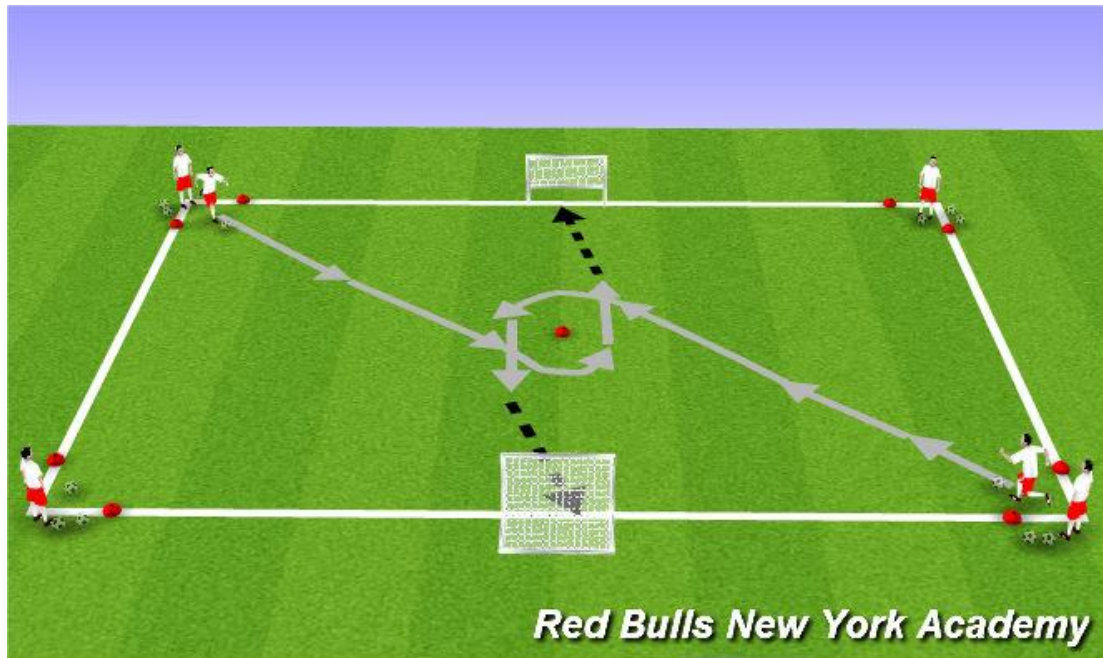
Turning - Inside Cut

- 1.- Step to the side of the ball with the non kicking foot
- 2.- Pivot on that foot
- 3.- Cut the ball back with the inside of the opposite foot

Progressions:

- 1.- Switch foot (right-left).
- 2.- First Player dribbles the ball up to the center cone, perform a Turning Inside Cut, and dribbles back to the group on the right side.

Session – Turning (Continued)



Main Theme 2 (Picture Above)

Organization:

- 1.- 20 x 20 yard area set up as shown
- 2.- 6 players set up as shown
- 3.- 2 balls (Additional at starting position)

Instructions:

- 1.- Two players from opposite sides of the area dribble to the right of the middle marker, turn and then shoot
- 2.- As soon as the shot is taken players from the other two corners set off for the marker
- 3.- The players that have taken their shot move to fill the open corner and wait for their next turn
- 4.- Coach can change the direction of the dribble and turning technique to challenge players further
- 5.- Play for a set time limit

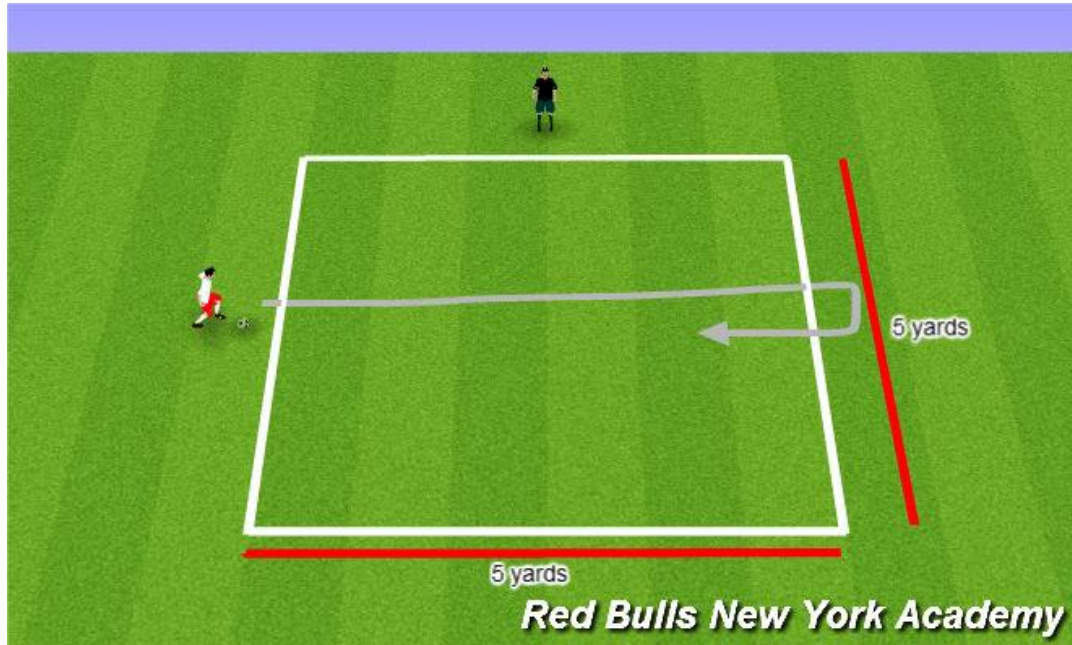
Coaching Points:

- 1.- Controlled approach
- 2.- Quick turning action
- 3.- Use nearest foot and surface to go into attacking space quickly
- 4.- Change of speed after turn to get onto the ball quickly
- 5.- Head up after turn to observe the goal

Progressions:

- P – Add goalkeepers
- P – Change central marker so that players dribble behind each other and then turn to shoot at goal
- P – Central marker is changed for a passive defender
- R – Reduce the size of area
- R – Players go one at a time and work in groups of four

Session – Turning (Continued)



Turning (Picture Above)

Organization:

5x5 yard area

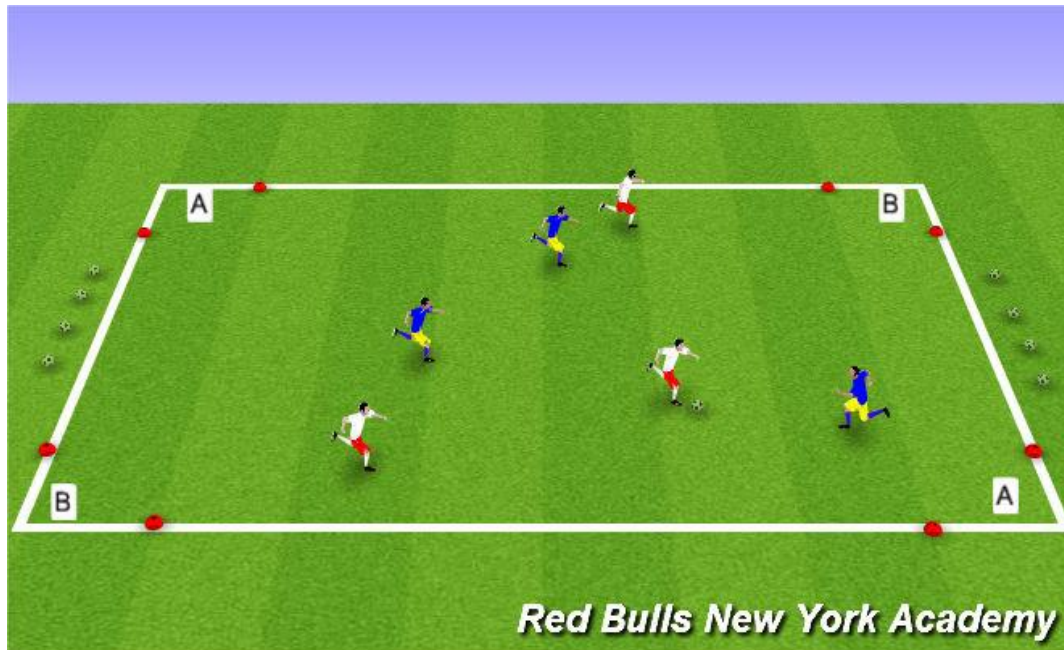
1 player to perform challenge

Coach in position to count

Instructions:

- Player dribbles across the square, starting outside the area
- Player crosses opposite side of area, leaving square
- Point is scored when player crosses area and ball crosses line
- Challenge lasts for 30 seconds

Session – Turning (Continued)



Conditioned Game (Picture Above)

Organization:

- 1.- 30 x 20 yard area set up as shown
- 2.- 6 players (3 Attackers, 3 Defenders) set up as shown
- 3.- 1 ball (Additional around the outside)

Instructions:

- 1.- Player's score by dribbling or passing the ball through one of their two designated goals situated in the corners of the area
- 2.- One team attempts to score in goals labeled (A) and the other in goals labeled (B), these goals can be different colors so that players can easily visualize where they're trying to score
- 3.- If the ball leaves the area the game is restarted with a kick-in
- 4.- Play for a set time limit

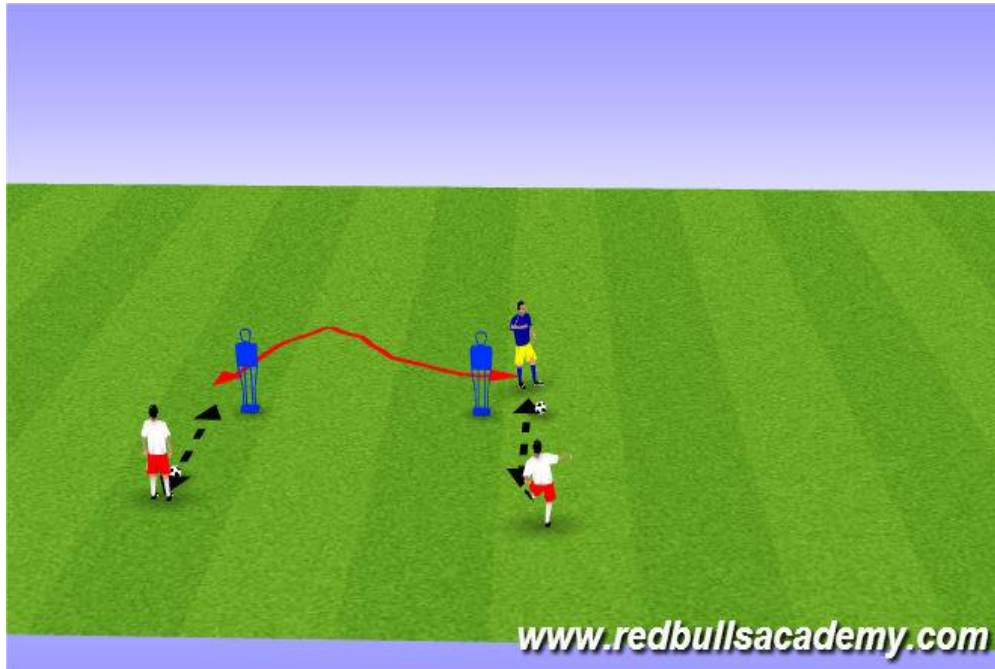
Coaching Points:

- 1.- Controlled approach
- 2.- Appropriate turn to protect or change direction
- 3.- Bend the knees to create a platform to accelerate
- 4.- Turn into space
- 5.- Take away with the nearest foot and surface
- 6.- Head up after turning for next action

Progressions:

- P – Reduce the size of the area
R – Reduce numbers of players to 1 vs. 1 or 2 vs. 2

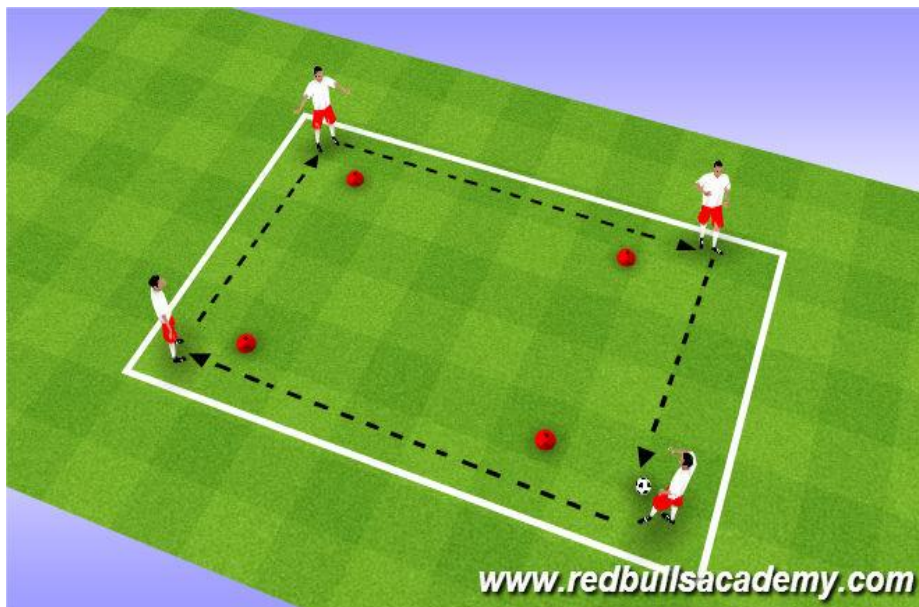
Session - Passing First Touch Redirection



Passing WP (Picture Above)

Organization:

- 3 Players per group
- 2 players passing/one moving between and around cones



Warm up – Footwork (Picture Above)

Organization:

- 4 Players set up as shown
- area is 10X10 yard square
- One ball

Instructions:

- Players are to stand 3 yards away from cone

Session - Passing First Touch Redirection (Continued)

- passes are made with either left foot in left direction/right foot in right direction
- passes are made using two touches first to receive second to pass

Coaching Points:

- passes should be sharp out of the feet
- pass the ball to teammates/goalkeepers leading foot
- communication about where to pass or what foot to pass to
- open body motion/angle of approach before receiving pass

Progressions:

- P1 - Players must receive with one foot and pass with the other
P2 - Players must receive and pass with the same foot
P3 - Players are only allowed one touch



Warm up – Footwork (Picture Above)

Organization:

- 4-5 Players set up as shown
- area is 10X10 yard square
- One ball

Instructions:

- Players in red (attackers) try to keep ball away from defender in the middle
- If defender wins/intercepts the ball then he/she takes place of the attacker that lost the ball
- 10 Passes or a nutmeg (ball through the legs of defender) means the defender stays an extra round

Coaching Points:

- passes should be sharp out of the feet
- pass the ball to teammates/attackers leading foot
- communication about where to pass or what foot to pass to
- open body motion/angle of approach before receiving pass
- defender should hustle to win the ball as fast as possible

Progressions:

- P1 - defender can only get out by winning ball possession
P2 - attackers are only allowed to use one/two touches to pass

Session - Passing First Touch Redirection (Continued)



Main Theme 2v1 (Picture Above)

Organization:

- 8 players playing 2V2 set up as shown
- 20X20 yard playing area

Coach becomes referee

Instructions:

Players are encouraged to pass when they see an open player
And shoot when they don't

Coaching Points:

- Use laces to shoot at all times
- Players should communicate I'm open to teammates when they are in good positions
- Players should SHOOT when they see no option to pass

Progressions:

1. Players must shoot before half field and only score in opposition half if it's a rebound.

Session - Passing First Touch Redirection (Continued)



Condition Game (Picture Above)

Organization:

- 8-16 players playing 8V8 set up as shown
 - Half of a playing area/full field if available
- Coach becomes referee/ball server

Instructions:

Player's score 1pt if they score in small goal & 3pts if they hit opposition's cone
Players are encouraged to pass when they see an open player
And shoot when they don't

Coaching Points:

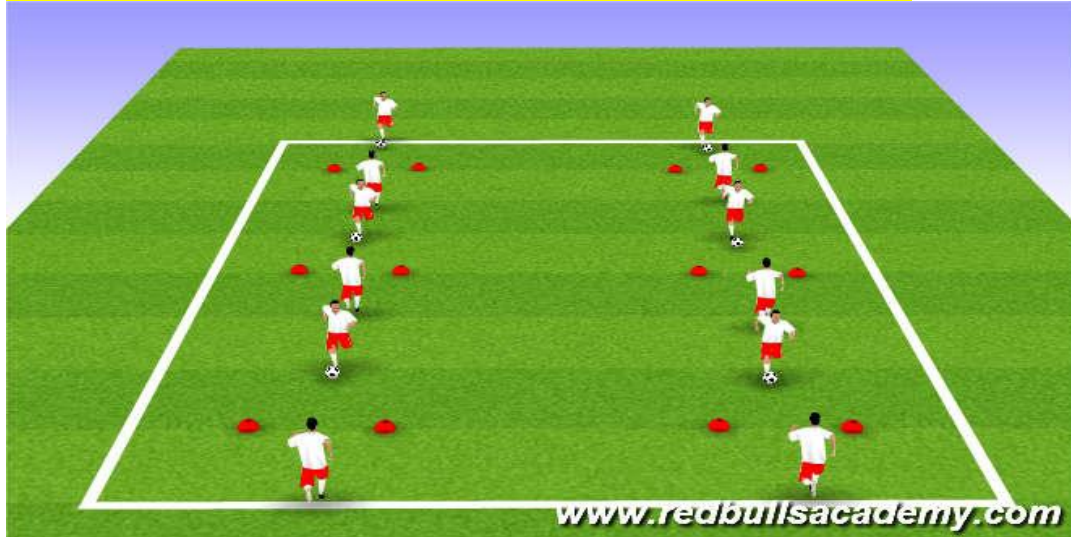
- Use laces to shoot at all times
- Players should communicate I'm open to teammates when they are in good positions
- Players should SHOOT/play ball into open space when they see no option to pass
-

Progressions:

1. Players only have 2 touches
2. Players must make 5 passes before scoring

INTERMEDIATE-ADVANCED

Session – Technical Passing and Receiving



Warm Up (Picture Above)

Organization:

1. Open area with six sets of cones set up 2 yards apart set up as shown
2. 12 players (6 groups of 2) set up as shown
3. 6 balls

Instructions:

1. Players have to pass the ball back and forth through the middle of the cones
2. Players score points for every time they play between the cones
3. If the ball goes wide of the cones, no point is scored
4. Play for 30 seconds

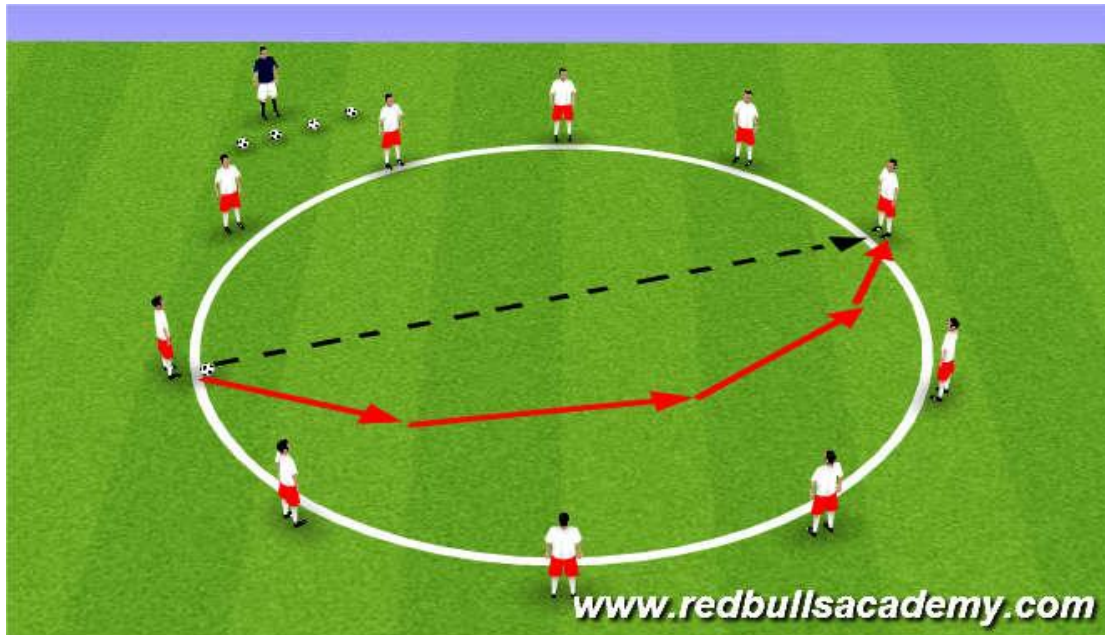
Coaching Points:

1. Angle of approach – center
2. Supporting foot is next to the ball pointed at target
3. Head up observe your target
4. Contact ball - middle
5. Contact foot - inside
6. Weight and accuracy of pass

Progressions:

- P – Increase the distance between the players
- P – Play one touch

Session – Technical Passing and Receiving (Continued)



Main Theme (Picture Above)

Organization:

1. 20-yard diameter circle set up as shown
2. 10 players set up as shown
3. 1 ball, extra around the outside

Instructions:

1. Players pass the ball to a player on the opposite side of the circle and follow their pass
2. The player that receives the ball then repeats

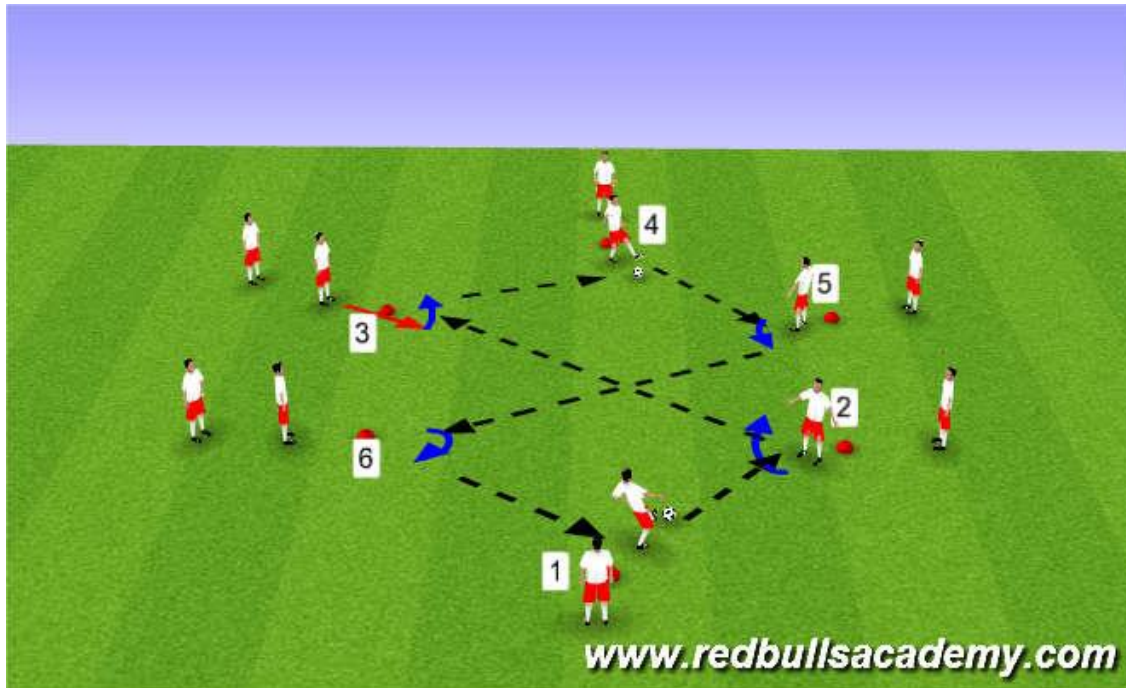
Coaching Points:

1. Angle of approach – center
2. Supporting foot is next to the ball pointed at target
3. Head up observe your target
4. Contact ball - middle
5. Contact foot - inside
6. Ankle locked with toe pointed up
7. Follow through towards target with striking foot remaining open throughout
8. Body weight over the ball
9. Weight and accuracy of pass

Progressions:

- P – Add a second ball
- P – Add a third ball
- P -- Add a defender

Session – Technical Passing and Receiving (Continued)



Main Theme 2 (Picture Above)

Organization:

30 X 15 area with 6 cones in hexagon shape as shown.

8-15 players

2 Balls with more outside

Instructions:

Start with two balls at the ends 1 and 4 as shown.

Players at the two ends 1 and 4 play the ball to the same side marked 2 and 5 respectively.

Players are to receive the ball with their back foot while turning to play the next pass.

Players follow their pass for rotation.

Passing sequence is 1-2-3-4-5-6-1. Continue for 2 minutes, then switch directions

Coaching Points:

Firm pass on the ground.

Receive the ball with the back foot (farthest from the ball) and turn to set up next pass.

Players are on their toes and moving to receive the ball.

Players should try to kill the ball with first touch to make a good pass.

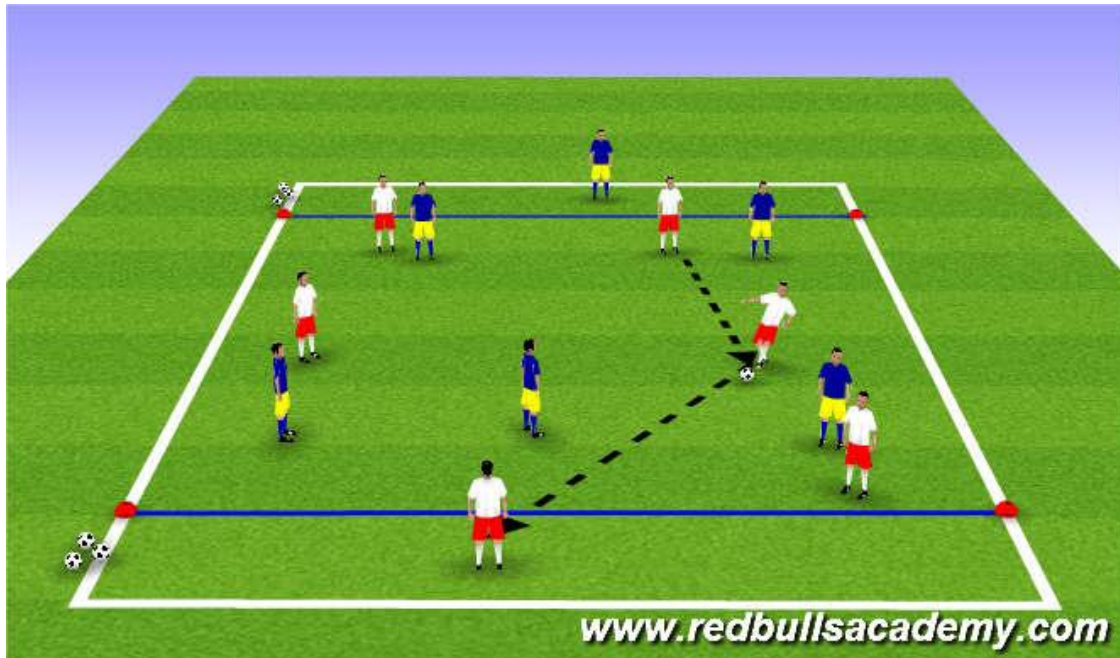
Progressions:

R- Start with one ball.

P- Make players pass, then run to the cone they received the ball from. (Players rotate the opposite direction of the ball)

P- Add two players to the middle, one assigned to each ball, to play one-two passes with each player as the ball goes around the hex.

Session – Technical Passing and Receiving (Continued)



Conditioned Game (Picture Above)

Organization:

1. 50 x 30-yard area set up as shown
2. 12 players (5 Attackers, 5 Defenders, 2 Targets)
3. 1 ball (Additional around the outside)

Instructions:

1. Teams score by getting the ball to their target player in the end zone
2. The target player must control the ball in the end zone to score the point
3. Once point is scored the target player must play out to the other team
4. Target players are not allowed outside the end zone
5. Defenders are not allowed inside the end zone
6. If the ball goes out, play is started with a kick in

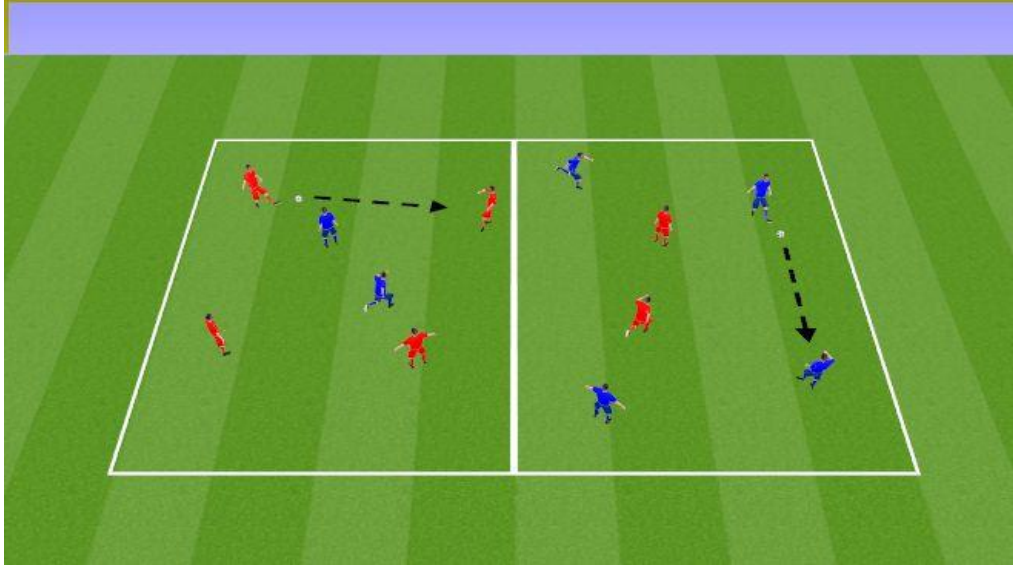
Coaching Points:

1. Angle of approach
2. Head up to observe your target
3. Specific Technique
4. Weight and accuracy of pass
5. Disguise your pass

Progressions:

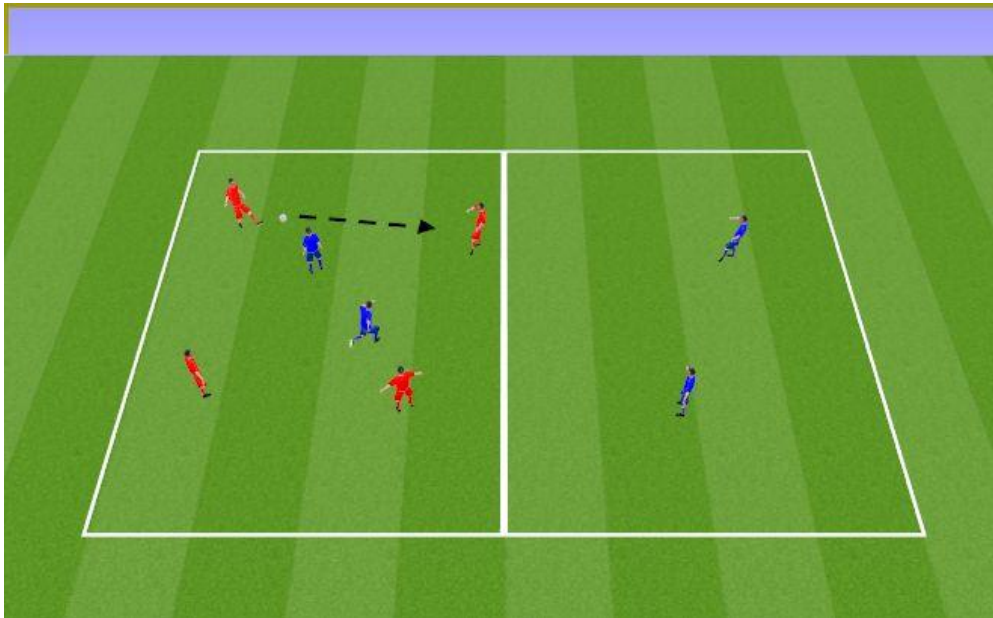
- P – Two touch
R – Make the target area bigger (10 yards deep)

Session – Possession and Passing



Warm-up (Picture Above)

1. Rondo 6 min
4v2 (5v2 or 7v3) depending on numbers
2. Stretch 3 min
3. Rondo 6 min



Rondo w/ Target & Transition (Picture Above)

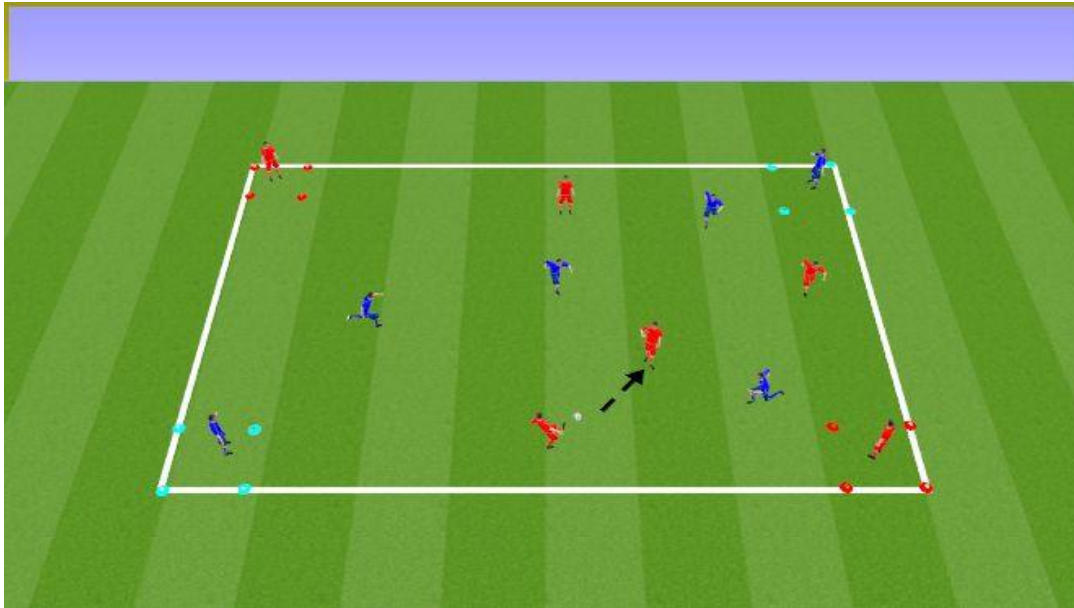
Set-up: on two 20x20 squares you have 4v2 rondo on one square and 2 (teammates of the 2 in the rondo) on the other square.

Session – Possession and Passing (Continued)

Play: Red Team maintains possession as long as possible within their square (5 passes =1 point). Once blue regains possession, they find their target players in the adjacent square. This initiates a new rondo where blue team has the advantage and must complete as many passes as possible. 2 of the red players must transition into the blue square to defend.

Progression:

1. Split = 1 extra point
2. Add an additional player on each side for a 5v3



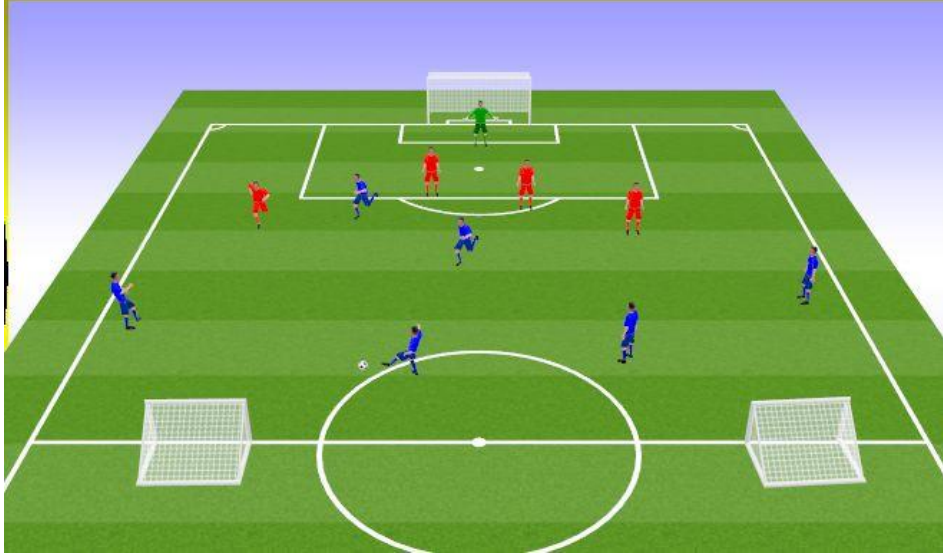
4 Corners Keep Away (Picture Above)

Set-up: on 40x40 square 2 teams and a 6x6 square at each corner. 2 equal teams (6v6, 7v7 etc. etc.)

Play: Objective is to keep possession and find the target player on opposite sides of the grid for a point. The game is to see how many consecutive points can be scored.

Progression: add touch limits (2 touches or 1 touch)

Session – Possession and Passing (Continued)



Short Sided Game with Possession (Picture Above)

Set-up: 1/2 field, 1 regulation goal and two small (Pugg) goals. Defense plays against the offense while numbers down. (6v4)

Play: Blue team (attackers) must earn the right to score (shoot on goal) by completing a certain number of passes (5 passes). If/when red team regains possession, they must also complete

Progression: Increase restrictions (2 touches or 10 passes to earn the shot). Add defenders to even out the numbers (add the #6 to defense)



Short Sided Game: (Picture Above)

Set-up: 1/2 field or full if numbers allow. Equal numbers of players and unrestricted play.

Session – Pass and Move



Ball Manipulation (Picture Above)

Foundations

Toe Taps

Outside Inside Cut

Outside Sole

Sole Laces

Laces Laces Stop Step

Pull Push (Pull V)

Laces Laces Fake

Laces Laces Circle

Progress to follow the leader

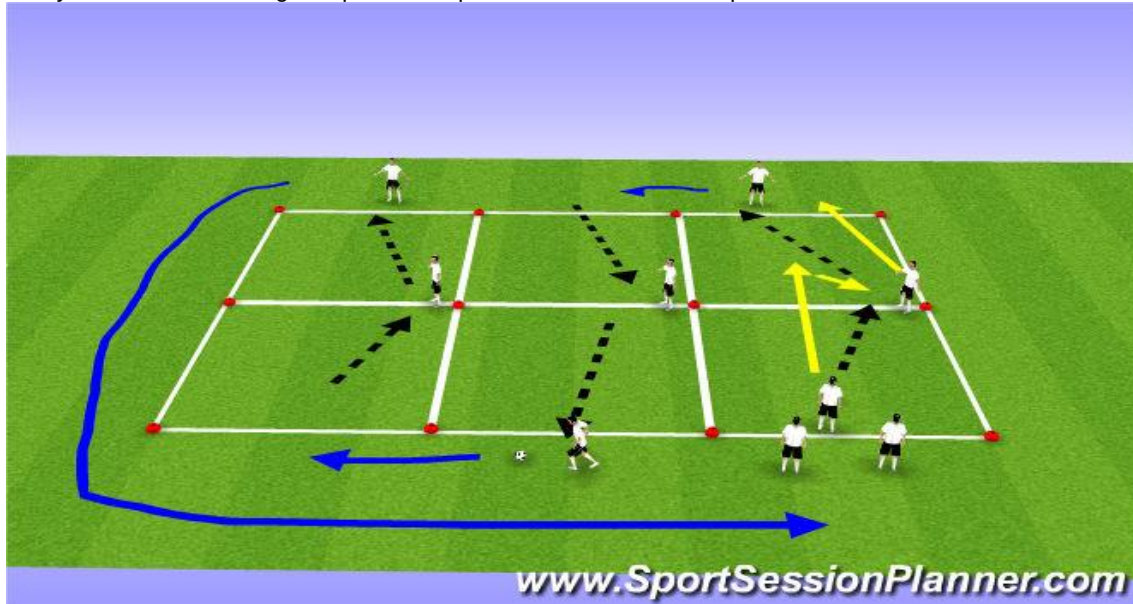
Talk to feet, try to get heads up, look for open space



Passing Warm Up (Picture Above)

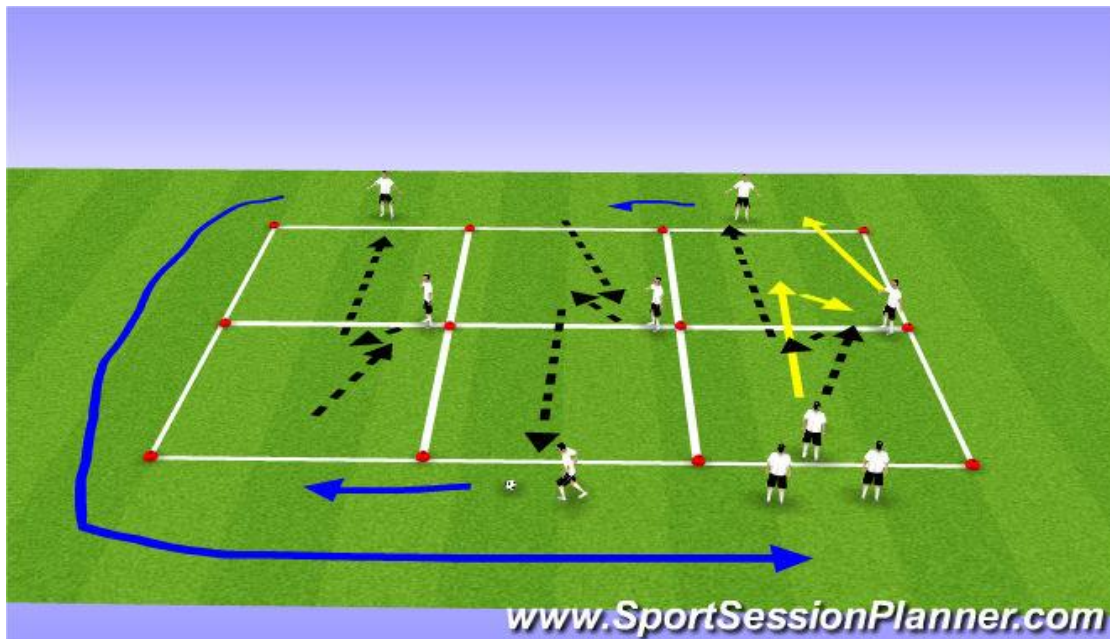
Session – Pass and Move (Continued)

Pass across the square player receives across the body and plays it back across the square to the next person who does the same. Make sure players are using both feet. Keep the lines small so the players are busy, 3-5 players max. Next receive pass with the outside of the foot and pass back with the same foot. Lastly use one touch, weight of pass and speed of movement are important.



Pass & Move (Picture Above)

After end player passes into channel player, the end player runs into middle, past halfway to take "defender" away, checks back on angle, fixes shape to half turn, checks shoulder, eye contact, call, gesture, receive pass from end player on your back foot and pass out to opposite end player with your next touch. End player moves to next channel and repeats. Third end player dribbles all the way back to the start. End players should check up the line and then check back to receive the ball.



Pass, Set & Move (Picture Above)

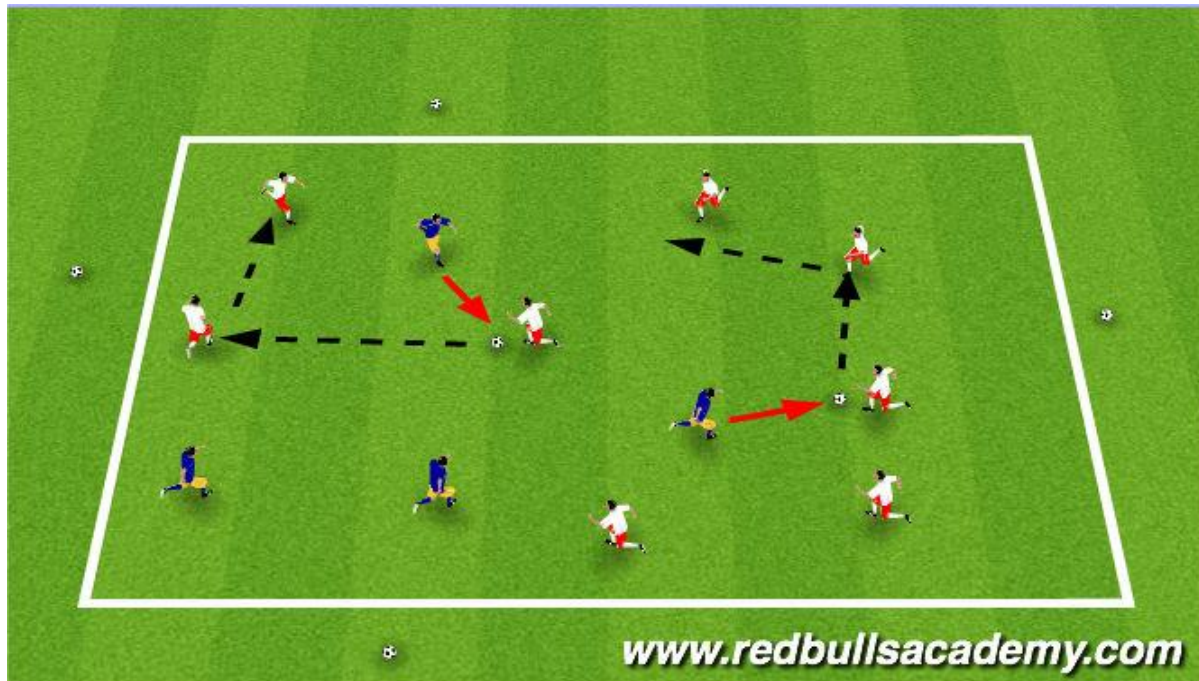
Pass to middle player who sets for starting player to play ball out to opposite side. Make sure the set is angled back not square or forward.

Session – First Touch and Receiving

Description

Learning Outcomes

1. Improve players' verbal and non-verbal communication.
2. Improve players' ability to pick their heads up.
3. Improve players' ability to take a positive first touch.
4. Improve players' ability to receive with the inside of the foot.
5. Develop players' ability to receive away from their body.
6. Develop players' ability to receive across their body.



Warm-up (Picture Above)

Organization:

1. 30x30 grid.
2. Four pinnies.
3. Two balls (extras on outside of grid).

Instructions:

1. Four players start off as defenders holding a pinnie each in their hand.
2. Defenders look to touch a ball or force a ball out of play via a bad pass/touch from an attacker.
3. Attacker who loses possession takes the pinnie and becomes a defender.
4. Previous defender becomes an attacker.
5. Attackers help each other to keep possession of both soccer balls.

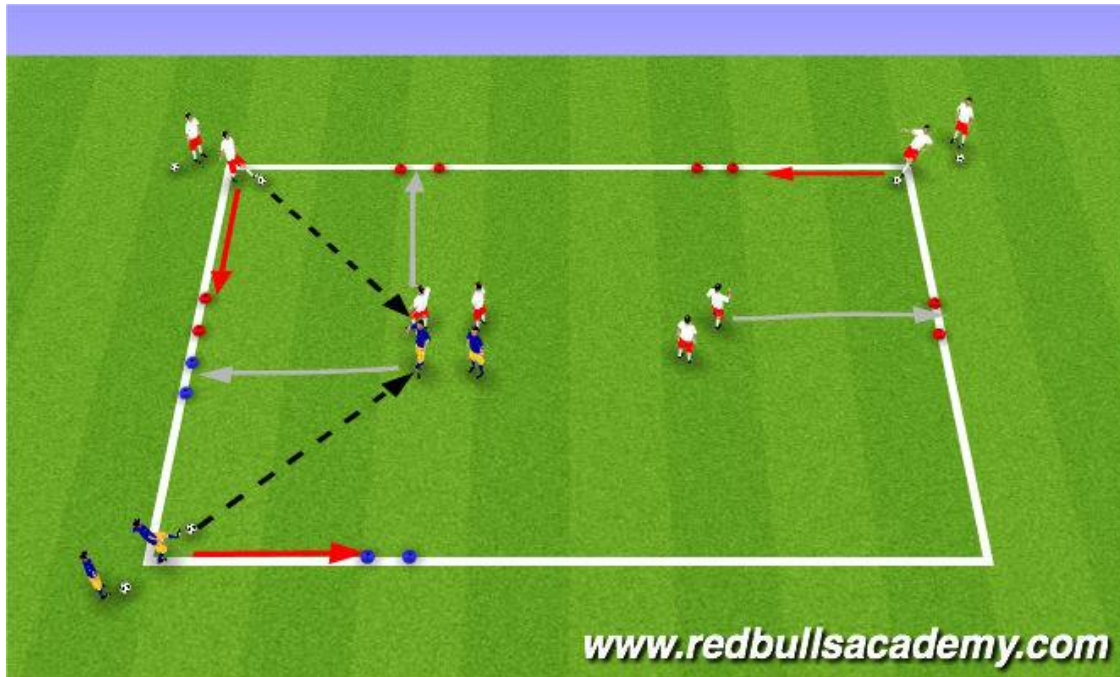
Coaching Points:

1. Communication - verbal and non-verbal.
2. Awareness of space/pressure - head up.
3. Ability to receive into space, away from pressure.
4. Weight and accuracy of pass.
5. Angle and distance of support.
6. Movement to improve positioning on the field.

Progressions:

Session – First Touch and Receiving (Continued)

1. Add/remove balls/defenders as necessary.



Technical Semi-Opposed (Picture Above)

Organization:

1. 10x10 boxes with two 2yd gates set up in the corners of each box.
2. Three groups of 4 set up as shown
3. Two balls per group, extras around outside.

Instructions:

1. Player with ball plays pass across to opposite corner.
2. Receiving player takes a touch towards either gate and dribbles through it.
3. Passer runs through the opposite gate, then to center cone (back of receiving line).
4. Round 1 - open to the closest gate with the inside of the foot (touch away from body).
5. Round 2 - take touch across the body to the farthest gate with the inside of the foot.
6. Move to first progression after round 2.

Coaching Points:

1. Communication - verbal - call for the ball.
2. Communication - non-verbal - point to desired foot.
3. Move to get in line with the ball, avoid reaching/lunging.
4. Select appropriate/desired surface.
5. Positive first touch - big touch into space.
6. Pick head up as ball is played out of feet.
7. Acceleration into space as ball is out of feet.

Progressions:

1. Passer waits until attacker takes touch, then it's a race to opposing gates.
2. Passer immediately runs to one gate; attacker must observe this and go to opposite gate.
3. Passer runs to gate then can recover to defender.

Session – First Touch and Receiving (Continued)



1v1 Conditioned Game (Picture Above)

Organization:

1. 20x10 areas with 4yd endzones in front of each goal.
2. Four groups of 3 set up as shown.
3. Center line for each activity has a ball each.
4. Extra balls in center.

Instructions:

1. Player with ball passes to waiting player to begin activity then defends.
2. Receiving player takes touch towards either direction and tries to score any time after first touch.
3. Defending player cannot move until the ball has reached the receiving player.
4. Scoring: 1pt for scoring from central area, 2pts for scoring in shaded area in front of goal.
5. Encourage players to attack the space with their first touch (go for two points).

Coaching Points:

1. All previous points.
2. Observe the position of the defender to determine the space to take the touch into.
3. Disguise the direction of the first touch.
4. Use first touch to set up next action (i.e., a pass into the goal).

Progressions:

1. Defender can start to close down the ball as soon as he releases the pass.
2. Defender can look to score if he steals the ball, and it remains in play.

Session – First Touch and Receiving (Continued)



Free Play (Picture Above)

Organization:

1. 30x20 fields.
2. Four teams of 3 or 4 (depending on numbers).
3. Two fields of 3v3 or 4v4 (depending on numbers).

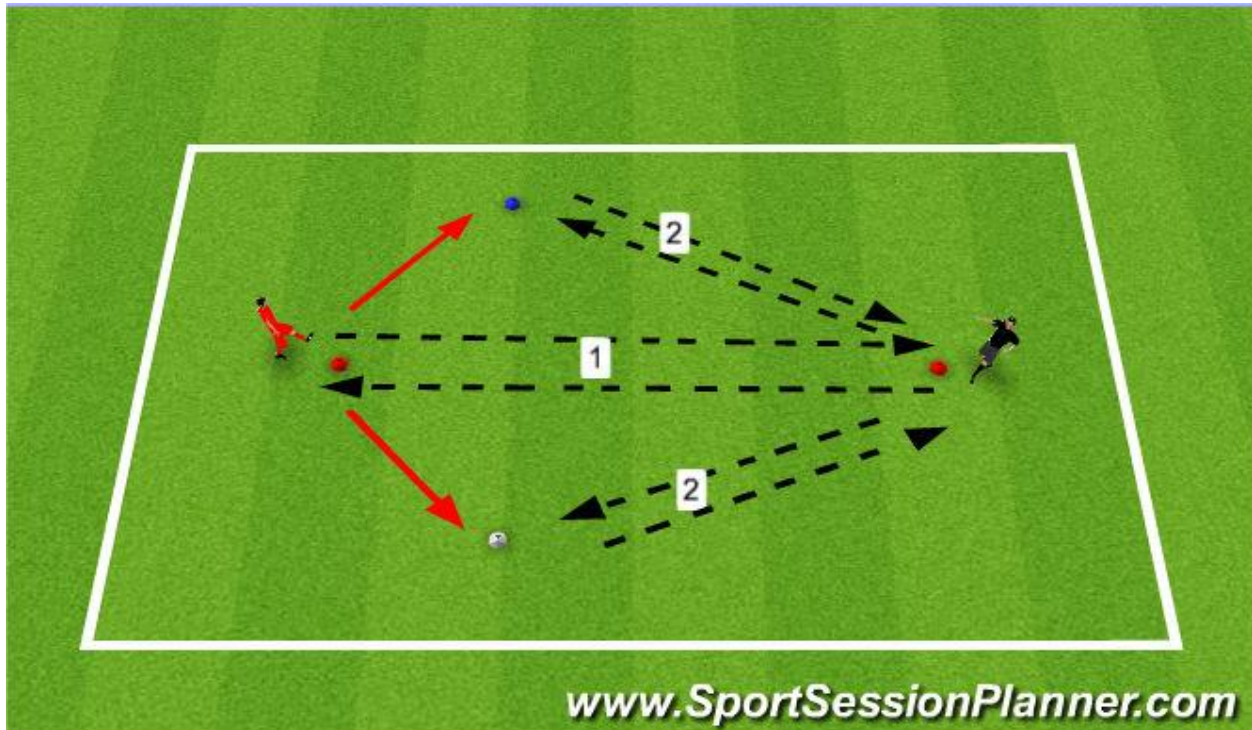
Instructions:

1. Free play to goal.
2. Restarts: kick-in or dribble in from side.
3. No corners. Start from own goal if ball goes out for corner.

Coaching Points:

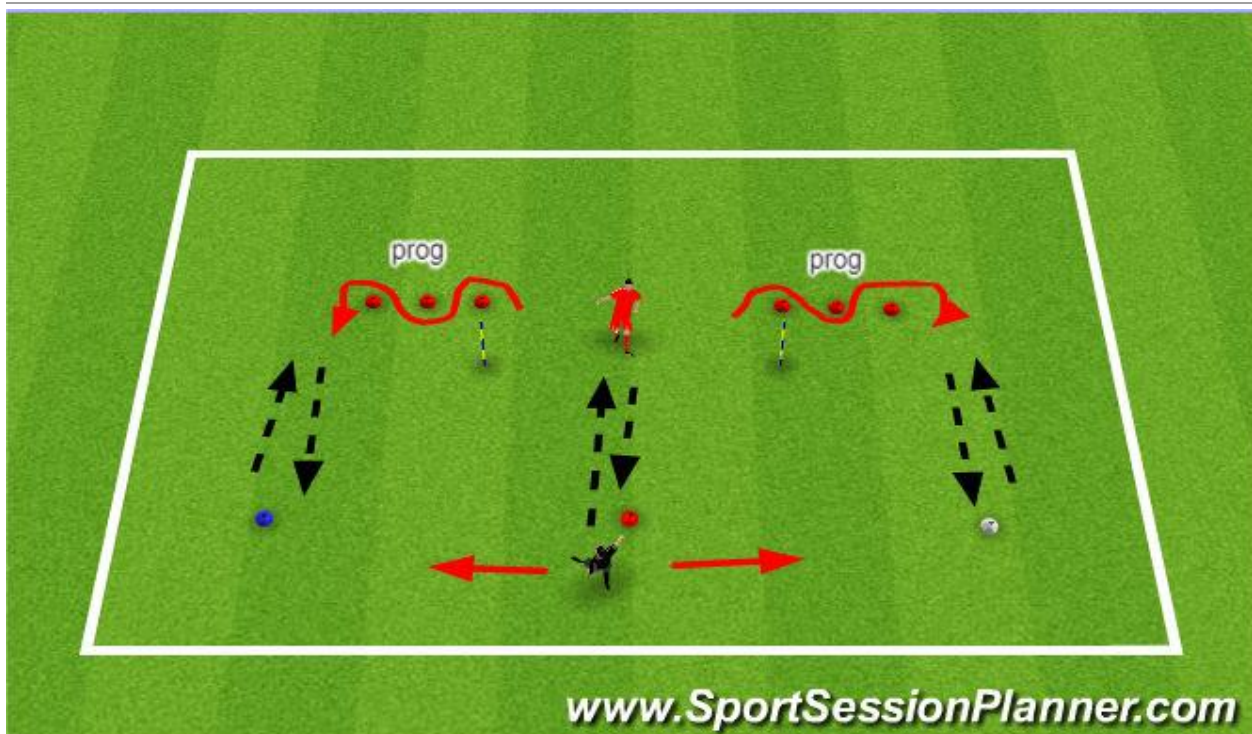
1. Head up to observe space.
2. Recognition of individual space.
3. Recognition of teammate with space.
4. Ability to take touch away from pressure, into space.
5. Application of techniques taught in training.

Session - 1-2-1 Passing



1-2-1 Passing left/right (Picture Above)

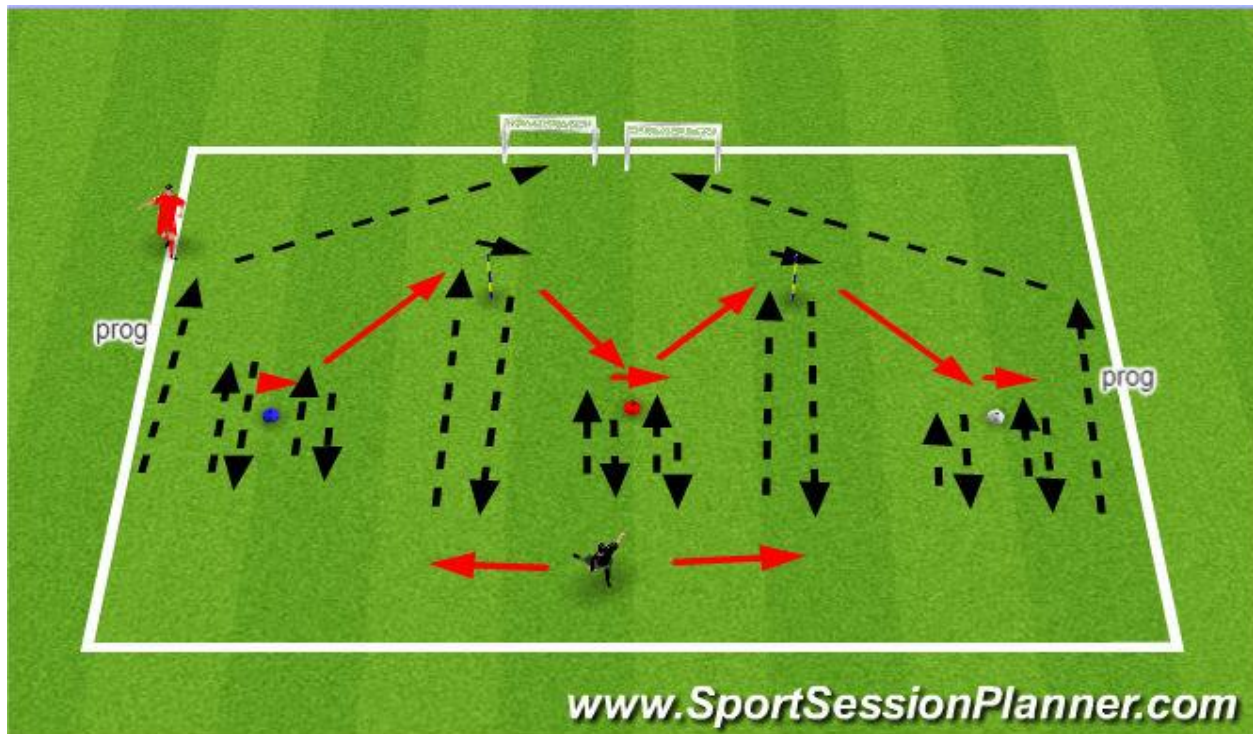
- 1 - Passing ball back and forward around cone. Control one foot, pass with other
- 2 - Player moving between blue - red - white cones. Blue, left foot and White, right foot.



1-2-1 passing warm up (Picture Above)

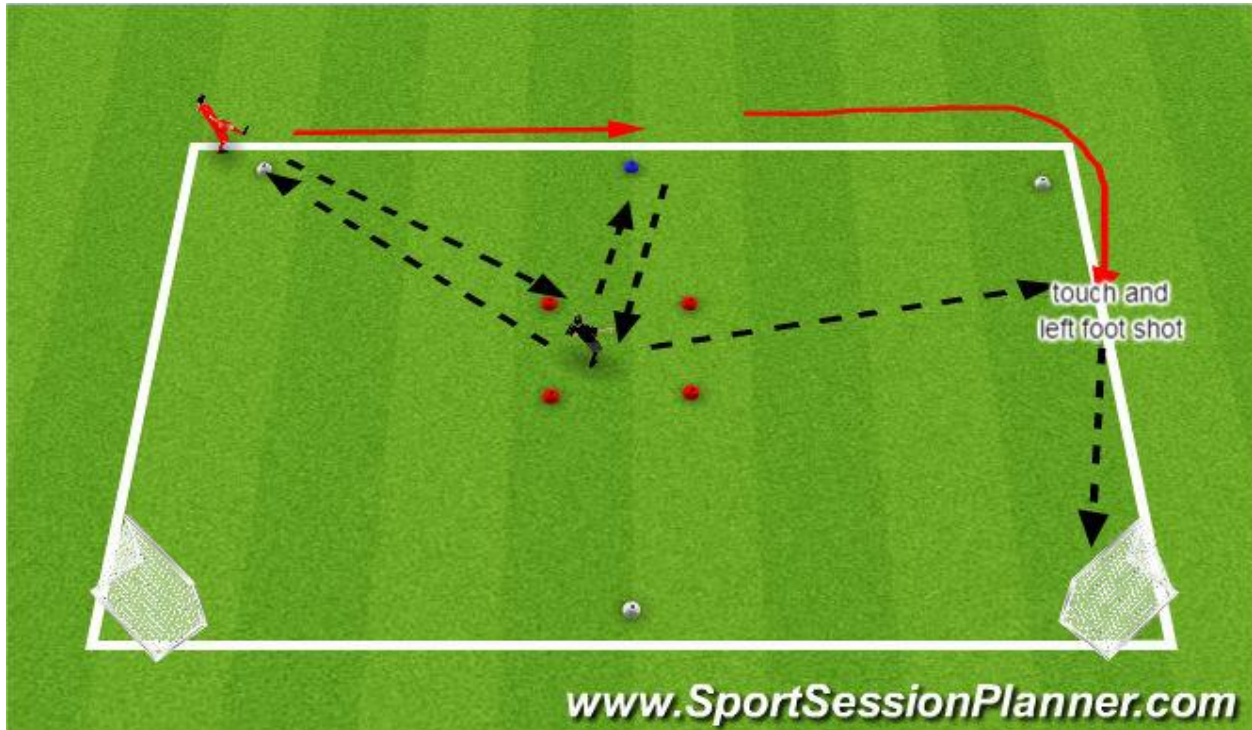
Session - 1-2-1 Passing (Continued)

- 1 - player receives ball for coach and passes back to coach at red cone.
 - moves around pole (cone) receives ball and passes back at blue cone.
 - continue doing same working back and forward from blue to white.
- 2 (prog) - same as above but footwork thru cones between passing.



1-2-1 passing 1 (Picture Above)

Session - 1-2-1 Passing (Continued)



1-2-1 pass and shooting (Picture Above)

- 1 - Player starts on white cone. Player plays 1-2 with coach and then move to blue cone.
- 2 - At blue cone player plays 1-2 with coach then running round opposite white cone.
- 3 - Player then receives pass from coach taking touch and shooting into small goal.
- 4 - Same in opposite direction, shooting with opposite foot.