



Passing and Turning

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Gate Pass

Set Up

Scatter 8-10 two yard gates around a 20x20 grid.

Instructions

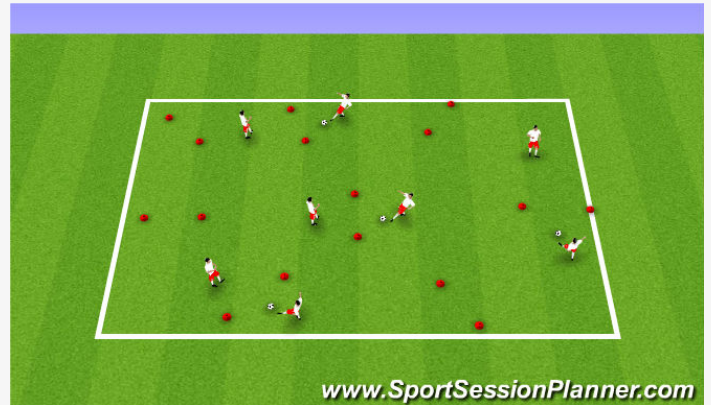
With a partner players will pass through a gate and then move to another gate. See how many gate they can get through in one minute.

Coaching Points

1. Passing technique
2. Receiving with the inside of the foot
3. First touch towards the next gate

Progression

1. Vary passing distance



Gate Pass & Turn

Set Up

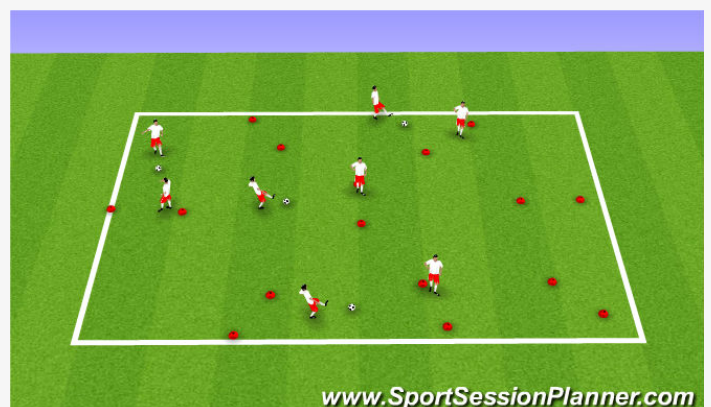
Same as before

Instructions

In partners, one player will show between the gate while the other plays the ball. The player receiving should pick one side of the gate and have their back to the cone so they can open up when they receive the ball. Once receiving the ball they will dribble through the next gate while their partner goes to now become the receiving player in another gate.

Coaching Points

1. Passing technique and accuracy
2. Receiving technique
3. Opening up so the player receiving can turn quickly and dribble to the next gate



Gate Pass Combinations

Set Up

Same

Instructions

If players are doing well with this try these passing combinations

1. Bump

Player will receive the ball between the gate and play it directly backward back to the same player

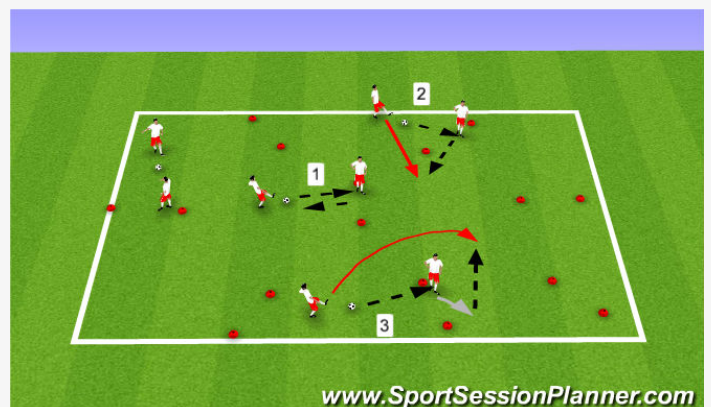
Progression- 1 Touch

2. 1-2

Player will play the ball to their partner between the gates, that same player then makes a run on the outside of the gate across from their partner and receives the ball again. For this you will have to switch after a couple minutes because it won't naturally switch who is between the gates and who plays the ball in.

3. Overlap

Player will play the ball to their partner between the gates, that same player then makes a run on the outside of the gate behind their partner and receives the ball again. For this you will have to switch after a couple minutes because it won't naturally switch who is between the gates and who plays the ball in.



2v1

Set Up

25x20

3 goals on one endline and 2 goals on the other endline

Instructions

Defending player plays a ball out to the two attacking players and defends the endline with 3 goals. The attacking team plays a 2v1 and is trying to dribble through one of the three goals. If the defending player wins the ball they can pass through one of the two goals on the opposite endline. Play for 2 minutes then switch offense and defense.

Coaching Points

1. Good first touch using the inside of the foot
 2. Attacking player with the ball dribbling at the defender
 3. Second attacker not being too close to their teammate
 4. Making a run
- Overlap
-1,2



3v2

Set Up

Same as 2v1

Instructions

Same as 2v1, but now two defenders come out to defend against three attackers.

Coaching Points

1. Everyone not being in one small area of the field
 2. Pass and move
 3. The combinations worked on earlier in the session
- Overlap
-1,2



3v3

Set Up

2 15x20yd fields

Instructions

3v3 to endlines

Players must dribble across the endline to score a point. If there is not enough passing make a rule that a team must complete two passes before attempting to get a point. Play 3 minute games then switch up the teams.

