

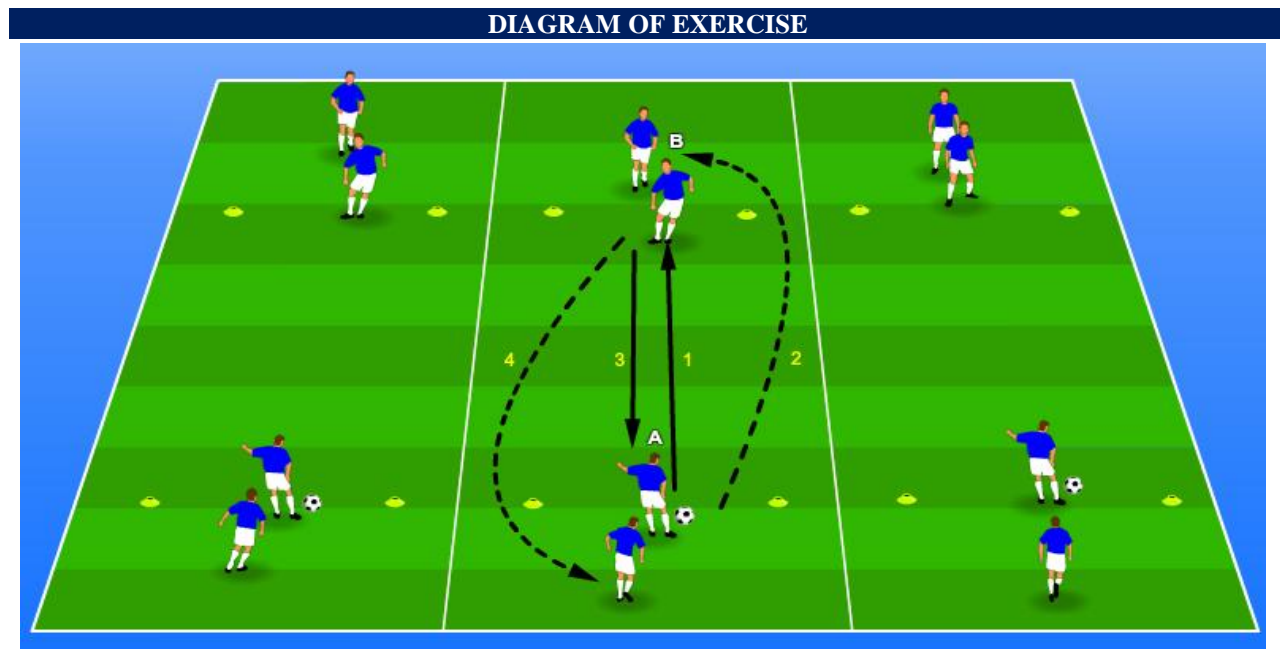
| OVERVIEW: Basic Passing | |
|-------------------------|---|
| Exercise Name | Basic Passing Channels - Dynamic |
| Training Objective | Improve quick short passing accuracy and the concept of moving after the pass |

| DEVELOPMENT AREAS | |
|-------------------|---------------|
| Technical | Short Passing |
| Tactical | N/A |
| Physical | Movement |
| Psychological | Concentration |

| STRUCTURE | |
|---------------------|-------------------|
| Space | 8x15 yard channel |
| Time | 5-10 minutes |
| Age Recommendation | U10-U18 |
| Difficulty (1 to 5) | 1-2 |

| ORGANIZATION | |
|--------------|---|
| Players | 4-5 players per channel |
| Time | 5-10 minutes with added variations of movement |
| Equipment | 4 cones and 1 ball per channel |
| Description | <p>Organize 4-5 players per channel.</p> <ul style="list-style-type: none"> — Player A passes to player B and jogs to the back of opposite line. — Player B receives and passes back across the channel and joins the opposite line. <p>Continue this basic sequence with the following progressions:</p> <ol style="list-style-type: none"> a. Upon receiving the ball take your first touch across the body (i.e. inside of left foot) and pass back with opposite foot (i.e. inside of right) b. Upon receiving the ball take your first touch with the outside of your right foot and pass back with the inside of the right foot. <ul style="list-style-type: none"> — Make it a competition (i.e. 1 and then 2 touches). The team that completes the most successful (i.e. stays inside channel) passes in 60 seconds wins |

- KEY COACHING POINTS**
1. Passing - demand precise and quick short passes with emphasis on good technique.
 2. Receiving – cushion the ball on contact and prepare ball out from under your feet – prepare for next pass
 3. Movement – emphasis on sharp movement after each pass – develop idea of moving to support



| OVERVIEW: Passing and Combining | |
|---------------------------------|---|
| Exercise Name | Diamond Passing Sequence |
| Training Objective | Improve passing combinations, introduce support and movement off the ball |

| DEVELOPMENT AREAS | |
|-------------------|------------------------|
| Technical | Short and Long Passing |
| Tactical | Support and Movement |
| Physical | Sharp Movement |
| Psychological | Concentration |

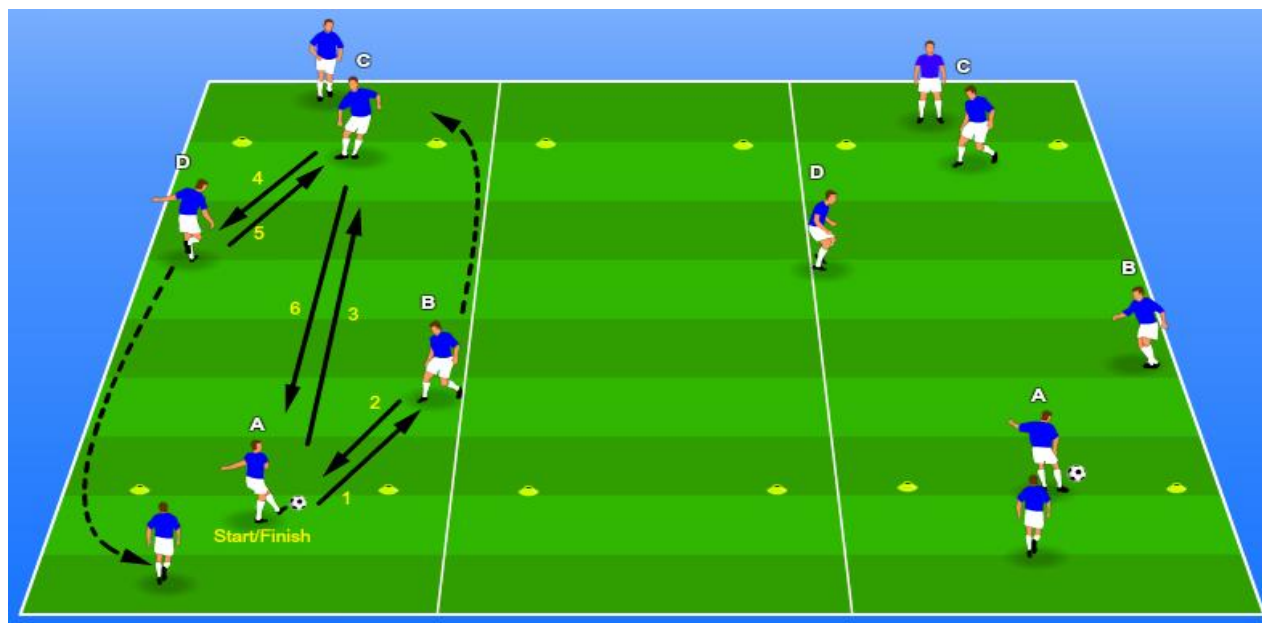
| STRUCTURE | |
|---------------------|--------------------|
| Space | 12x20 yard channel |
| Time | 10-12 minutes |
| Age Recommendation | U11-U18 |
| Difficulty (1 to 5) | 2-3 |

| ORGANIZATION | |
|--------------|---|
| Players | 6-7 players per channel |
| Time | 10-12 minutes |
| Equipment | 4 cones and 1 ball per channel |
| Description | <p>Organize 4-5 players per channel. This is a dynamic exercise with quick passing and sharp movement off the ball. The sequence is as follows:</p> <ul style="list-style-type: none"> — Sequence Part 1: A passes to B, B passes back to A (one touch), A passes to C. A moves up to take B's spot and B spins out and join that back of line C. — Sequence Part 2: C passes to D, D passes back to C (one touch), C passes to opposite line and the sequence starts again. C moves up to take D spot and D spins out to join that back of line. — Competition – play multiple games (2 min) and challenge groups to complete as many sequences as possible. Team that completes the most sequences wins. |

KEY COACHING POINTS

4. Passing - demand precise, quick, and correctly weighted passes with emphasis good technique.
5. Rhythm – challenge players to complete sequence one touch – quick but controlled temp.
6. Movement – players B and D check away and back to the ball to create space. Sharp movement after each pass and supporting at an angle – open body shape

DIAGRAM OF EXERCISE



| OVERVIEW | |
|--------------------|---|
| Exercise Name | Rectangle Passing Combination Sequence |
| Training Objective | Improve passing combinations, introduce support and movement off the ball |

| DEVELOPMENT AREAS | |
|-------------------|------------------------|
| Technical | Short and Long Passing |
| Tactical | Support and Movement |
| Physical | Sharp Movement |
| Psychological | Concentration |

| STRUCTURE | |
|---------------------|--------------------|
| Space | 15x24 yard channel |
| Time | 10 minutes |
| Age Recommendation | U12-U18 |
| Difficulty (1 to 5) | 2-3 |

| ORGANIZATION | |
|--------------|---|
| Players | 8-9 players per channel |
| Time | 10-12 minutes |
| Equipment | 4 cones and 1 ball per channel |
| Description | <p>Organize two rectangles with 8-9 players in each group. This is a dynamic activity with quick passing and sharp movement/support off the ball. The sequence is as follows:</p> <ul style="list-style-type: none"> — Sequence Part 1: A passes to C, C passes back to B (one touch), B passes to D. A moves up to take B spot, B to C spot, and C spins out and joins back of line D. — Sequence Part 2: D passes to F, F passes back to E (one touch), E passes to opposite line A and the sequence starts again. D moves up to take E spot, E takes F spot, and F spins out to join back of line A. — Competition – play multiple games (2 min) and challenge groups to complete as many sequences as possible. Team that complete the most sequences wins |

- KEY COACHING POINTS**
7. Passing - demand precise, quick, and correctly weighted passes with emphasis good technique.
 8. Rhythm/Cue – challenge players to develop a rhythm and read cues (i.e. first touch, weight of pass etc.)
 9. Movement – players C and F check away and back to the ball to create space. Sharp movement after each pass and supporting at an angle with open body shape.

DIAGRAM OF EXERCISE

