



# Improve Passing

**Category:** Technical: Passing & Receiving  
**Difficulty:** Advanced

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## Screen 1 (10 mins)

Set up, Partners, 12 to 18 players  
Red team are passing and moving  
Blue team, double pass combinations  
Make sure teams are Moving

CPs:

- 1) Focus on the Puch pass - ask players to strike a moving ball
- 2) Ball on the ground, toe up heel down, strike the center of the ball
- 3) Approach towards ball, get there before the ball stops rolling
- 4) Movement off the ball
- 5) Pass to space, challenge players (see team A)

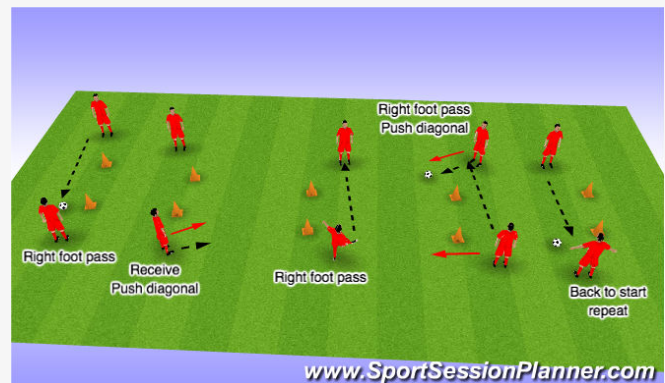


## Screen 2 (15 mins)

Set up:  
Partners passing, cones are 3 to 5 yards apart based on age.

CPs:

- 1) Quality of pass
- 2) Receiving side on, give ball a new direction
- 3) Posture, balance
- 4) Accuracy and weight of pass - up on your toes, be alert
- 5) Relax when receiving



## Screen 3 (15 mins)

Set Up: 15x15 size grid, 7 players to each grid, Ball always starts where there are two players.

Game, Ball is played to where there are two players, the passer runs to where one player is

- 1) Concentration
- 2) Passing accuracy and weight
- 3) Receiving ability
- 4) Movement off the ball
- 5) Increase sped of play
- 6) Confidence
- 5) Space awareness
- 6) Communication
- 7) Drill management



## Screen 4 (25 mins)

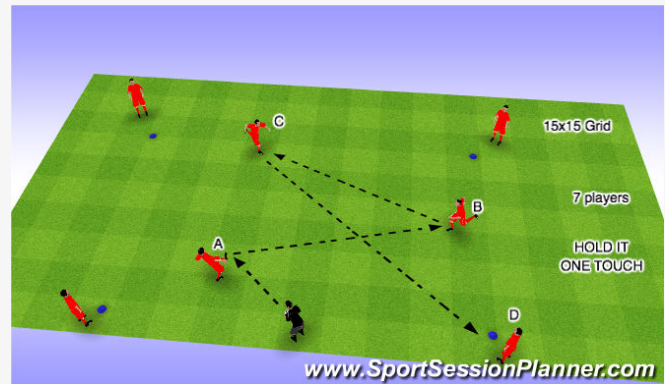
Set up: 15x15 size grid, 7 players, three are in the middle of the grid

**Game**, Coach plays ball to player A, player A has one touch to pass to player B, player B has one touch to pass the ball to player C, player C has one touch to pass to the outside of the grid to player D, \*\*Special note - the third touch player on the inside of the grid when passing to the outside must leave the grid being replaced by the outside player, shown as player D.

\*\* Coach plays the passing sequence so the player entering the field does not leave the field immediately (who ever enters the grid must demand the ball back after one pass so they can pass onto the third player, this make the third player leave the grid, game repeats itself.

CPs:

- 1) Team Concentration
- 2) Space awareness
- 3) Quality of passing
- 4) Ability to play one touch (younger players allow two touch if needed)
- 5) Constant transition
- 6) Shape of players during passing patterns,



## Screen 5 (30 mins)

Set up: Half Field, 9v9, (formation based on your objective)

Red team, Keeper, back 3, Midfield 4 and 1 forward

Blue Team, Keeper working in the front center circle arc, back 3, midfield 3 and 2 forwards

- 1) Passing combinations, accuracy and weight,
- 2) Receiving under pressure
- 3) Movement off the ball, Space awareness
- 4) Increase speed of play
- 5) Confidence, flow of game, allow restarts - Corners, Throw-ins, free kicks, Goal kicks
- 6) Team Fitness

