| PASSING VARIATIONS |  | COACH: | DATE: |
| :---: | :---: | :---: | :---: |
| TRAINING OBJECTIVES: |  |  |  |
| TECHNICAL: | TACTICAL: | MENTAL: | PHYSICAL: |
| DEVELOP VARIETY OF PASSING TECHNIQUES INSIDE OF FOOT / LACES. | APPLY CORRECT PASSING TECHNIQUE FOR SPECIFIC SITUATIONS. | TRUST. CREATIVITY. | BALANCE. COORDINATION. |



## WSTRUCTIONS/RULES

Players work in pairs, make 3 passes at gate and then move to a free gate. must be two touch to work on receiving to prepare. When moving between gates players must dribble and perform move.
Add competition - who can get through most gates in 1 minute
Progress: Add in two or three defenders who get a point every time they tag a ball or block a gate. Players just need to make one pass through a gate to partner to score 1 point, can pass and move between gates.

| COACHING POINTS |
| :--- |
| Quality of passing technique - strong ankle, follow through, <br> strike back center of ball, position of standing foot. <br> Communication. <br> Weight of pass. <br> 1st touch out of feet. Direction of 1st touch to space. |

KEY QUESTIONS
What types of communication are there?
Which surfaces of your foot can you pass with?

EXERCOSE 2: Exploation Game
WORK TO REST RATIO: 20 mins total. $4 \times 4$ mins : 1 mon rest.
DIMENSIONS:
$35 \times 25$ yards. 4 yard corner squares.
Quality and accuracy of passing.
Placement of short passing - to feet vs. to space.
Use laces for longer passing.
Can you go over or around defenders.
Use deception in pass utilizing different surfaces.
Play 3 v 3 to corner targets. Teams have to get the ball into their target player in either corner square for a point. Can start with 4 neutrals in each corner and then change to two each. Change target players every 2 mins.

## KEY questions

When do you use inside of foot vs instep?
How can you use deception in pass using different surfaces?

EXERCISE 3: Execution Game
WORK TO REST RATIO:
20 mins total. $4 \times 4$ mins : 1 min rest.
DIMENSIONS:
Two diamonds: 18 yards long by 12 yards across.

| COAOHING POINTS |
| :--- |
| Position of plant foot. Strong ankle. <br> Strike back center of ball. <br> Angle of approach and follow through. <br> For instep point toe down and at angle, lean over ball. <br> Quality of first touch to prepare ball. |

INSTRUCTIONS/RULES
Set up two groups in diamond with dimensions 12 yard across by 18 yards long. Work on following patterns:
$1-\mathrm{A}$ to $\mathrm{B} / \mathrm{B}$ to $\mathrm{A} / \mathrm{A}$ to C using instep / C to D / D to E. Follow every pass. Have competition between groups. $5 \times 1 \mathrm{~min}: 30$ seconds rest.
2 - A to C with instep / C to B / B to D with instep / D to E. Follow every pass. Have competition between groups. $5 \times 1 \mathrm{~min}$ : 30 seconds rest.

## KEY QUESTIONS

Where should you strike the ball?
When should you pass to feet vs to space?

EXERCISE 4: Autoomous Game

WORK TO REST RATIO: 20 mins total. $3 \times 6$ min games : 1 min rest. $30 \times 25$ yards.

COACHING POINTS
Be confident to strike longer pass with laces.
Decision - when to go short vs long.
Movement to support ball carrier.
Quality of first touch and calmness to prepare ball for pass.

## KEY QUESTIONS

Where can you move to maximize space?
How can you be deceptive with pass?


