

More Games/Drills To Put the Passing and Receiving Skills Together

Basic Pass/Receive Game : Passing Warm Up

Divide the team in two. Place players in a 20 x 20 yd grid without a ball. Place an equal number of players on outside of the grid each with a ball. Inside players move around the grid freely, receive a ball from an outside player and return it as quickly as they can. Switch positions after a while.

Progression

- Return with one touch, then two touches,
- Receive with outside of the foot, inside of the foot, left foot only...
- Receive balls out of the air.
- Receive, turn and find a different target

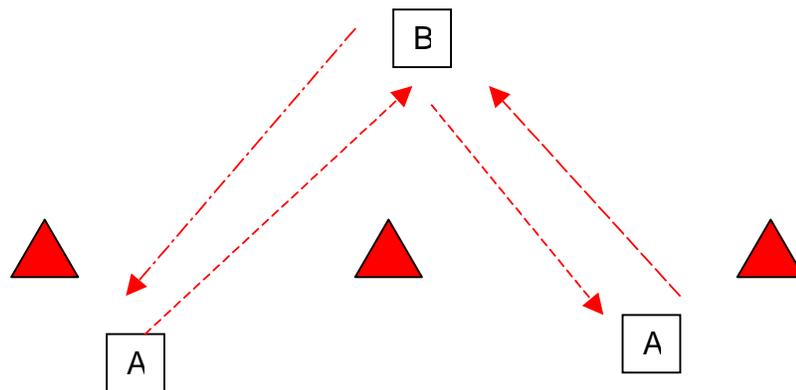
Coaching Points

- Quality of first touch. Keep it outside your "footprints" so that it can be returned quickly.
- Prepare the receiving surface as soon as possible.
- Be first to the ball, get into the line of flight of the ball.
- Make "eye contact" with the server.
- Changes of speed and direction.
- Do not run "across" the server, check back at an angle. This makes it easier to turn and look back over your shoulder.

Basic Pass/Receive Game: U8 Triangle Goals

This is a simple game wherein you set up two (2) goals next to each other with three (3) players as shown. The object is for the players labeled “A” to make a wall pass to Player “B” through the goals.

Have several goals set up and see who can make the most passes in one minute. Eventually the players will understand that to “win” the game they have to be able to accurately one-touch the pass through the goal and be able to use both feet equally well.



Basic Pass/ Receive Game U9: The Circle

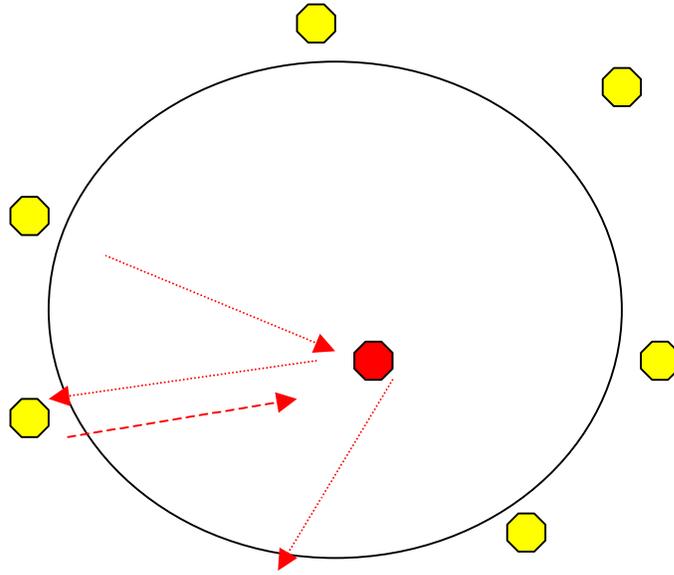
Set up a circle of players and place one player without a ball in the middle. All of the outside players have to have a ball.

Start simply by going around the circle and having each player, in turn, pass to the player inside. The player inside must either multiple touch, two touch or one-touch the ball back to the same player depending upon what the coach has chosen.

If the player inside misses he/she is replaced by the player who passed them the ball.

Progression of the Circle Game

1. Have the player return the ball to the next player in the circle:

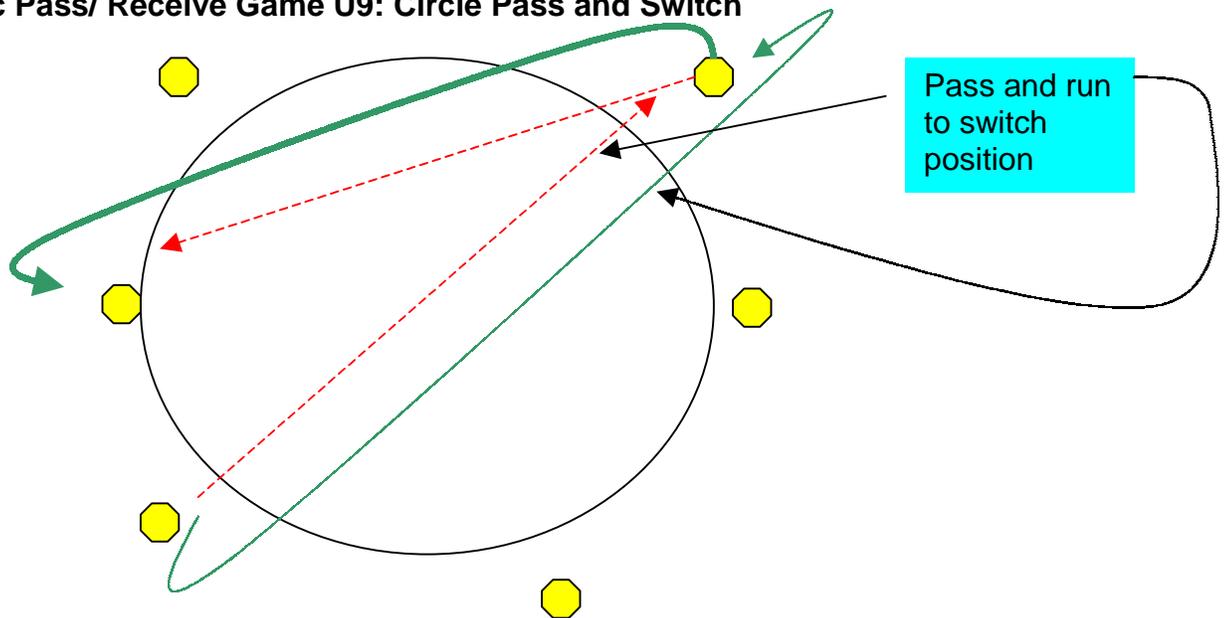


Have the player in the center call out the name of the person he/she is going to return the ball to.

Have the player in the center play first with the right foot and then with the left continually alternating.

Have the player in the center shout ‘Through ball’ and let the ball pass by them to a waiting player on the outside of the circle.

Basic Pass/ Receive Game U9: Circle Pass and Switch



Organization:

- Five or six players in a circle 10 to 15 yards wide
- One ball. Player one picks out a teammate and passes the ball to him/her.
- She then runs to that teammate place and switched with her.
- Teammate with the ball makes the next pass and run.

Coaching Points:

1. Players must prepare the ball outside of their footprints
2. Players must have proper weight on the ball
3. Players should check back to short passes
4. Players must have their heads up at all times to be ready for the pass
5. Players should know where to go with their pass next **BEFORE** they receive it

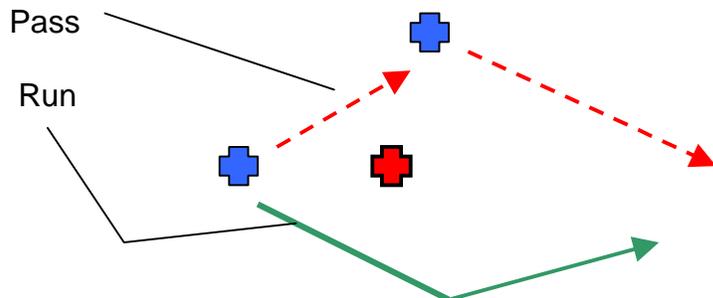
Basic Pass/Receive Game U10 The Name Game:

Players in a circle. One ball to a group. Players call out the name of the player to whom they are passing. Progression of this drill is to have them pass and switch. Have them pass with only the **non-dominant foot**.

Basic Pass/Receive Game U10: Free Form 3 Man Passing

You can use either of these two drills as a basic warmup exercise. What is a little more advanced about them is that they are free form. The palyer making the pass has to read off the receiving player and move to space. The player receiving the pass must read the run. The third player is a passive defender who, as the skill level increases, becomes more and more active.

One-Two Give and Go

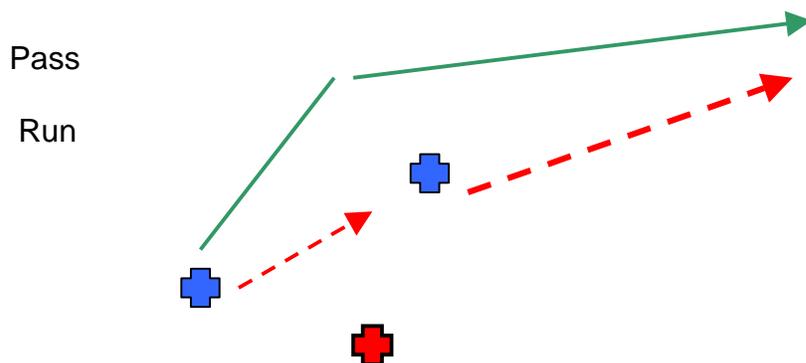


Offensive players play give and go until they complete a specified number of pass and run combinations in a row.

Coaching Points

- Run must be behind the defender
- Pass should be a one touch off the stationary player if possible

Overlap

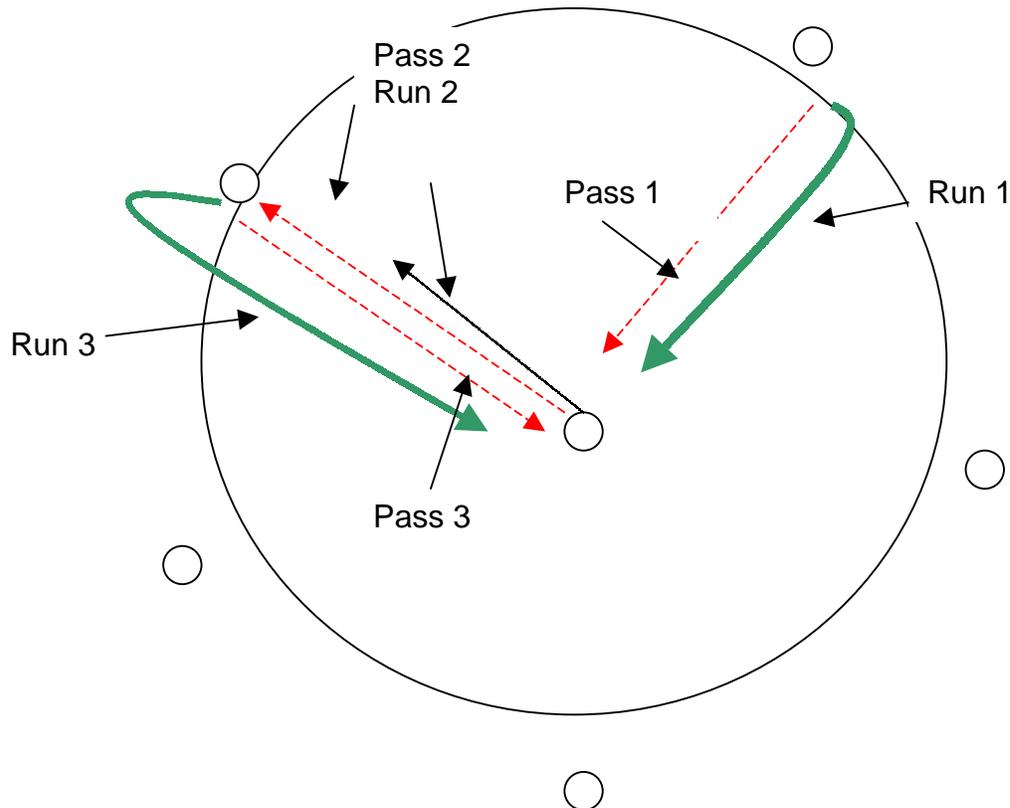


Offensive players play the overlap until they complete a specified number of pass and run combinations in a row.

The difference between the drills is in the first the run is **away from the receiver** and **behind the defender** and in the second one it is **away from the defender** and **toward the receiver**.

Basic Pass/ Receive Game U10: Circle One Touch and Go

This is a drill that I picked up from Gary Rue (NSCAA Coach in KY). It is a more advanced drill than the one above and similar, though not as complex, as the Pass and Move shown later in this section.



Organization

- Five or six players around a circle with a player in the middle.
- Ball starts on the outside.
- Ball is always played to the middle from the outside and then from the middle to the outside
- Player always follows their pass, whether running to the outside or to the center.

Coaching Points

1. One touch passing is preferred but start with two touch if you have to

2. Players on the outside should adjust their positions as required to receive the pass.
3. Players should know in advance where they are going with the next pass

Progression of the Circle One Touch and Go

1. Instead of having the player in the middle one touch the ball have them turn and play the ball to the opposite side. Have all of the players yell **“TURN”!** This gets them used to providing direction to a player on their team playing with their back to the opposition
1. Have the player in the middle dummy the ball, (i.e. pretend to play it but let it go by to the opposite side)

You will see some of these drills repeated as part of the Possession and Increasing the Speed of Play section further on in this manual.

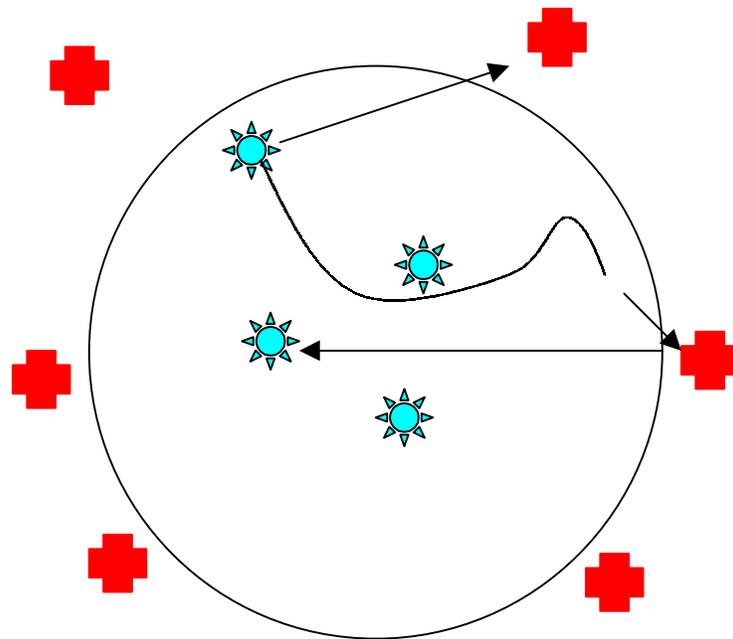
Basic Pass/Receive Game U10: Chaos in the Circle

The following game is used as a warm-up by the U.S. Women’s National Team as a way to work receiving skills in a match related type of environment.

Four (4) players are inside a 15 yard diameter circle with the rest of the team outside. Four (4) of the outside players have a ball. The inside players have to run around within the circle and free themselves for a pass coming from the outside.

Initially let them just return the ball to the outside player and then move on to take another pass from **another** outside player. After they have become relatively proficient at receiving the ball have them Receive it and perform a three touch move and then return it to another outside player.

The quick movements within the circle, the heads up required so that you don’t run into a teammate all help to simulate match type conditions.



Basic Pass/Receive Drill U10: Width – Depth - First Touch Away From Pressure

The following drill is a simple pass and move that gets players thinking about width of the field, depth of the field and preparing the ball from a pass with their first touch away from pressure

Set Up and Execution

Start the exercise with four (4) players, one at each corner and a spare player behind each. Use one ball to start. The field should be rectangular (since a soccer field is rectangular) and s you should adjust it to the passing abilities of your players.

Ball goes down the long side of the field first. Tell your players to think of this as a pass back to a midfielder. The midfielder now wants to play the ball away from oncoming pressure. The first touch **prepares** the ball to her right. The second touch makes the pass to her support player. This switches the point of the attack and widens the field.

The player receiving the ball follows the same pattern... first touch away from pressure, second touch to make the pass. In this case tell your players that they are a midfielder looking to hit a target player, a forward, down the field. This creates depth.

After the players make their passes they follow them, switching their position in the exercise so that everyone plays the midfielder and target player positions

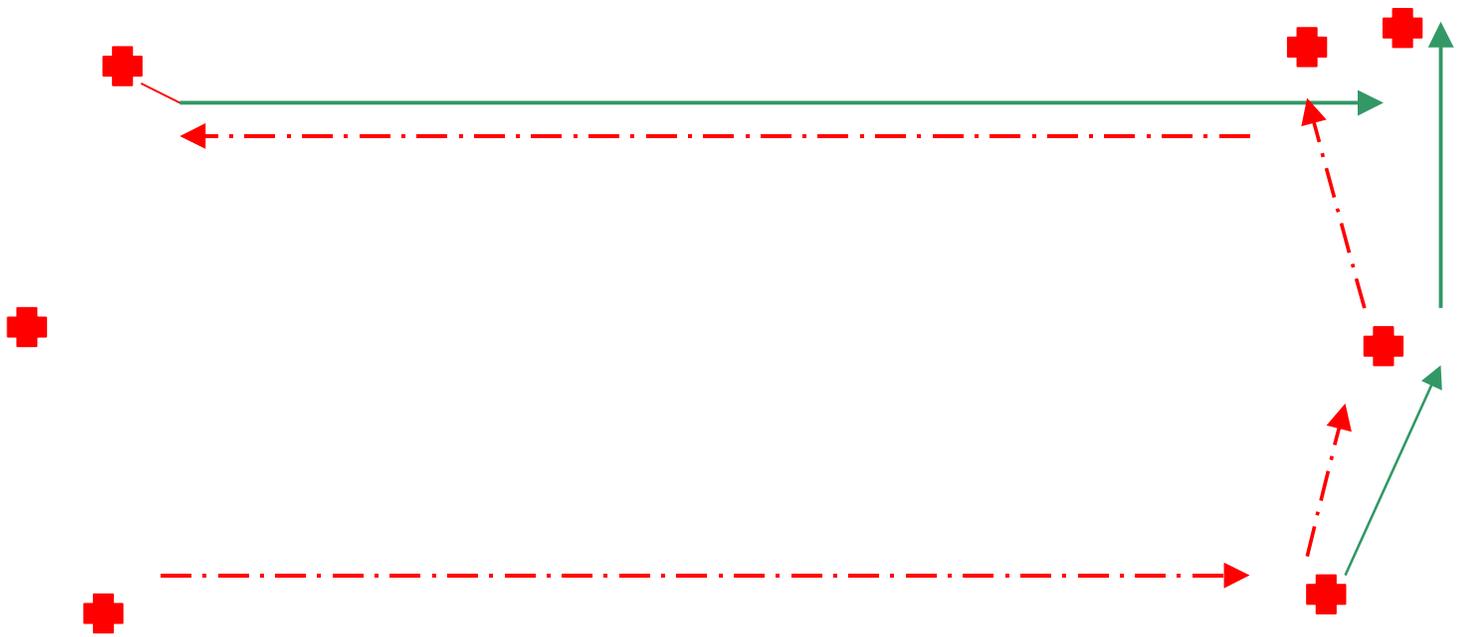


Coaching Points

- Players run after their pass, not jog
- Players MUST two-touch
- Pass to the target player must be driven with the instep.
- Play going both ways so that the players learn to open up both ways and use both dominant and non-dominant foot

Progression of Width – Depth – First Touch Away From Pressure

- Add a center midfielder to the short side of the rectangle.
- The midfielder passes now switch the point of attack twice before the ball is driven down field
- If you watch high level soccer games, (college, pros) you'll see this midfielder switching of the fields all of the time
- Add a defender to put pressure on the passers



Basic Pass/Receive Exercise U10: Color Sequence

This is an exercise that coaching colleague Gary Rue (Kentucky) picked up at the 1999 NSCAA convention. In order to do this you have to have enough pennies of different colors. This exercise is great for working particular technique, plus the awareness side of the game.

Set Up and Execution

Divide into four groups of different colors. Set up the color sequence (e.g., Red – Green – Yellow – White - Red). I.e. each group has four players each with a different color penny.

Now give each passing combination a technique. For example:

- Red works overlaps with Green
- Green hits long ball to Yellow
- Yellow one touches to White
- White receives and turns, does a dribbling move (e.g., Stepover or scissors) and front foot passes to Red

Initially, the players should do this in their own group of four; however, quickly progress to where all players are in the same area and Red (for example) does an overlap with a different Green player, etc.

Without pennies, the last progression would not work as well, but the exercise can remain in the groups of four and just number the players. For fairly young

players, just start off with regular inside of the foot passing until they understand their combination responsibilities.

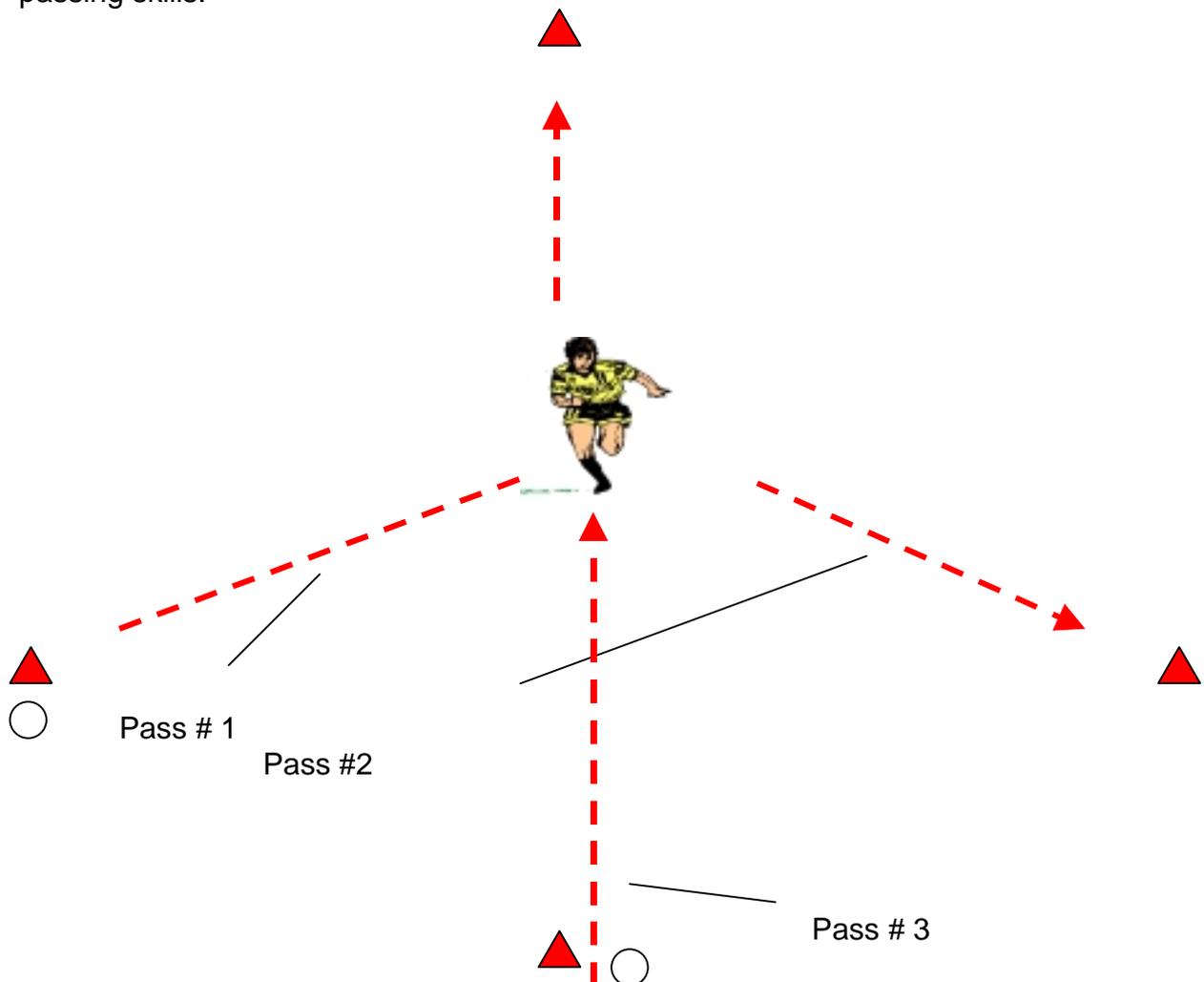
As a side recommendation, the coach should have his passing sequences (and color combinations) worked out on paper. I like to rotate the same techniques down a player to ensure everyone gets a go at it, but that is not extremely important. This can be a great warm-up exercise for EVERY practice and you can effectively incorporate it into the third 10 minutes of a 10-10-10 practice. (see related section later in this manual)

Basic Pass/Receive Exercise U10 : Diamond + 1 – The Midfield Link

This is a passing pattern where a central player has to receive balls from the four (4) points of a diamond using both feet to pass and Receive. It stresses opening to the field (taking the ball on the correct foot) and preparing the first touch away from pressure. It also stresses controlling the ball when it comes head on to you and then turning the ball and hitting a down field target player

Set up and Execution

Two (2) balls to start. One at one support position, the other at one point of the diamond. The “field” is about 15 to 20 yards “point-to-point” depending upon passing skills.



Coaching Points

- Have the support players (passes one and two) in a triangular shape, not square to the central player
- Make sure that the pass is taken across the body opening to the field
- Stress two touch passing, first touch to receive and prepare, second to pass
- Stress technical excellence in this phase because there is no pressure
- Have the player turn the ball both ways (left and right) to play to the target player
- Once the initial two pass sequence is done the midfielder then receives the ball back from the players she has passed to in effect reversing the sequence

Progressions

- Have the player execute a move, like a step over right (or left) as they turn the ball and then pass it
- Put a player behind the central player to provide 50% pressure
- Use one ball and change up the pass sequence. You can make it support to midfield to target ,back to other support to midfield to second target. Use what ever pattern you want but use the midfielder to link the support players and the target players.