



Passing Warmup

Category: Technical: Passing & Receiving
Difficulty: Beginner

Gonzalo Sanchez

Description

Technique to focus on

- Plant foot/non-kicking foot next to the ball, toe pointed in the direction you want the ball to go
- Kicking foot should be in a checkmark position & locked. Toe pointed up.
 - When receiving a pass the form is the same as passing but focus on cushioning the ball rather than attacking it like a pass.
- Strike the center of the ball with the inside of your foot

Windows can also be used for these age groups with the passing variations used in U8-U10

Partner Passing (5 mins)

U5-U6

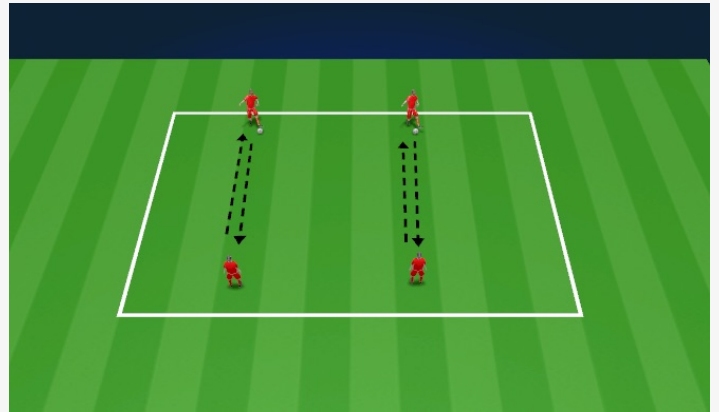
U5 players can pass to parents, U6 players can pass to each other.

Practice technique in 1:2 ball to player ratio.

Passing options to work on: 2 touch passing & 1 touch passing - work on keeping touch close whether at feet to stop ball or taking touch into space.

U8-U10

Players should continue working on passing and receiving basics but should now be able to strike the ball at longer distances. Partner passing can be done at short and long distances now. You can also incorporate doing a move before passing the ball or turning then passing the ball back to their partner. Outside of the foot can be used to take the ball into space with their first touch.



Windows (10 mins)

Windows

Players are split up, half inside the circle, half outside the circle. Square space inside the circle is placed for players to go back to before going to the next passing option. Go for about a minute then have the players inside the circle switch to the outside of the circle. Reinforce technique in between rounds.

Coaching Points:

- Eye contact to know who is ready to receive a pass
- Call/Ask for the ball
- Small touch
- Strength of pass (not too strong, not too soft)

Variations:

Two touch - player on the inside checks to someone on the outside, controls pass with first touch, then plays the pass back to the same person

One touch - player on the inside checks to someone on the outside and immediately plays the pass back to the same person on their first touch.

U8-U14

Windows

Variation 1: Can be done with some players on the outside that have a ball and some don't, players on the inside must get a ball from someone on the outside then dribble through the middle square then look to find someone that doesn't have a ball on the outside.

Variation 2: Players must turn with their first touch go towards the middle then turn back to play the person who passed them the ball initially.

Variation 3: Players must settle the ball out of the air then play the pass back to their partner. Use top of the foot, bottom of the foot, thigh, or chest.



U11+ Passing lines (10 mins)

Passing lines No more than 3 players per cone to keep players going. Several lines can be made to prevent longer lines.

Passing combinations to work on:

- 2 touch passing
- 1 touch passing
- Wall pass (also known as a 1-2)
- Turn & Pass

Variations:

Longer passes - players are at a longer distance working on passing strength with inside of the foot while still keeping the ball on the ground.

Chipped pass - players must play the ball in the air, working on striking under the ball to get the ball to chip up. this can be done with the 2 touch passing or the wall pass.

