



U11-U14 Passing Games

Category: Tactical: Possession
Difficulty: Moderate

Gonzalo Sanchez

Rondo (10 mins)

Rondo

Play 3v1/4v1 or 5v2 depending on numbers.

One defender in the middle, other players circle around them (small circle) and try to connect passes without defender taking the ball. If the defender takes the ball they will switch with the person who gave up possession (If two players in the middle then whoever has been in longest switches out).

Variation 1:

Can setup a small square space around them to prohibit players from spreading out way too much (especially when there is only one defender). This is a passing game within tight spaces so players should be able to connect quick passes in a limited space.

Variation 2:

Players get 3 tries to complete a certain amount of passes selected by coach.

Variation 3:

If you have a 5v2 (2 defenders in the middle) then the possessing team can look to split them (play the ball between the defenders) and that will cause the defenders to stay in an extra turn when they steal the ball after being split.



21 (10 mins)

Setup a 20x30 - 30x40 space and split up players into two teams. Teams will try to connect 21 total (not consecutive) passes before the opposing team can. You can play multiple rounds.

Coaching points:

- Spread out when your team has the ball
- Lose your defender
- Communicate
- Keep your head up to find options



Over the river (10 mins)

Setup a 20x30 yard space with a small middle zone to create three zones (bigger zones on the outside). Bigger zones should be about 20x10 yards.

Split up into three teams and place one team in the middle. Team in the middle is defending and sends one player to defend whichever side starts with the ball. Team on the outside that starts with the ball must connect 3 passes then look to play the team in the opposite big channel to score a point. If the middle teams defender steals it or intercepts the pass then they will switch to the outside and the team that lost the ball goes to the middle and coach plays the ball to the team on the opposite end. Defending team must quickly transition to pressing the team with the ball.

Coaching points:

- Spread out
- Creating a passing lane for your team
- Be patient and find an opening to play the ball to the other side and score the point
- Take a touch when you have time/play quickly when defender is pressing you



Target Game (10 mins)

Target Game Setup a square or rectangle space (different shape will create different problems in this game). Split up the teams into two. Each team will have a target player on each end on opposite sides from the other team. Red team going north-south, blue team going east-west. Target players must remain on the outside until point is earned. Target players cannot play to each other. Players in the middle can be 2v2 or 3v3. Play starts with possession with one team, they can begin by connecting a pass with either target player of their team. Once that's complete they must play one pass into one of their players in the middle then they find the target on the opposite end of the score a point. If opponent steals the ball in the middle of that then they must do the same, if red steals it back they must restart and can play to either target player again to begin.

Variation 1:

Target players remain on the outside when point is scored then they switch when coach says. Target players just play back into the middle to try to find a quick option in the middle to score again.

Variation 2:

Target player switches with the middle player after the final pass for a point is made.

Example: Red team plays one target to start, finds a player in the middle, then plays target player on opposite end, whoever plays the final pass to that target player switches with them and becomes the target player. The target player going into the middle goes in with the ball and can immediately find a pass to the opposite side for another point.



Back to you (10 mins)

Setup one or multiple 3x3 yard boxes. Four players will be on the outside with a ball at their feet. Place one defending player and one attacking player in the middle.

Attacking player in the middle can check to any of the outside players to receive a pass while trying to lose the defender that's marking them. The attacker receives a pass then plays the pass right back to the person who played them the pass. Play for 30secs-1min to see how many passes can be completed.

Variation 1:

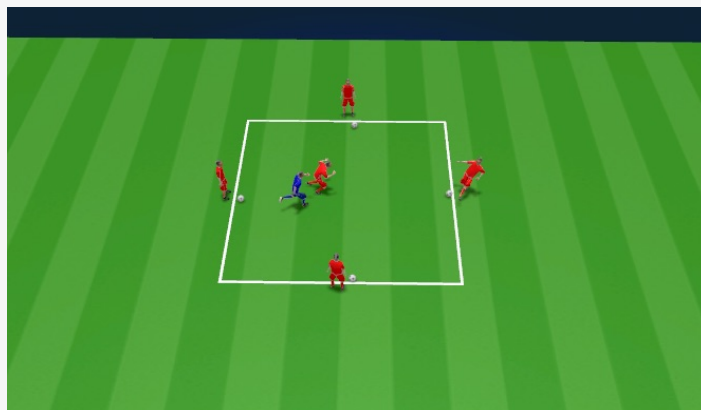
You can start with no defender at first so players practice the simple pass to the middle player and middle player playing the pass back.

Variation 2:

Only two of the outside players have a ball, player in the middle receives a pass from one of them then tries to find someone else on the outside without a ball.

Coaching points:

- Movement off the ball is essential
- Eye contact to know when to play the ball
- Show which foot you want the ball
- Ask for the ball when you want it played, be loud!



Through Pass (15 mins)

Setup a rectangle space about 25x15 (smaller or bigger depending on number of players). Use cones to show a designated end zone on each end. Middle space should be large, endzones should be small.

Split up teams evenly. Scoring occurs when a player makes a run into the endzone and receives a pass from a teammate. Each team has their designated end zone to score on. Player must receive and control the pass inside the end zone. Players cannot dribble into the end zone.

Variation:

Add goals in the space behind the end zone for players to score on from distance.

Coaching points:

- Anticipate when run is needed
- Get your head up to see the run/movement
- Weight of your pass.



