



Passing / Movement

Category: *CoVID-19 (Social Distancing)

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Horse Shoe Passing

Objective: Increase passing / receiving competency through repetition and competition

Focus: Using different surfaces of the feet to vary passes/services

Set-Up:

- Players are partnered up w/ 1 ball per pair
- Each player has a designated box 3-5yards wide (age/ability dependent)
- Space between boxes 5-15yd (age/ability dependent)

Action:

- Begin with 2-touch passing - inside foot
- Allow pairs multiple repetitions to improve technique & confidence
- "Ball never stops" rule should be implemented right away
- Player receiving pass must touch a cone behind them before receiving. Focus on timing so he/she isn't standing and waiting to receive. Receive in motion.
- Ensure players use BOTH FEET
- Have teams compete by completing max reps in 1 minute

Competition/Progressions:

- 2 touch (first touch must be outside of foot)
- 1 touch passing (inside foot)
- Player must receive pass, then dribble around 1-2 cones before passing across
- Partners chip ball in the air ('trap' must stay inside the box to count)



Passing Pattern (15 mins)

Objective: Increase technical execution of 1-2 touch passing, timing, and weight of your touch

Focus: Timing, accuracy, passing technique, proper weighted 1st touch

Set Up:

- Trapezoid shaped layout for cones. Distance should be relative to age/ability.
- 1-2 players at each cone. Bottom of trapezoid should have 2 players (starting point)

Action:

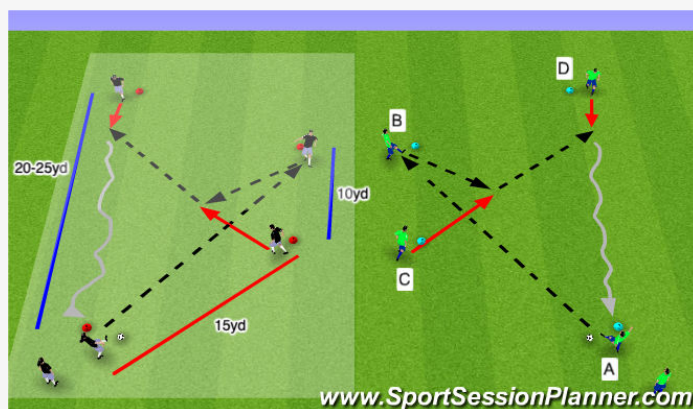
- Player A passes to B
- Player B lays ball off into central space for Player C
- Player C times their run into central space to receive. (Should not block pass from A to B)
- Player C then passes ball into space for Player D
- Player D speed dribbles back to starting point
- All players follow their pass to begin pattern again (A to B, B to C, etc)
- Provide multiple practice reps before starting competition
- Switch direction passes are going (Station D now starts pattern)

Progression:

- Player B & C are 1-touch pass only

Competition Options:

- Two groups - compete against each other (most passes in 1 minute)
- One group - compete against self (most passes in 1 minute)



Rondo

Objective: Increase technical execution of 1-2 touch passing, timing, and weight of your touch

Focus: Timing, accuracy, passing technique, patience in possession, ball circulation to move defenders and create windows/openings forward

Set Up:

- Two 5x5 squares w/ 6 gates located 6ft away (see image)
- Attacking team - attacking players are placed in red gates on the sides
- Defending team - 1 defender in each 5x5 square, 1 target player at each end gate

Action:

- Play begins w/ one target player passing in any attacking team
- Attacking team must connect ball from one target to the other for a point
- Attacking team must connect 2 passes across the grid before playing into a target
- Central Defenders block/intercept any passes they can (ends play)
- Each team gets 5 opportunities to attack, switch after 5 balls

Competition:

- Team that earns most points after 5 balls wins
- Play multiple games

Progressions:

- "Ball never stops"
- 2-touch only
- 1-touch only

If you don't have proper numbers for activity, you can put players on the sides that can move from one gate to the other

