

Session Plan U14 - U18 - Passing



Players jog around inside the grid, start with one or two balls and with the players holding the balls in their hands. Players pass the ball to a teammate by throwing the ball, calling out their team mate's name before they pass.

Players pass the ball by -

Passing the ball through their legs to a teammate.

Passing the ball over their head to a teammate.

By performing one juggle on their thigh and then a throw pass.

By heading the ball to themselves and then a throw pass.

By juggling the ball once with their foot and then a throw pass.

Increase number of juggles before pass.

Add more balls



Players are divided into pairs with one ball between two. Players dribble throughout the grid and make as many passes through the cone gates as possible. Players must move to a different gate after a successful pass.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

Pass with -

Right foot only, Left foot only

Give the players a time limit to introduce competition.

Players must make two consecutive passes before moving on to the next gate.



Play 4v2, with the remaining players spread out along the perimeter. The four offensive players score a point by passing the ball through any of the gates set up inside the grid. The defenders aim to steal the ball and complete a pass to any of the players on the outside to score a point. Offensive team may use outside players.

This game can be developed according to players ability – Introduce players to using right foot only – left foot only and dribbling using laces.

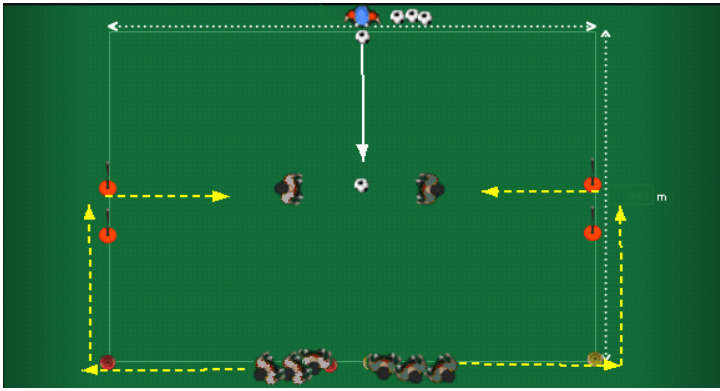
Pass with - Right foot only, Left foot only

Give players a target score to introduce competition.

Add two more players inside the grid and play 5v3

Black = Organization

Red = Progression



Players are divided in to two teams and line up behind two discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage

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Red = Progression