

Session Plan U14 – U18 – Passing



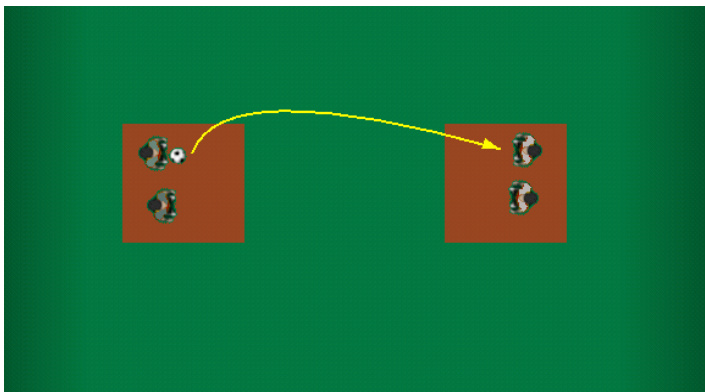
Players jog around inside the grid, in pairs with one soccer ball. Player pass and move in their twos and on coaches command perform dynamic stretches.

Players pass and control with right foot only
 Players pass and control with left foot only

Players control with one foot and pass with other.

Start by keeping the ball on the ground and progress to high balls

Play one touch.



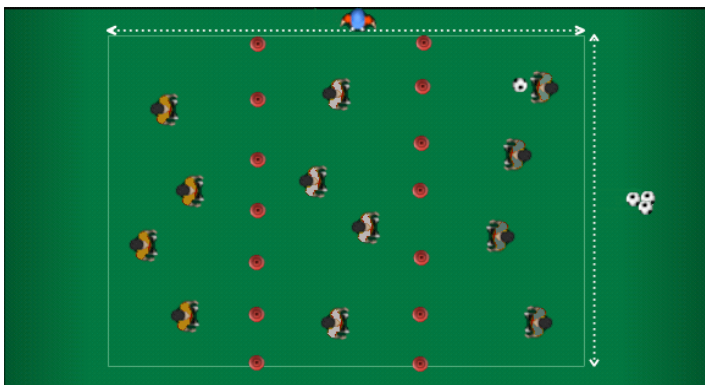
In pairs players aim to pass the ball in to the oppositions box. The players receiving the ball aim to get the ball under control and play the ball back.

Have players drive the ball low

Have players play high balls

Turn game in to competition – A pass that doesn't make it in to box – point to team receiving. Control that goes out the box – point to team that passed the ball.

Vary box size and distance between boxes depending on player's ability



Divide group in to three teams. The team in the middle starts off as the defending team. One ball, on the coaches command one defender from the team in the middle can enter the third of the team who as the ball. The team with the ball works in the area and tries to create an opening to pass the ball to the team on the opposite side. If successful a different defender aims to get the ball from that team. If the defending team gets the ball, the team that gave the ball away swap and become the defending team.

Send in more than one defender depending on success

Play 2 / 3 touch depending on success

