

# Passing Practice Session (90 minutes)

## Warm up – FIFA 11 (10 minutes)

## Warm up with a ball (10 minutes)

Make a grid 20 by 30 yards with cones. Each player with their own ball in the grid.

Players use both feet, inside/outside of foot. Toe taps, tap and push. Have players work on change of pace and change of direction. Work on different feints and turns.

## Introduce theme of practice – Passing

**Coaching points:** Use the inside of the foot – the area from the base of the big toe to the central area of the heel, under the ankle bone.

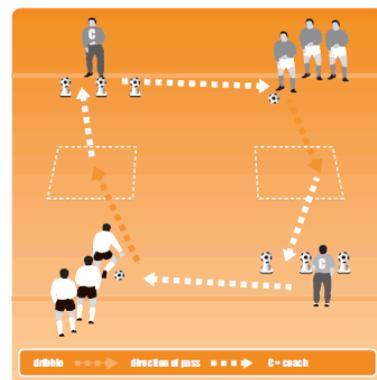
- Kick foot at right angles to the ball.
- Belly button should be facing the player receiving the pass.
- Non-kicking foot alongside the ball.
- Knee and ankle joints held firm (locked ankle).
- Body over the ball.
- Hit through the ball's horizontal mid-line – that way it will keep low.
- Kicking foot follows through towards the target.
- Open up the hip



\*In partners, practice passing back and forth using proper technique, at least 10 times each foot \*

## Game: Target Practice (10 minutes)

- The coach and a helper act as ball collectors and servers.
- Arrange the players into two teams.
- The teams compete against each other and try to be the first to knock the balls off the cones
- After receiving a pass from you or your helper, the players dribble at top speed into the shooting box and try to hit the cones with a pass.
- The next player has their turn when the previous players has sprinted back to the group.



**Coaching points:** remind players of proper passing technique

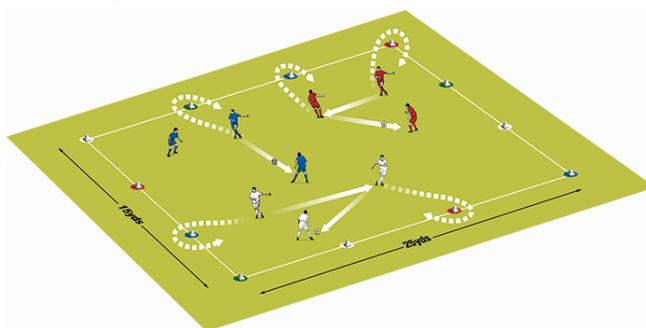
## Activity: Passing and moving (15 minutes)

Working in threes players pass the ball around the area (15 by 25 yards) constantly moving. After each pass the player must run around a cone and do the skill required at that cone ex. 5 toe taps/5 tic tocks. You can have fun with this.

After the player performs the skill, they sprint back to

an open space to receive a pass.

**Coaching points:** proper technique, even while moving



**Game: Rondo Squares (15 – 20 minutes if time allows.)**

Create a 40×40-yard square with a 30×30-yard square inside it. Split your squad into three teams – four players in each team. Two teams, both with a ball, go in the inner square, with the other team in the outer square. Each team must make a minimum of three passes before playing to the team in the outer square. There, two passes must be made before the ball is returned back inside. If a pass is successfully made back to the starting team, a point is scored. Players must concentrate on passing and moving into space, always attempting to make the task easier for team mates, particularly given that two teams are trying to achieve the same task. After 10 minutes, remove one of the balls so that inner square teams now run this as an opposed task. One team begins with the ball; the other team is trying to win the ball before they can complete their passes. If the opposing team wins the ball, then they try to complete passes and pass it to the outside team. Switch teams after a couple of minutes.

