

## Description

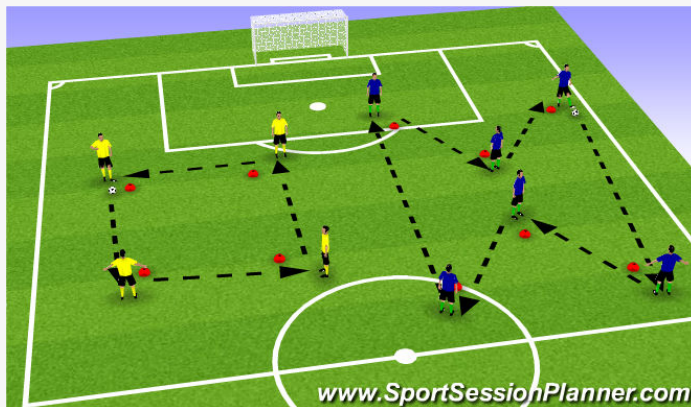
I've tried to create a basic training that focuses on fundamentals. This is tailorable to your level. Also, if it's too basic, move on to your scrimmage. But younger teams can find a lot of use in this. It isn't opposed or game-like, which I don't love, But I wanted to highlight what a technical passing drill can look like that isn't passing in a single file line or in pairs.

### Passing Shapes (10 mins)

**Setup:** Create closed shapes according to numbers and player level. I've shown a simply 10 yard square for younger kids who just need work on basic passing and receiving. To the right is a more difficult MW for older kids. Internal angles of the M and W make this much more difficult. It also allows for slightly longer passes on the edges. Players can also follow their pass to get some movement in. If this is used, the run should be a sprint, jogging isn't helping anything.

**Activity:** Players pass the ball through the shape and AROUND/BEHIND the cones. This forces the player to receive the ball and use their first touch to move the ball in a useful direction. It's a useful introduction for spacing themselves around defenders.

**Coaching:** This is as much about the receiver (maybe more so) than the passer. That first touch is critical and should be positive. We are trapping, don't use the word. The first touch should be around the cone toward the angle that



### Competitive Lines (15 mins)

**Setup:** Place multiple lines of cones. The shape, size and length can be setup according to your team age and numbers. Here, I showed a simple one. If you have 10+ players, create 3 lines instead of 2.

**Activity:** Players should pass the ball to the next player. Receiving player should take their first touch around the OUTSIDE of the cone and then play to the next player. This is a competition. Play best 3 out of 5. No real rest between sets. Or which team can go up and back to the beginning first. Make it COMPETITIVE.

**Coaching:** Focus on the first touch. Receiving player should indicate to the passer where they want the ball. It's amazing how little hand indications can simplify the passer's decision.

Nonverbal communication is huge and this is an easy way to practice it. Since this is competitive, players should try to play the ball firm enough to go fast, but soft enough that the ball is controllable. It's all about weight.

