Passing

* <https://www.instagram.com/p/CWlbOe6IoJf/?igshid=YmMyMTA2M2Y=>

First Touch & Passing Every player works with a partner and aligns 5-7 yards from one another. One ball between partners. Focus of the activity is 2 touch passing. A quality first touch, followed by a well weighted accurate pass to your teammate.

**Coaching Points:**

1. Stay active on your toes in preparation to receive the pass.

2. Focus on a quality first touch. This will set you for quality pass.

3. Ankle locked, strike through the ball with proper weight (Speed of the ball).

* [Receive and Turn Activity - YouTube](https://www.youtube.com/watch?v=pkO0yhdQ7jQ)

BEGINNER

**Coaching Points:**

- A good first touch helps to make a good pass.

- Feet are active and ready to receive a pass.

- Ankle locked, use the inside of your foot and strike through the ball with proper weight (Speed of the ball).

* [Competitive Passing Drill | Pass & Finish | U10, U11, U12, U13 - YouTube](https://www.youtube.com/watch?v=q8a0NxOYU3Y)

ADVANCED

Extremely valuable activity. The video shows too stagnant of motion and not enough repetition. Easy fix though!

**Coaching Notes:**

1. If you have 10 players, you can perform with 2 boxes (5 players/box). If less than 10 players use 1 box and have them compete against the clock.
2. Have players follow their pass.
3. Have teams go **5 times** around the square before they go forward to score.
   1. Have players dribble towards the goal to get within striking distance.
   2. If only using one box set a goal based on time (EX: 2 minutes to get 5X around the square and then score).

**Progressions:** Still have teams go around the square X number of times before scoring. BUT

1. Reverse direction.

2. 1-2 give and go around each cone.

3. Triangle connection as shown in the video.

**Coaching Points:**

1. Player receiving should call for the ball from their teammate. Teammate passing the ball should say turn.
2. Player receiving should pop off the cone to create space.
3. A good first touch helps you make a good pass.
4. Ankle locked, use the inside of your foot and strike through the ball with proper weight (Speed of the ball).