



Calculated Performance

Passing Techniques

Core Game Skill: Passing



Topic

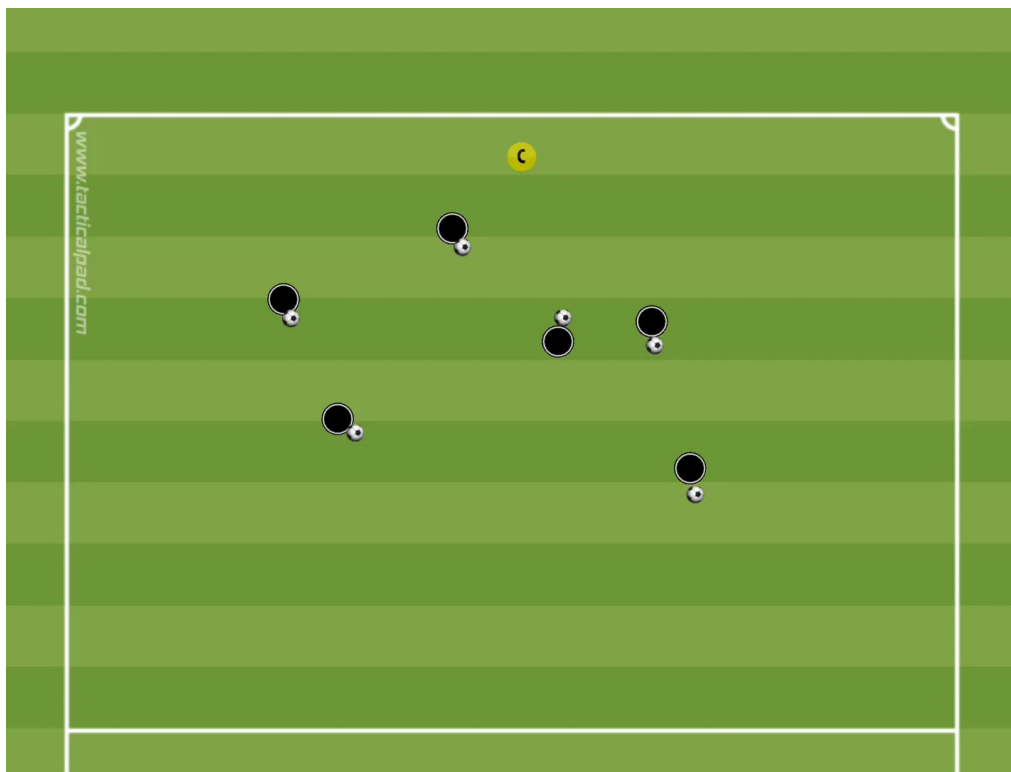
Passing Techniques

Time

25% - 15 mins / 22 mins

Space/Equipment

1 ball per player
20x20 yard grid



Explanation

- This is a warm-up drill that focuses on getting maximum touches on the ball, warming up the inside, outside and sole of both feet.
- Each player dribbles around the area with a ball. Encourage players to dribble with a good ball speed that would mimic a game scenario.
- The coach should select 2 ball mastery patterns, and 2 skill moves from our Moves Libraries.

Progression

- Have players swap balls on a command (whistle/clap/shout). This will improve the players awareness and adds an element of physical development.

Coaching Points

- Speed: Prioritise high-quality skill moves over the speed of the skill move, with the intention to increase the speed once the player has become comfortable with the move.
- Scanning detail: Make sure to scan the space ahead, as well as the ball to maintain a high-quality dribble.



Topic

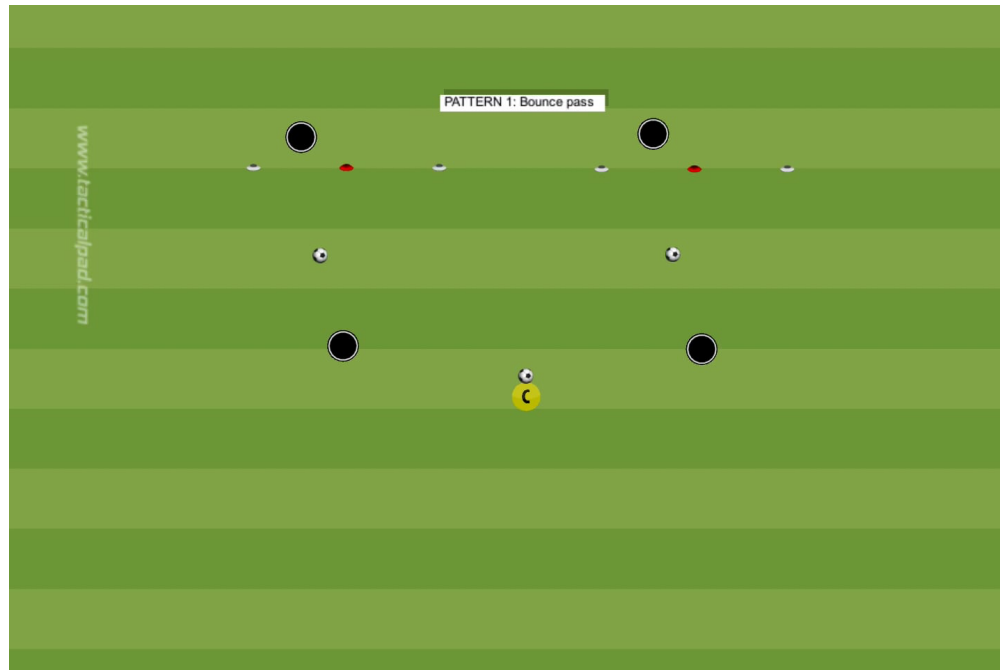
Passing Techniques

Time

25% - 15 mins / 22 mins

Space/Equipment

3 markers
1 ball / pair



Explanation

- Players work in pairs. Try to match ability levels.
- Set out 2 cones with 1 cone in the middle
- The middle cone should be a different colour for visual understanding

Patterns

- Bounce passes
- Bounce passes + first touch
- Bounce passes + first touch + outside passes

Time

- 8x 1-minute blocks, with 30 second rest in-between.
- Rotate positions each block

Coaching Points

- **Weight of pass:** The players should understand whether the receiver is to play a pass first-time or control the ball before passing. Players should vary their weight of pass depending on this.
- **Direction of pass:** Explain the angle of the foot can affect the direction of the pass.

Topic

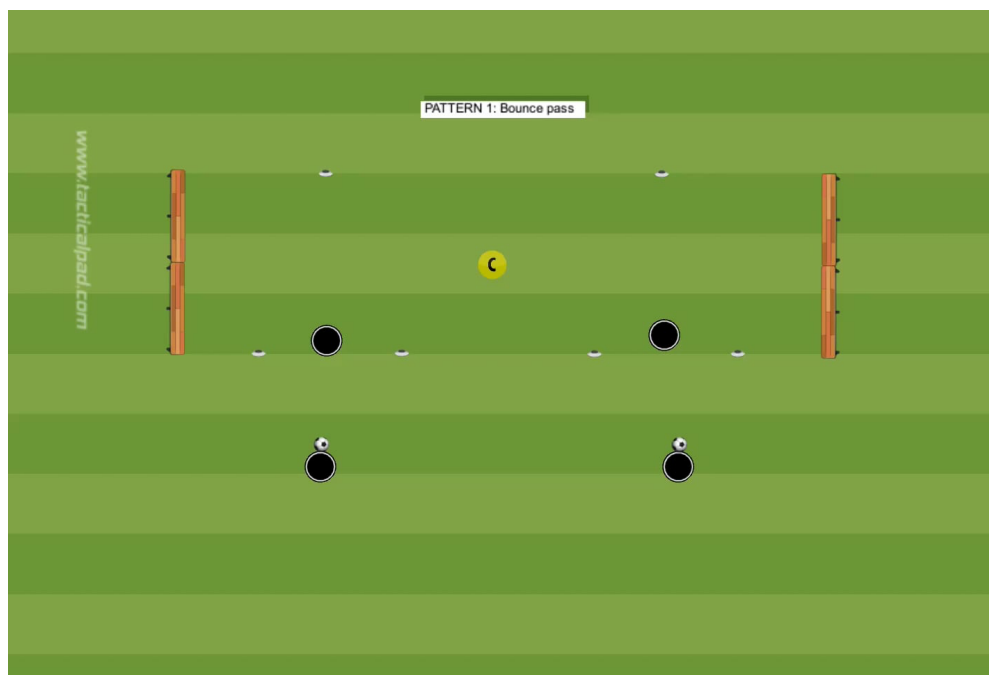
Passing Techniques

Time

25% - 15 mins / 22 mins

Space/Equipment

3 markers
1 ball / pair



Explanation

- Players perform a double bounce pass in-between the gate
- Player A then moves to the outside of the gate and receives
- Player A passes into the rebounder
- Player A dribbles around the bottom cone before passing back to Player B
- Coach should add pressure at different points throughout the practice

Patterns

- Bounce pass
- Reverse pass

Time

- Work for 2 minutes then rotate roles

Coaching Points

- **Weight of pass:** Player A should change their weight of pass depending on the action. E.g. a bounce pass with Player B should be weighted softer than the pass to the rebounder, as the distance is greater.

Topic

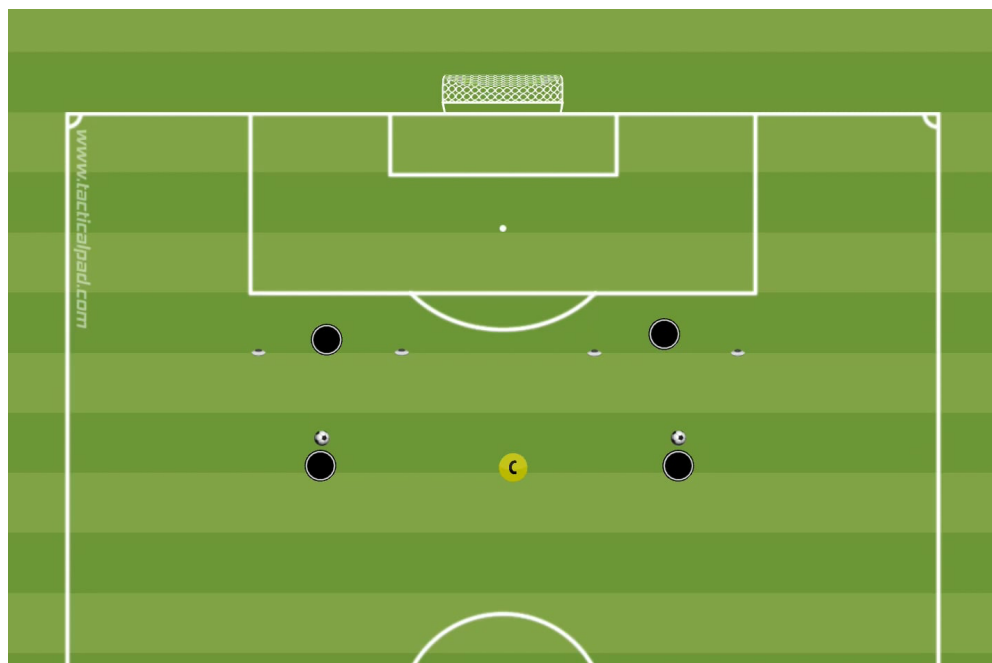
Passing Techniques

Time

25% - 15 mins / 22 mins

Space/Equipment

Balls
2 markers
Goal



Explanation

- Players perform continuous bounce passes
- Coach calls "GO!" at any time
- Player A should react to this call and run around Player B
- Player B plays a weighted through ball
- Player A finishes

Coaching Points

- **Weight of pass:** Players should play a weight of pass that allows the receiver to pass back first-time
- **Speed of reaction:** Players should stay alert and react fast to the coach's call

Challenge

- Player B can chase Player A and apply pressure from behind to encourage Player A to finish fast