

PASSING PAIRS

WHY USE IT

Keeping basic passing activities fun and realistic is often a challenge. This practice incorporates short passing combinations between 2-3 players moving with and without the ball to create space.

SET UP

20x20 yards. One ball per player.

HOW TO PLAY

8-10 players dribble around the area, using different moves and ball mastery skills. A pair of players pass the ball, moving around the area with 2-3 touches maximum. The passing players must avoid hitting the dribbling players and their soccer balls. The dribbling move with a 'fluid motion' and cannot stand between the passing players. Passing players start with 5 points and each time contact is made they lose a point. Play for 2 minutes or until passing players lose 5 points. Rotate players. The pair with the highest score at the end of 2 minutes win. Progress the activity by adding multiple pairs of passers and make the activity directional - meaning, the passing pairs must travel across the area from side to side. If they manage to get across the area and stop the ball on the end line they gain a point. Keep moving back and forth for 2 minutes. In the final progression, the coach introduces a 5-8 yard channel. The dribbling players move through the channel from end to end. The passing players must play quick, adjusting their position forward and back to maintain a quick rhythm. How many consecutive passes can be made in 2 minutes?

COACHING NOTES

- + Coaching objectives - Work with players to recognize time and space, different weight of passes, protecting the ball and identifying clear passing opportunities.
- + Coaching tips - Adjust the number of players in the area to increase or decrease the chances of passing success.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Reduce the number of players in the area and instruct the dribbling players to travel across the area in one direction only.
- + More challenging: make the activity directional - passers must travel from side to side. Add a third passer to create triangles and limit touches.

STAGES COVERED BY ACTIVITY

Stages 2, 3 - 6-11 year old players

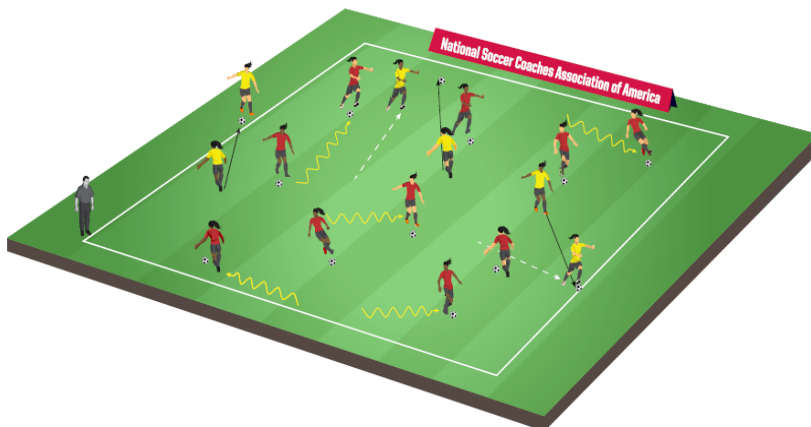
THEMES & COMPETENCIES

Top 3 themes: Passing and receiving, dribbling and creating space.

Top 3 competencies: Passing over short distances, controlling touch and dribbling basics.



- + 2 yellow players move around the area by passing and avoiding the ball touching dribblers.
- + Maintain 5+ Yards between the passing players.
- + The red players dribble randomly and on occasions across the line of the passing pair.



- + Add 2-3 more passing pairs.
- + The activity is now directional - moving side to side.
- + To score a point the passers must stop the ball on the side line - 2 touches only.



- + Change the game set-up, creating a channel down the center.
- + Passing players play across the channel and reds dribble down the channel.
- + Yellow players adjust their position back and forth to avoid dribbling players.