

Issue 21 – 2009

## ***Fun Soccer Passing Drills That Are Proven To Work!***

A promiss is a promiss... so, here I am, like clock work 😊 Today I'll go right to the *jugular* - **How Would You Like To Improve The Passing Skills Of Your Players And Have Some Fun At The Same Time?**

One of a very important (in fact very-very important) component of the soccer game is the passing skill. Make it clear to your young players that this passing does not mean passing their responsibilities over to others and then relax. This way only the opponents will benefit performing their responsibilities by scoring goal after goal against your team.

Now when your youngsters are clear (of course, I am assuming that you have made the point clear to your team...did not you?) of the concept of passing, you again need to make one more point clear (and it is very-very essential...or your players will have to be ridiculed...no..no..no, not your players, it will be you, the coach) that they must pass the ball to their teammates only. 😊

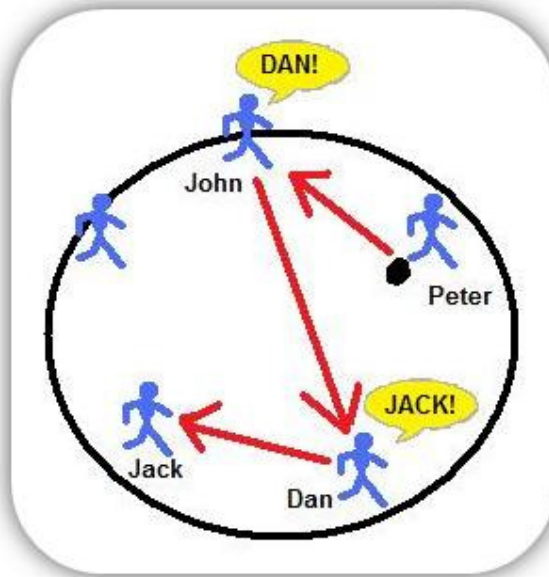
So, the need to be aware of the surroundings is also very important while passing the ball.

Today, I am sharing few games that will help you train your team in passing and receiving skills.

### **Here is the first one, called.. The Passing "Yelling" Game!**

Setup of the game:

- Ask your players to form a circle
- One ball needed to start the game



Instructions for the game:

- To start the game you pass the ball to any of the players.
- The player who is at the receiving end of the pass must inform the team by yelling the name of the player whom he/she is going to pass the ball. This player must complete the informing others part before even receiving the pass.
- Every next player must do the same thing of yelling the name of another player before receiving the pass and must immediately pass the ball on to the player whose name he/she yelled.

This exercise of yelling the name of other player even before receiving the pass helps players to think smart and quickly.

- Make sure that the players do not stick to one or two names only, so that each player in the team gets the opportunity to be an active player. (kids generally remember their best friends only; make them feel that every other player in the team is their best friend.)
- No player passes the ball back to the player from whom he/she received the pass.
- The game can be continued for at least 'n' number of passes for each player. For a short practice session, the 'n' can be 2 or 3, or you can extend the game for a greater number of passes. It would be best if every player gets almost same number of chances.

Variations that can be introduced:

- As an advanced level, you can allow the players to move within a certain specified grid.
- A second ball can be added to test the attentiveness of the players.

Other points that you must take care of:

- Keep encouraging your players to rotate the pass to every other player...other than the last they passed the ball on to.
- Ask them to always be prepared to receive the pass, as names can be announced randomly.
- Keep telling them that they have to yell the name of another player before receiving the pass.
- Make sure that they are able to collect and pass the ball correctly.

Oops...*I left the most important point...*do not let the blame game creep in to the name game.  
Good luck and **have FUN!**



### **Let's Move Into The Next Level...**

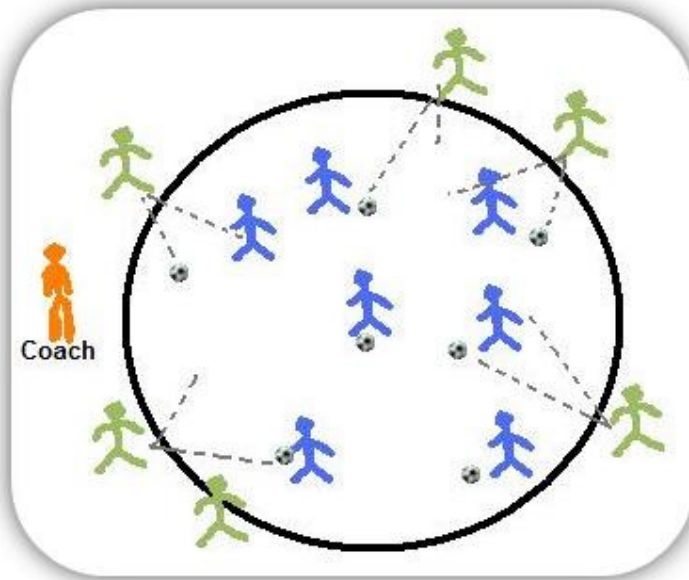
When the blame game is over...I mean when your young players are fully trained in the "yelling" name game and are skilled in passing and receiving the ball by call, it is time to move one level ahead.

Yes, this time you need to train them for passing and receiving the ball while running and that too without any clear indication of who will get the pass.

### **Let's start the game. You may call this Pass and Move Game.**

#### Setup of the game:

- Draw a circle on the ground of say 20' of diameter.
- Make two teams of 6 players each.
- Both teams will have different outfits for clear distinction. For example, red team and yellow team.
- One team inside the circle and another outside it circling the inner team.
- There is a ball for each player inside the circle.



Instructions for the game:

- The players inside the circle will pass the ball to a player outside the circle (need not to mention that they will also have to receive the ball, move with it, and pass it on again...you see, how caring I am...I say that something is obvious and need not a mention, but still I do mention and try to make it clear...just for you!).
- The players must keep moving and changing their positions while passing or receiving the ball.
- The players must take care that every time they pass on the ball, they pass on to a different player the last they passed on to (...so many 'passes' to concentrate on the passing game).
- The players must keep themselves aware of other players in the circle and must avoid them while moving through the center of the circle. Going through the center of the circle is essential.
- Keep changing the teams after every 5-10 minutes. The team inside the circle will go outside and the outside team will enter the circle.

Variations that can be introduced:

- You can make three groups of four players each instead of just two. But this time you also need to make sure that all teams are in different color outfits for better identification. Two of the three groups will play the same part as in the original game. The third group will act as passive defenders. These defenders will help mark the players of the attacking team. There will be only two balls with the attacking team. The attacking team players must also pass the ball to their own team members.

Some other points for you:

- You must keep training the players for the timing and accuracy of passes.
- Help your players learn the technique of controlling the ball into space. They must be able to do this with their first touch.
- Show them how to use all surfaces of the foot.
- Keep them reminding that they need to keep moving.
- Guide them how to run fast with the ball the moment they receive the pass.
- Encourage them to keep communicating with their teammates and also be aware of their surroundings.

That's it for today! Now, take it to the kids and try it out.

**Before you do that 😊 leave your comments below, tell me what you think and leave your suggestions for next week topics...**

Thanks,

Andre

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