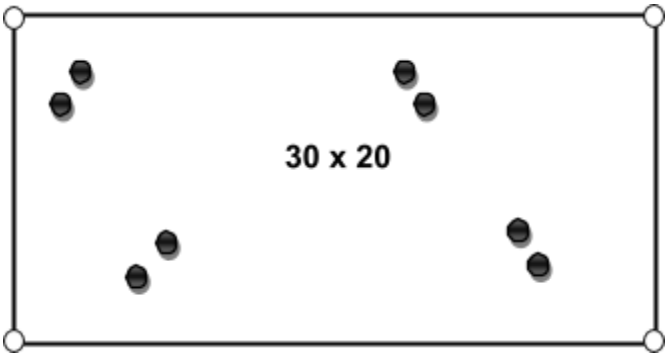
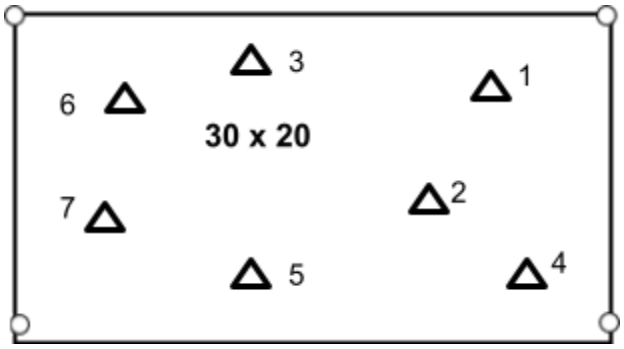
GATES PASSING



Gates are set up randomly
Aim: develop players passing and communication skills. Divide
players into pairs each with a ball,
Players dribble around the grid trying to score as many goals they score by passing through the gates until you call time.
Players work together to move from one gate to the next. Coaches:
Encourage players to communicate where to go next.

Key Points:
- Touch and move
- Soft touches
- Work as a team.

NUMBERS PASSING
Here we work on passing and receiving skills , team work and communication.



Assign players with a number either one to seven depending on the number you have. Pass around the space from number order.

Player one passes to two, two to three until the last number receives it and passes back to one restarting the cycle.

Once the players master it you can add a second ball, you can also add goals that at the end of the cycle, the last player tries to score.

We can shift or change number that at least each player becomes the last person such that he can score.

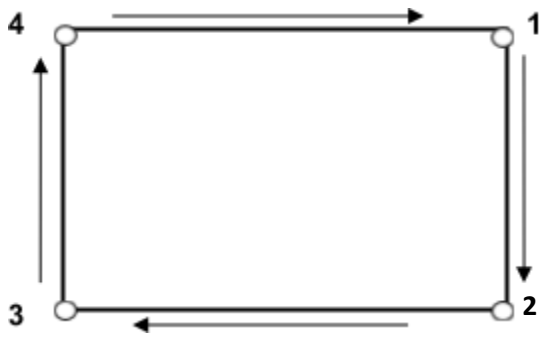
Encourage players to keep moving and also encourage players to position themselves to see as many players to pass the ball to.

Key points:
- Keep moving
- To open to your teammates
- Cushion the ball when receiving

BOX PASSING

Cone one has two players and it is where play starts from, and player one passes to player two and follows to occupy his place and then player two passes on to three and follows also to occupy his place and play continues like that.

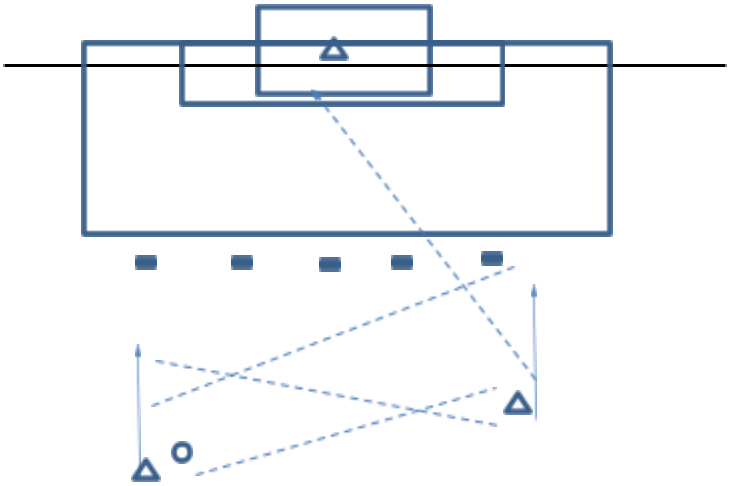
One variation could be passing on the opposite direction to encourage use of both feet. We can also do a one touch pass if at all you see that players are mastering it, still we can also introduce support play as a variation.



PASSING AND SHOOTING

BASIC SEQUENCE

Two players pass the ball back and forth as they move toward the goal with the goal keeper then shoot from a marked line both players are limited to two touches in a row (direct passes preferred)



VARIATIONS

- Players switch positions
- Coaches dictate specific combination players

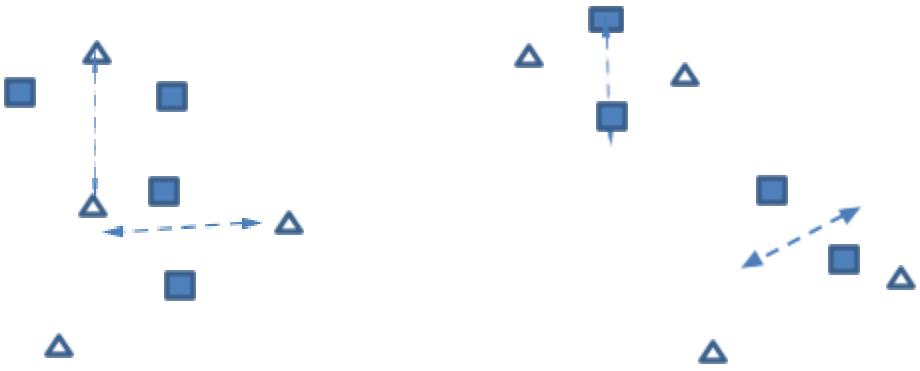
PLAYING THROUGH CONE GOALS

BASIC SEQUENCE

In pairs players pass the ball back and forth through various small goals (Two meters aside) the one who has the last pass dribbles to the next small goal and still pass back and forth and they proceed passing back and forth and the one who passed before coming here will dribble to the next cone goal and play continues just like that until you call time out.

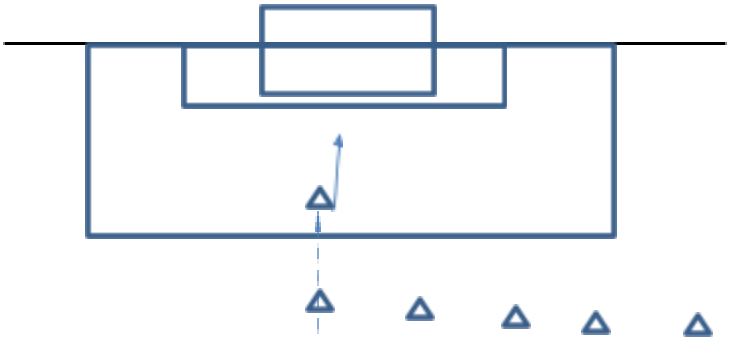
Variations

- Which pair can execute the most passes say in 4 minutes?
- You can put two or three defenders to interfere the players by blocking their passes through the goals without staying on the same goal all the time



RECEIVING PASSES ON THE GROUND (SHOOTING)

A group of players stands in the back field the first player passes on the ground to an attacker outside the 18-box area the attacker turns with the ball then dribbles two steps and shoots to the goal.

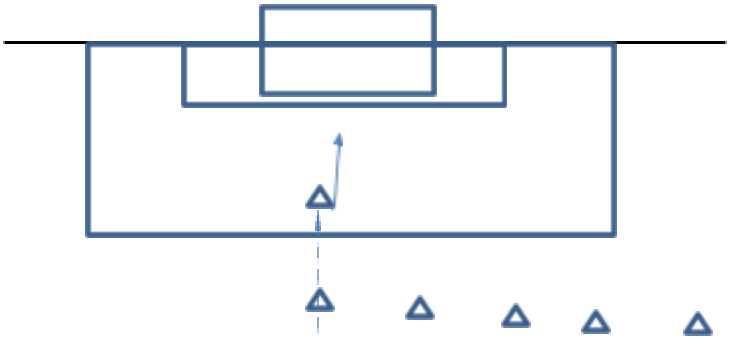


Variations

- Attacker receives with the inside of the foot.
- Attacker receives with outside of the foot
- While executing a body fake
- The attacker shoots with body leaning forward
- The attacker tries out with his weak foot

RECEIVING PASSES IN THE AIR

Like the above exercise except passes are in the air

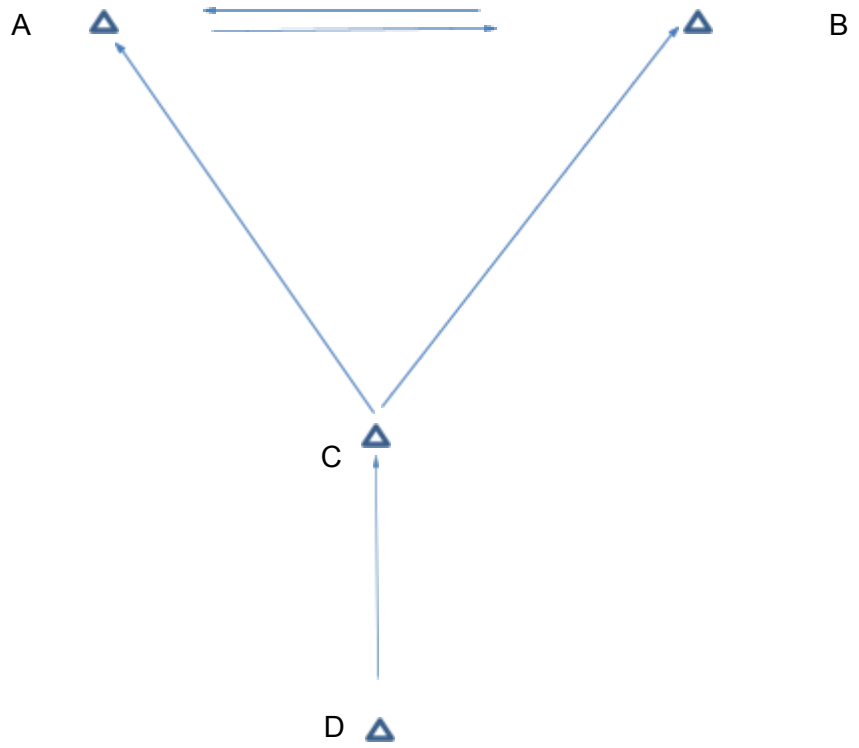


Variations

- Attacker receives with the inside of the foot.
- Attacker receives with outside of the foot
- While executing a body fake
- The attacker shoots with body leaning forward
- The attacker receives with the chest, The thigh, Behind the plant leg.

RECIEVE, TURN AND PASS (QUICK THINKING)

Player D passes to player C, again player D dictates to who player C passes the ball by calling the color of his pinnie (player A and B are dressed in different colors) the point to emphasize is quick thinking and quick decision making for a player since the modern game demands that



VARIATION

- B and A can switch
- To make it more complex those who switch can come in and stop in the middle to make more confusing for a player to decide

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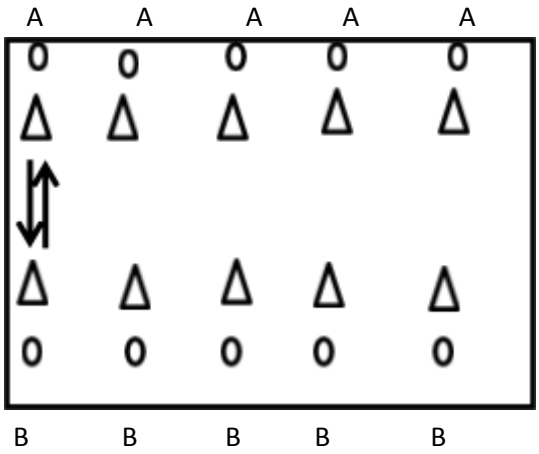
TECHNICAL AND PLAYING EXERCISES

AIM

To develop players ability to pass the ball in or with different technics i.e. heading, chest controlling and passing, knee controlling and passing etc.

KEY POINTS

- Focus
- Accuracy
- Ball weight



Here player A will pass the ball to player B and then player B to player A, they can start with simple passes thus to say control and pass. They can also player one touches. For the case of aerial balls like heading and chest controlling player A will be throwing the ball to player B for some minutes and then change/ player B throw the ball to player A.
Coach can do other variations like chest controlling and passing, head passing and other variations.

NB
Coaches should encourage players during passing to use both feet.