

Drills for Older Age Groups

Circle passing 1 [circle passing soccer drills - - Video Search Results \(yahoo.com\)](#) Start with players in a circle. Have a certain number of players inside the circle with a ball. (If I have 12 players I may have 5 inside with a ball). The players inside the circle pass the ball to a player outside. The player outside receives the ball with a good first touch and dribbles to the middle of the circle area and then passes to another player outside the circle area. This encourages keeping their heads up to see who is available for a pass as well as good first touch on the ball.

Circle passing 2 completing a 1-2 pass combination [This passing soccer drill is great for U8 age group! \(freeyouthsoccerdrills.com\)](#)

World Cup: [World Cup Soccer Drill \(soccerxpert.com\)](#)

Tic Tac Toe Drill: [Soccer Tic-Tac-Toe Warm-up \(soccerxpert.com\)](#) can do this while dribbling the soccer ball

Square Passing/Receiving Drill: [Passing & Receiving Square - Passing Drill | Football Drills - YouTube](#) Start with a square grid and players on each corner. There should be 2 corners with balls and one player in the middle. One of the balls gets played to the central player who receives the ball, turns and passes to the ball behind him, following his pass. The player who passed replaces the middle player and then receives a pass from ball #2, receiving, turning and passing behind him. The second player who passed then replaces the middle and so on.

**Another option on passing and receiving the ball. [SOCCER PASSING AND RECEIVING DRILLS \(sportsmomssurvivalguide.com\)](#)

Square Passing Drills: [Square Passing Warm Up/Passing Drill for Football/Soccer |TOFA #16 - YouTube](#)

1. Passing in a square: 1=>2=>3=>4 work on receiving the ball across the body, first touch and keeping a rhythm. Work on both directions
2. Give and goes: 1=>2=>1=>2=>3=>2=>3=>4=>3=>4=>1 and so on... work on both directions
3. Short and long passes: 1=>2=>1=>3=>2=>4=>3=>1=>4=>2 and so on...work on both directions.

Give and Go game: [Give and Go Drill - Coaching Soccer 101](#)

Four corner passing drill: One person starts in the middle with lines on each of the corners of the grid. Start with 2 lines with balls. One outside line passes to the middle person who receives the ball, turns and passes to the line behind them. The first passer replaces the player in the middle, receives the ball from the other line with the ball and passes behind them.

3 team keep away Rondo: [3 Team Possession Drill | 360Player](#) □ each team has a rectangular space within a grid and the middle team sends 1-2 defenders as the ball is played to a team in one of the end spaces. The end team tries to complete a certain # of passes without losing the ball. If they lose they ball they take the middle space and the middle team replaces them. As they get older you can add service of the ball to the other team at the other end. If it is received they get a point.

[3 Team Keep Away with 4 Players Per Team - Soccer Game Sense Understanding For Success](#)

Four corner passing/goal drill: [Four Corners Passing Game \(soccerxpert.com\)](#) works on finding open space, changing the direction of play and making runs with your teammates.

[The Importance of Teaching a “Half Touch” Mentality — Soccer Awareness](#) □ this is a lengthy article, but one that I have found that is worth reading. Below are a couple of variations of quick touch passing drills that I have implemented. I also like to limit some of my scrimmages and small sided games with touches to get them moving more.

***Limited touch passing drill in a grid:

1. Number Game: Give each player a number and play a limited touch passing game in a grid area. Use 1 ball to begin with and have player 1 pass to 2 to 3 and so on, with each player communicating their number as their turn comes around and all players moving around the grid at all times. As they get good at this you can give a ball to a 2nd player in the middle of the number sequence or else have them perform a different sequence such as counting backwards (10 plays to 9 to 8 and so on.)
2. Give almost half of the group with balls, have everyone move around the grid and work on finding an open player and passing them the ball. The open players need to communicate to the players with balls that they are open. This starts getting players looking around and getting rid of the ball quickly as well as touching the ball in the direction they want to go.
3. Divide the players into 2 teams, each team with one ball. You can also assign 2 players as neutral players working for both teams. Have the players get rid of the ball in 1-2 touches, passing the ball to an open teammate. Everyone should be moving to an open space for the ball and communicating to their teammate with the ball. The neutral players can play for each team, receiving the ball and passing to whichever team they received it from. As a coach I sometimes play this role.
4. Do the same drill as above except add goals in (similar to the four corner goal game) and have them be able to score by passing the ball to a teammate in the goal area.

Guard the castle: [Guard the Castle \(soccerxpert.com\)](#)

Rondo 4v 1 or 2: 4 outside each side of a square and 1-2 in the middle □ can have one inside as well and give extra points if they can combine with the inside player and then back outside (more points if they can pass to someone other than the one that passed to them)

3 Man passing: one man in the middle sprinting between 2 cones to receive the ball from each end and passing back

2 man passing: one player is designated to sprint behind the cone, coming back to receive the ball and passing back to the passer, then sprint/backpedal back around the cone. Do this for a designated amount of time and switch roles.

4 v 4 in a grid space: have them play a diamond shape and they can score a point by passing the ball to someone on the end line and having them possess the ball

4 v 4 to 5v5 with central goal: Have the players work on being able to score on both sides of the goal. This works on changing the direction of play

Small sided scrimmages with 2 small goals: Use 2 small goals instead of one to help work on changing the direction of play

Three man weave: [Three Man Weave | Soccer Exercises | Soccer Wizdom](#): works on diagonal passing as well as crossing the ball

Two man passing up the field: works on give and goes

[Rondo Drills | 360Player](#):

1. [Find The Killer Pass | 360Player](#);
2. [4v2 Rondo With Dribble Retake | 360Player](#)
3. [3v3v3 Rondo | 360Player](#)