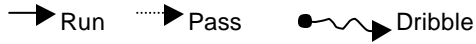


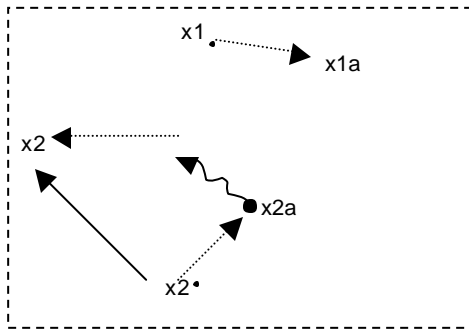
# St. Mary's Youth Soccer Training Series

**Topic:** Passing/Receiving  
**Age/Level:** ALL  
**Type:** Technical



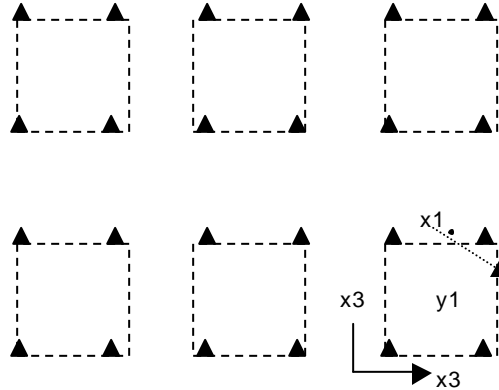
**Notes:** This session is designed for all levels of play. Fitness, Tech. Training and learning the game in small sided games is the emphasis. Let the kids play, for the younger levels don't worry so much about every touch being correct, but don't let them continue doing wrong. For upper level players you can stop session, make a Coaching point, demo, and play on. Emphasis on accuracy/pace change.

Progression: 1 (Warm-up)  
 Exercise: Partner Passing  
 Time: 15 Minutes



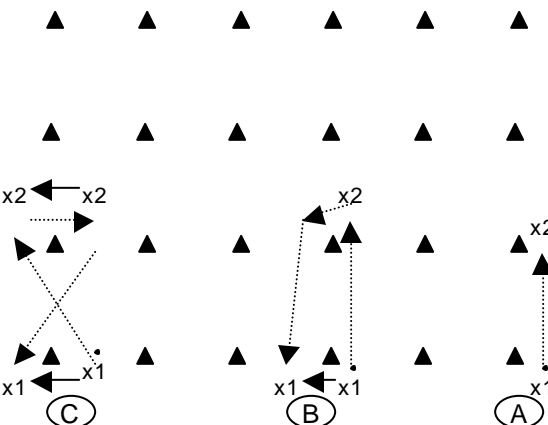
Split the team into pairs, set a grid 30x40 in size. Players will pass to partner within grid area. (Ex: x2 passes to x2a then runs to open area, x2a dribbles to area to pass back to x2.)  
**Variations/points to consider:** Add touch drills, change of pace, sprints on command from coach.

Progression: 3  
 Exercise: 3v1 support passing  
 Time: 15-20 Minutes



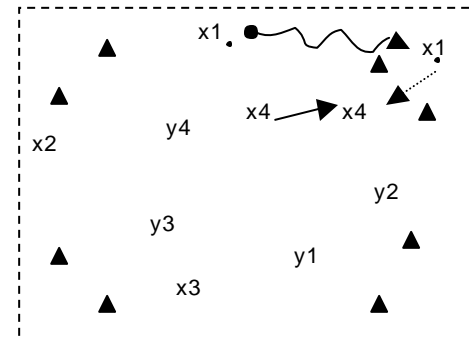
Split the team into groups of 4, using cones from Progression 2, but now 10x10 grids as shown. Players will pass to partners thru the grid, but (x) players must stay outside. & Y1 must stay inside. 2 players on outside without the ball must always work to support ball on both side as shown. X1 passes to x2, x3 makes run to support x2.  
**Variations/points to consider:** Add one touch restriction, play to front foot of player (causes them to take touch to other foot before pass), play to back foot to help w/player opening body

Progression: 2  
 Exercise: Partner Passing 2  
 Time: 15-20 Minutes



A. 1. Passing back & forth rt. foot to rt. foot, then switch to lt. foot. A. 2. Have them always receive the ball in front of the cone. B. 1. pass w/rt foot, receive with left ft. Must start from rt. Side of cone. Take ball w/first touch to other side of cone & pass back with rt. foot. C. 1. x1 start from rt. Side of cone, pass with rt. foot diagonal for x2 to receive with rt. foot, x2 then plays touch back to other side of cone and plays back to x1 with lt. foot. X1 will receive with lt. and play back to other side of cone to pass with rt.  
**Variations/points to consider:** Use inside of foot, exaggerate follow thru. Can use outside of rt. Or left foot to move ball past cone on option B or C.

Progression: 4  
 Exercise: 4 Goal Game  
 Time: 20-30 Minutes



Split the team into teams of 4, If you don't have numbers, use neutral player to play with both teams. Have each team in different color. Set up 4 goals with cones in corners of grid 30x40, 2 yds. Teams will play to score by passing ball thru gate to teammate or neutral player & ball being received under control. Rotate teams in after each goal (Ex: x1 dribbles behind cones, passes to x4 for goal. Goals can be scored in either direction.  
**Variations/points to consider:** Use extra players outside grid as extra passing options for players inside.