

Topic: Passing & Ball Control

(Accuracy, Weight, Timing, Back Foot)

FC PORTLAND



Youth
Academy

1



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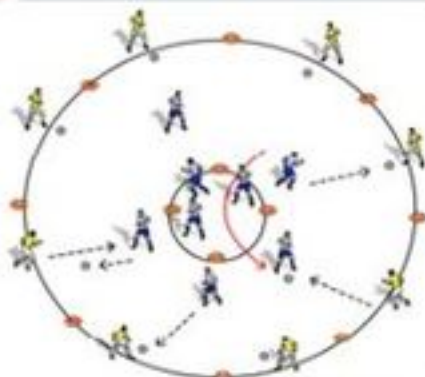
FUN! Field awareness Area: 15 x 15 (Depending on how many players you have) The coach nominates 2 (or more) players to be the taggers. The rest of the players spread out inside the playing area. Two players hold a soccer ball.

1. The two taggers move around the playing area attempting to tag the players.
2. The taggers cannot tag a player who is holding a ball.
3. Once a player is tagged, they are frozen. To be unfrozen one of the players with a ball will throw the ball to them. They are now free and in the game and looking to free others.

Coaching points: Scan the field. Communication.

Make eye contact with the player you are throwing the ball to.

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Area: Large circle with a smaller circle in the center. Have two equal groups. The players on the outside have a soccer ball. Once they perform the exercise, they MUST go back into the center circle, and then come out again and receive a pass from a different player.

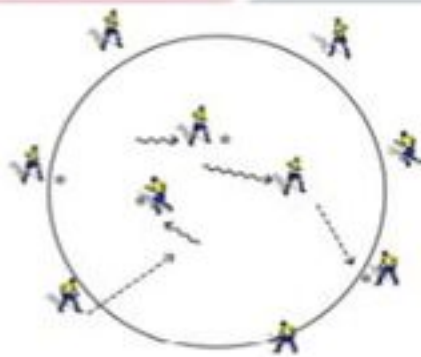
The coach explains the control and pass required.

1. Players control the ball with the inside of the foot and pass it back to the server.
2. Control the ball with one foot, play across the body, and pass with the opposite foot.
3. One touch pass back.

Variation: Throw-ins

Coaching points: Accuracy, weight & timing of pass. Scan the field when returning to the center circle. Ball control. Head down to a up.

3



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Remove the center circle. Players are now placed on the outside. (Shown 10 players, seven on the outside, 4 balls and three players in the center)

1. The middle players call for a ball. They then control the ball and dribble.
2. They then pass the ball to an outside player that does not have a ball.
3. Allow them to work for 90 Seconds and then switch.

Coaching Points: First touch, Body Shape, back foot, dribble, accuracy weight and timing of the pass.

4



Area: Two goalkeepers Six red players and six blue players positioned as shown in the diagram. Four white players on the middle line opposite the coach.

1. To start, two blue and two red players enter the pitch and a white player goes to the center point.
2. The coach passes to the white player who must pass with one touch to the team they wish to join for a 3v2 situation.
3. Immediately, the 3v2 game commences until the ball leaves the area. If the defending team regain the ball, then the white player changes teams and creates a 3v2 situation for this team to attack.

Variation: Play 4v3

Coaching Points: Passing and control. Use the extra player. Find space. Body shape. Teamwork

Play a small sided game at the end!