

Topic: Passing & control

(Accuracy, weight, timing and first touch)

FC PORTLAND



Youth
Academy

1

Area: 20 x 20 (Depending on the amount of players at practice)
The coach nominates 4 players to be the taggers.
They make two pairs and hold hands.



© Copyright www.academyfootballcoach.co.uk 2019

The two pair of taggers move around the playing area attempting to tag the other players. The taggers have to stay connected.

1. Once they tag a player, that player joins the line. Once the line has 4 players, it splits into a pair again.
2. See how quickly all the players can be tagged.

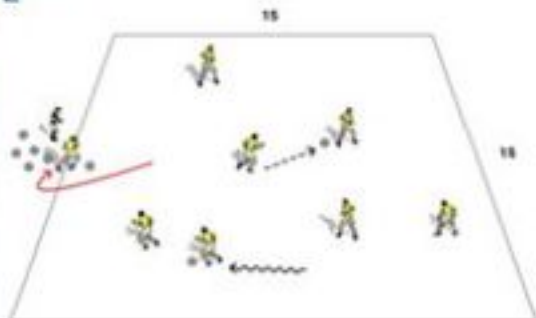
Variation:

Do it in three's. Have one big line of taggers. They do not split into a pair (Fun)

Coaching points:

Get the group of taggers to communicate with each other.

2



© Copyright www.academyfootballcoach.co.uk 2019

To start the exercise, two players have a ball. The rest of the soccer balls are with the coach. The exercise starts with the two players with a ball dribbling around the area and trying to hit the other players below the knee.

1. This has to be done with a side foot pass.
2. If a player is hit below the knee they go and collect a ball from the coach and join as a chaser. Play until all players have been hit.
3. Change starting hitters.

Coaching points:

Energy! Do not allow this to get out of hand. Emphasize the importance of the pass. Pass with the side of your foot. Aim for the legs. If players kick their ball out, they have to retrieve it.

3

Area: 20 x 20. This exercise shows 7 players.
Two yellow defenders and 5 blue attackers. All the blue players have a soccer ball.



© Copyright www.academyfootballcoach.co.uk 2019

1. The exercise starts with the two yellows entering the area and attempting to kick all the balls out of the playing area.
2. The blue players dribble and shield their ball from the yellow defenders.
3. If a blue player's ball is kicked out, they now become a support player for the other blue players.
4. You will eventually end up with one soccer ball and a 5 v 2 will be played.
5. Switch defenders.

Coaching points: Field awareness. Dribbling and shielding. First touch. Communication. If the last ball gets kicked out, bring in another ball and coach spacing & awareness. Accuracy, weight, timing of pass.

4



© Copyright www.academyfootballcoach.co.uk 2019

25 x 30. Two teams. The grey team is chosen to play with three players and yellows with two players. The coach has all the soccer balls.

1. Grey players set up to play 3v2 against yellows. One blue player stands in front of the goal.
2. The coach serves in the ball to the blue player.
3. The two supporting blue and two defending yellow players enter the playing area. They run around the cones as shown.
4. A 3 v 2 is played. If the defenders win the ball they can attack the opposition goal.
5. Switch to where yellow play 3v2.

Coaching points: Quality passing. Create triangles when in possession. Passing and angles. Movement and communication. Shot at goal

Play a small sided game at the end!