



POSSESSION & PASSING

AGE LEVEL: U16 TIME: 60 MINUTES

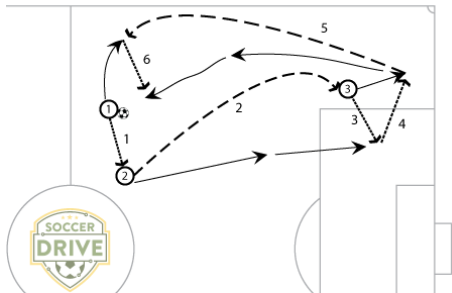
PRACTICE PLAN

SHORT SHORT LONG - THE ULTIMATE PASSING DRILL

TIME 7 minutes

SETUP

Short-Short-Long is an essential passing drill for every team. Setup groups of 3 with 1 ball. Players 1-2 start less than 10 yards apart and player 3 should be no less than 15 yards away. Player 1 passes to player 2, player 2 quickly passes back to player 1. Player 1 makes a long pass to player 3 on the ground or through the air. Player 1 follows the pass. Player 3 traps the ball and the drill starts all over. Player 3 passes to player 1, player 1 quickly passes back to player 3. Player 3 makes a long pass to player 2...etc. Start by passing the ball on the ground.

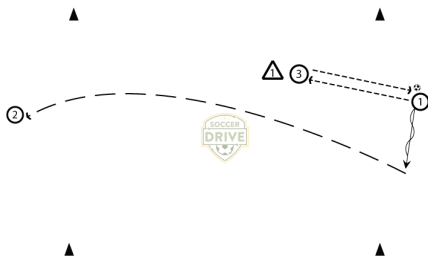


3 ON 1 PASSING

TIME 12 minutes

SETUP

To set up this soccer drill, set up four cones in a rectangle that is about 15 x 25 yards. There will be 3 players on one team against 1 defensive player. One offensive player is inside the rectangle and is guarded by the defensive player. There are two offensive players at each end line. To start the drill, give the ball to one of the players on the end line. This player has the option to pass to their team mate inside the box, or pass to the team mate at the opposite end line. The objective is to get these players to recognize the passing lanes and make the pass to the correct player. If the player inside the box is well covered by the defense, then the player on the opposite end line needs to find the lane and present themselves so that the player with the ball has an easy pass. If the defender chooses to defend the long pass, then the short pass will be available. For higher level players you can make a rule that passes between the end lines have to be in the air.



BIG SQUARE SMALL SQUARE PASSING SERIES

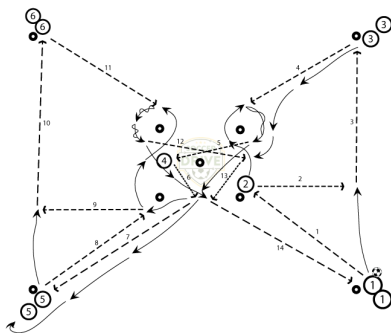
TIME 20 minutes

SETUP

This drill includes 10 players, 1 soccer ball, and 9 cones or discs. Players will work on passing and receiving in several different ways, communicating, and staying focused / aware of their surroundings.

The drill starts by player #1 making a pass to player #2 who is checking to them from the small box on the middle. Player #2 gives the ball right back to player #1 in space as the run towards player #3. Player #1 will receive the ball and make an immediate pass to player #3 then follow their pass to the back of that line. Player #1 will then run around the cone closest to player #3 and check to them to receive a pass (see diagram). Player #3 will make the pass to player #2 and then follow their pass to the middle square. Player #2 will receive the ball control it 180 degrees around the cone and then make a give and go with player #4. When they receive the ball back from player #4 they will make a one touch pass to player #5 and then follow their pass to the back of that line. Player #5 will then start the same sequence over again from this position by making a pass to player #4, receiving it back, making a pass to player #6, and then following their pass to the back of that line.

The entire drill requires 14 passes to make it back to the original position at line #1 where the drill will start over again. Players need to be active and communicate well to keep this drill flowing. Players that will be receiving the ball need to check and call for the ball. Touch passes into space are also important in the give and go sequences.





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7 VS. 3 BOX GAME

TIME 20 minutes

SETUP

Set up a square with cones or discs that is about 20 - 25 yards wide. This is the boundary for the game. Two teams of three players each are inside the box. The "bumpers" or "passers" are along the edges of the square. These "bumpers" will receive passes from the players inside the box and they will have to pass the ball back to the same team that passed them the ball. The teams inside the box are playing against each other in a game of keep away. Each set of 5 consecutive complete passes (to themselves or to the bumpers) records 1 point. The defending team must take the ball away in order to go on offense. Players should be working hard without the ball to provide support for the players with the ball. The ball carrier should always have an option because the team with the ball has the 7 on 4 advantage.

