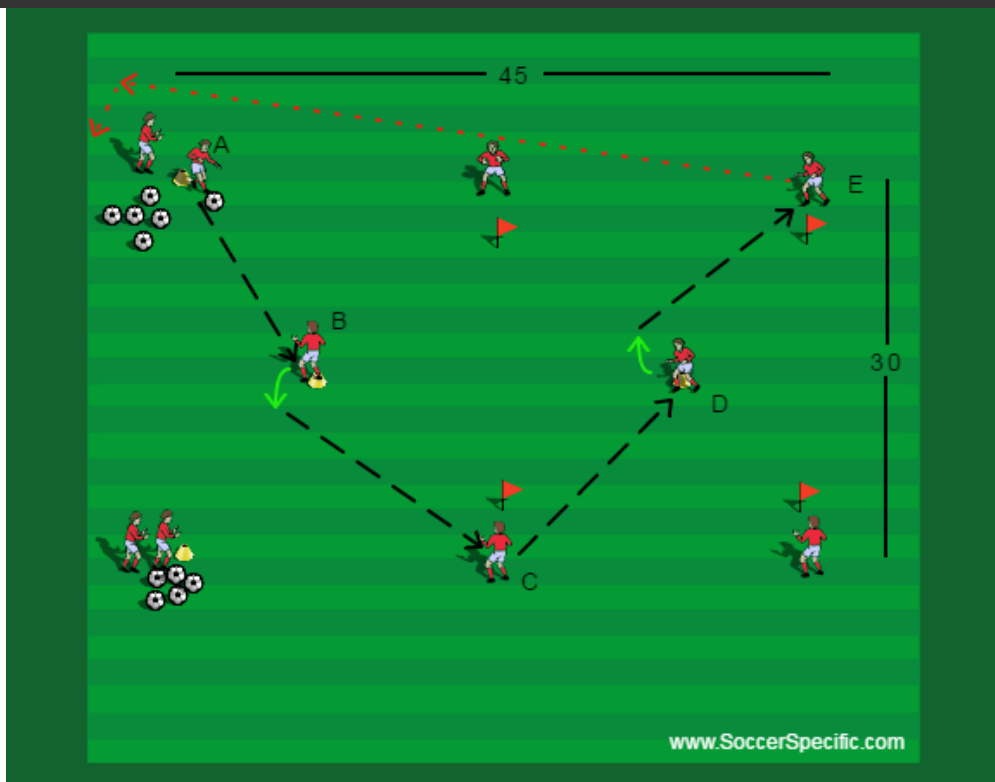


45X30 Passing Pattern 1 (ages U13-U18)



Setup

21 field players, 10-11 players per grid, two identical grids set up next to each other 45X30. 3 Variations, 3 minutes per variation.

Instructions

First passing pattern shown. Red A passes it to B, B turns and passes it to C who pulls away from the flag (defender) and plays it to D who turns either way and passes it to E, E finishes the sequence by dribbling at pace to the end of the line. Variations include player E dribbling it to the end of line, dribbling it half way and then passing it to the end of the line or striking the ball with his laces to the player at the end of the line. Players always rotate by advancing one cone in the sequence. 12 minutes.

Coaching Points

Timing of runs, turning with the ball, pulling away from the defender (flags) in order to create space to receive the ball, quality of the pass and movements.