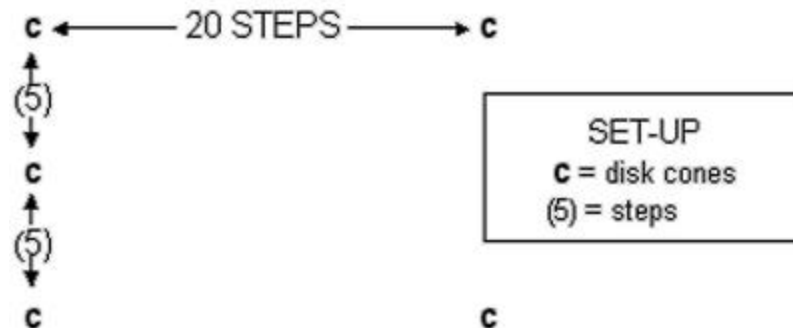


Passing Pairs Game

Teaches: Quick & accurate passing

Set-up:

- Put 3 disk cones 5 steps apart and then walk 20 steps & set out 3 more (like shown below):



- Pair up players & have them face each other, 5 steps apart (use the cones as a guide). They should be in 2 rows (shoulder to shoulder) about 2 steps apart, like below. If an odd number, the coach or a parent must fill in.



The Game:

- One ball per pair (each pair is a "team")
- On "Go", see which team can complete **20 two-touch inside-of-foot "push passes"** first. Before they start, review the fundamentals such as knees bent, bounce on your toes while waiting to receive the pass, etc.
- Have first team to 20 yell out "Done". Then ask each other team how many they did.

At the end of each "game", give tips on how they can improve (e.g., if the pass is going into the air, it is because they are striking the ball too low; if their pass isn't straight, see if their plant foot is pointing toward the target & if they are following through with their kicking foot toward the target. Remember why this is called a "push" pass; are they following through toward the target?)

- Then, have them do **30 one-touch passes using either inside-of-foot or**

outside-of-foot (a pair of U-12 players should be able to complete 60 one-touch passes in one minute from 5 steps apart).

- **Then**, have them do **20 one-touch using outside-of-foot only**
- **Then**, move one row back to the next cones so they are 10 steps apart & do 20 two-touch passes, 30 one-touch passes & 15 chip shots

Comment

- **It is hugely beneficial to teach proper passing & receiving at an early age.** Over 50% of youth players use improper technique.

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