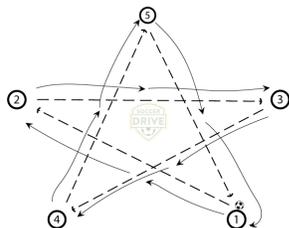




BASIC PASSING

AGE LEVEL: U12 TIME: 70 MINUTES

PRACTICE PLAN



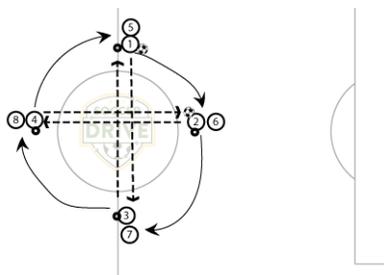
STAR PASSING

TIME 10 minutes

SETUP

Another great drill to add to your collection of passing drills. To set up this soccer passing drill you need a minimum of 6 players and 1 ball. Arrange the players into five lines, the start of each line should be the point of a star if you were to draw one on the field. P1 starts with the ball and makes a pass two lines to the left and then follows their pass. Each player does the same thing, passing two lines to the left and then following their pass. After a few minutes switch directions and have players pass two lines to the right.

**To make it more difficult add another ball

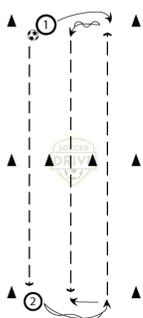


CIRCLE SPEED PASSING

TIME 10 minutes

SETUP

This soccer drill focuses on passing and clearing space. Setup a square with 2-3 players at each corner. After each pass sprint to the next line and prepare for a quick pass. Run the drill for 3-5 minutes. Try reversing the direction after each break. For advanced teams you can have the players reverse direction on every whistle.

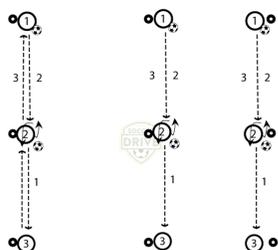


PASSING ACCURACY

TIME 10 minutes

It is important at a young age for players to develop an understanding for how important it is to pass the ball with accuracy. Coaches should have a good collection of passing drills that emphasize this skill.

This soccer passing drill requires 8 cones or discs, two players, and one soccer ball. The objective is to work on accuracy when passing the ball straight ahead and when running parallel using the instep. Set up the cones or discs as shown in the diagram and animation. The players should be a 10 - 20 yards apart depending on their skill level. Have the players pass the ball to each other through a pair of cones of their choice. When passing through the middle cones they should be facing the player they are passing to. When passing between a set of cones on the outside they should be facing the direction of their run and use the instep to pass the ball. More experienced players should try to bend the ball around the inside cone.



FAST PASSING

TIME 10 minutes

There will be 9 players in between the cones like the set up in the animation for this soccer drill. Two lines of players will have a soccer ball. The players in the middle will pass their soccer ball to the players without a ball. Then the players who started with soccer balls will pass to the middle players. They will pass the ball back. The players will continue to repeat these passing motions and make sure they are making fast, accurate passes.



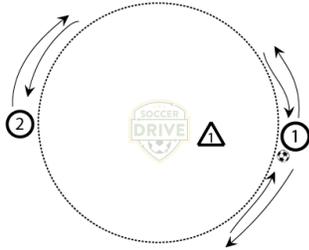
BASIC PASSING

PICKLE IN THE MIDDLE

TIME 15 minutes

SETUP

This soccer drill is a spin off of the childhood game pickle in the middle. It is pretty similar to the actual game, but instead of throwing the ball to one another, players are passing the ball by foot. There will be three players, one will be in the middle, this will be the pickle. Players who are trying to keep the ball from the pickle are able to move around, only on the diameter of the middle circle on the field. The player in the middle should try to intercept the ball. Once they have intercepted the ball, the player who they stole it from should become the pickle. Let players play for as long as you would like. This would be best as a station during practice.



1 ON 1 WITH BUMPERS

TIME 15 minutes

SETUP

For this soccer drill you will need to set up 4 corners each with a player inside of the corners made out of cones. 4 players will be in the middle and 1 of the teams of players will start with the ball. The object is for the players to get the ball to 1 of the players in the corners that are wearing the same jersey color as they are. They will pass between each other while the team not in possession will try to defend and get the ball back.

