



# PASSING & FINISHING

AGE LEVEL: U14    TIME: 80 MINUTES

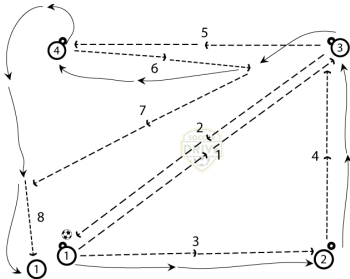
## PRACTICE PLAN

### THROUGH BALL BOX PASSING

**TIME** 10 minutes

**SETUP**

Set up this drill in a 15 to 20 yard square with one player at each disc and the line of players in position #1. The first player in position #1 will make a pass across the box to player #3, player #3 will pass it right back to player #1. Player #1 will receive and pass to player #2 and then follow their pass. Player #2 will receive the ball, make a pass to player #3, then follow their pass to position #3. Player #3 will receive the ball, pass to player #4 and then break off the disc to receive the ball back from player #4. When player #4 receives the ball they will pass right back to player #3 and then make a circular run out and around the disc (as shown). Player #3 will play the ball into space for player #4. Player #4 will then receive the ball, pass it to the next player in position #1, then go to the back of the line.

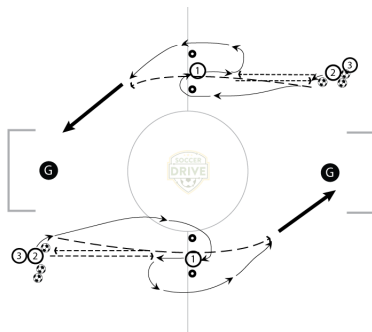


### TOUCH TO SPACE

**TIME** 10 minutes

**SETUP**

This shooting drill starts when player #1 checks towards the line and calls for the ball from the first player in line. Player #2 (the first player in line) will pass the ball to player #1. Player #1 will one touch the ball back to player #2 and run around the outside cone. Player #2 needs to one touch the ball into space so that player #1 can run into the ball and take a shot on net. The pass needs to be played with touch into space so it does not get too close to the goalie where they can make a play on the ball. It also needs to be hard enough so that player #1 can run into the ball. The cones can be used as the defenders so the coaches can judge if player #1 makes a run that is off-sides.

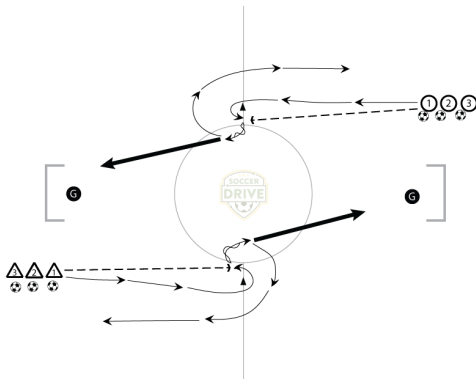


### ONE PASS SHOOTOUT

**TIME** 15 minutes

**SETUP**

Here is a soccer drill that is competitive, fun, and a great workout for goalies. Divide players up into 2 teams and move the nets to where they are about 40 yards apart. Each team forms a line on one side of the net, make sure each line has plenty of soccer balls. The first player for each team starts at the mid-field near the cones or discs and receives a pass from the next player on their team. In as few touches as possible the player turns and shoots. After the shot they sprint back to the end of the line. The next player cannot go until the shooter has crossed the goal line. The next player then runs to the mid-field line and checks back towards their teammates to receive a pass. It is fun to set up a given amount of time to see which team can score the most goals.

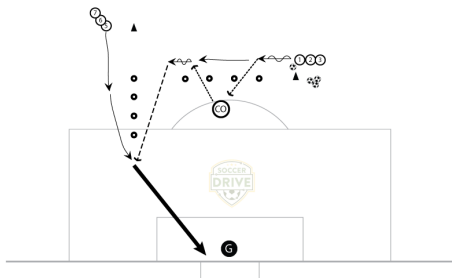


### THROUGH BALL PASSING AND FINISHING DRILL WITH GIVE & GO

**TIME** 15 minutes

**SETUP**

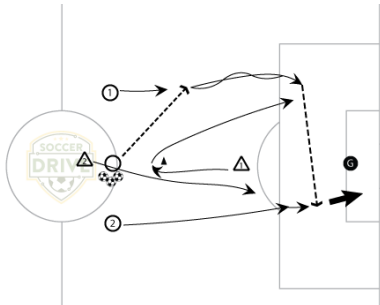
This drill adds one element of passing to the Through Ball Passing and Finishing Drill. The set up is exactly the same but now you can place a coach or another player in the place (see diagram) where Player #1 will make a give & go (or wall pass) before making the through pass to player #2.





# PASSING & FINISHING

## URGENT RUSH 2 VS. 2

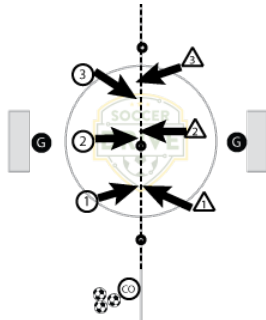


**TIME** 15 minutes

**SETUP**

Sometimes game situations need to be simulated by creating some urgency. This soccer drill creates a sense of urgency on by adding backside pressure as the two offensive players are on a 2 on 1 break. Set up the drill as shown in the diagram. Designate a player or coach to make the first pass, the passer can pass to either offensive player. Once the pass is made the defensive player runs up and around the cone. The defensive player that is providing backside pressure runs to the opposite side that the pass was made. The player that receives the ball has the option to shoot or pass.

## 3 VS. 3 OWN HALF SHOOTING



**TIME** 15 minutes

**SETUP**

Sometimes game situations need to be simulated by creating some urgency. This soccer drill creates a sense of urgency on by adding backside pressure as the two offensive players are on a 2 on 1 break. Set up the drill as shown in the diagram. Designate a player or coach to make the first pass, the passer can pass to either offensive player. Once the pass is made the defensive player runs up and around the cone. The defensive player that is providing backside pressure runs to the opposite side that the pass was made. The player that receives the ball has the option to shoot or pass.