



Topic

Indiana Soccer Training Centers

PASSING BASICS 1

Objectives (5 W's)

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is in possession of the ball
Why: To penetrate the opponent's defense

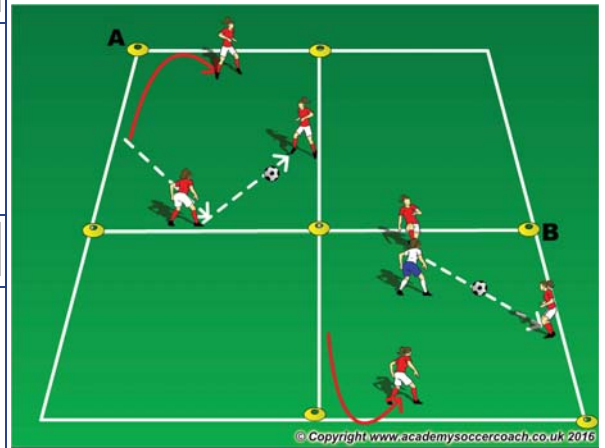
Organization

Duration Intensity

- Area: In a grid 10Wx15L yards
- Play 3v0 to teach the players how to support the player with the ball. After two intervals, add a defender and make the game a 3v1 keep away.

Warm-up / Orientation

3v0 to 3v1



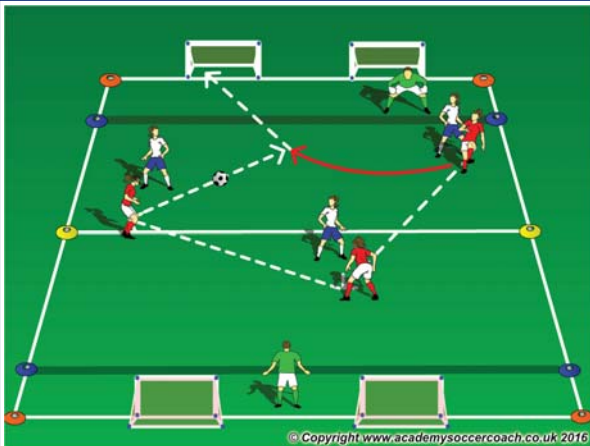
Coaching Points

Activity Time Rest Intervals

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Orientation

4v4 to 4 Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard field with 2 small goals on each endline
- Play to score in the opponent's goal. The GK defends their team's 2 goals. When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

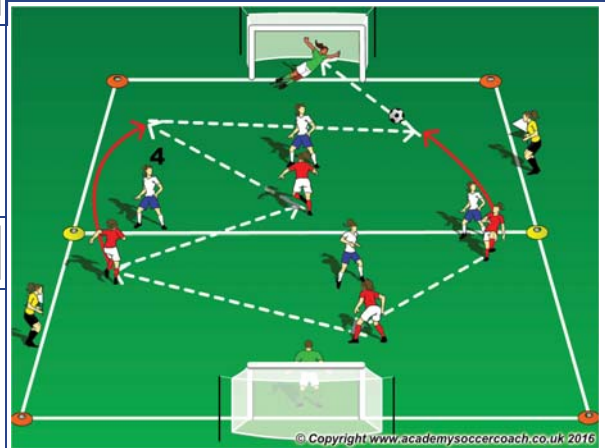
Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

Learning

5v5 to Goal



Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play