

“1-Touch Alley”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To build speed and reaction and touch in close-quarter passing situations.

Duration: 10 minutes



Organization

2 sets of a dozen cones set out in two rows, each cone 3-4' apart.

Split group into 2 teams, 1 team per “alley”, 1 ball per pair of players on each team.

The Basics

Activity

At the coach’s signal, the 1st player with a ball sends a 1-touch pass diagonally through the cone alley to the 1st player without the ball.

The pair execute successive 1-touch passes through the entire alley, and when they reach the end, they return to the back of the opposite line (effectively switching passing feet by switching which side of the alley they play on).

As soon as the pair passes through the last cone, the next pair can go.

Don’t time or keep score the first few times through – this may be sloppy at first.

Coach Pts

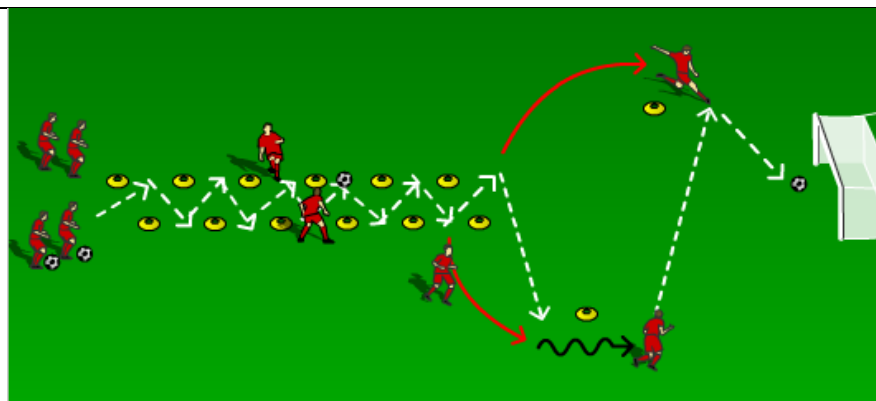
- Encourage proper pass technique, insides of feet only, toe up & out, ankle locked, soft touch.
- Encourage more advanced players to experiment with using the inside of both feet (which requires a different body position when using each foot) during a single trip through the alley.

Mods

If after several passes through players are still not succeeding in making it most of the way through the alley without mistakes, increase the distance between the cone in each row, and between the 2 rows.

Progression

Once players have found a rhythm, challenge them by keeping track of how many successful trips through the alley each team can make in 1 minute.



A progression to add a fun challenge, is to set out two more cones and a goal, and the players get wide to execute the finish, including a 1-touch shot on goal.