

# “Passing Gates”

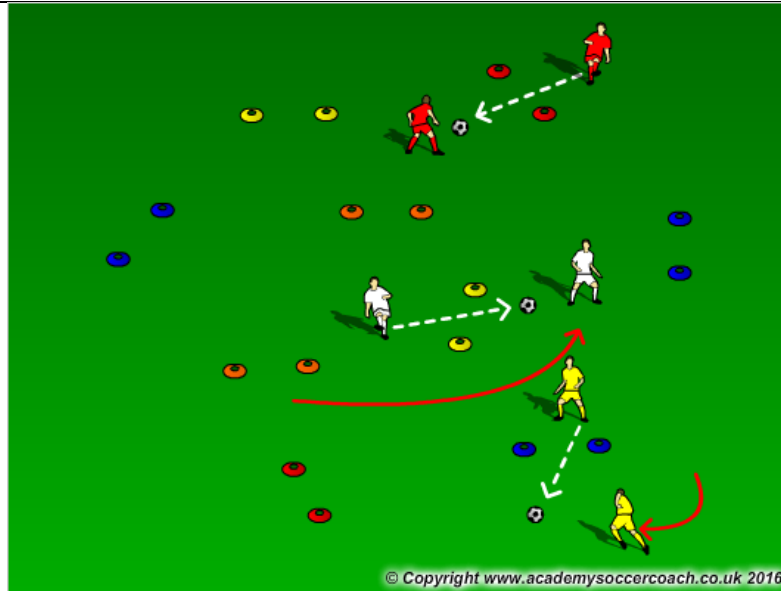
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Passing & Receiving

**Primary Objective:** To build skill tactical awareness, moving into space, communicating and passing/receiving the ball

**Duration:** 10 minutes

The Basics



## Organization

10-20 cone gates spread out over 20yd x 20yd area, each cone gate 5' wide.

Split group into pairs, 1 ball per pair.

## Activity

This is a progression activity (see progression below); at the coach’s signal, players move to different gates and execute passes through them as instructed by the coach for 1 minute. Have each pair count out loud how many gates they successfully pass through in allotted time.

- Striking and receiving the ball with insides of feet.
- If a gate is occupied, the pair must find another gate to pass through.
- Ask kids how they could get through more gates in less time. Lead them to answers like passing player should begin moving to the next gate as soon as ball is struck, first touch receipt of ball going in direction of next gate, better communication.
- Congratulate improvement!

Increase distance between gates and space between cones at each gate for more novice players, decrease distance for advanced players.

- 1<sup>st</sup> activity - allow free movement/passing through as many cone gates as possible in 1 minute. Players count # of gates they pass through within timed limit. Repeat and check for improvement.
- 2<sup>nd</sup> activity, players must execute a double pass through each cone gate (pass and pass back). Repeat and check for improvement.
- 3<sup>rd</sup> activity (U9/10 only), players must execute a wall pass; 1<sup>st</sup> pass goes through the gate, 2<sup>nd</sup> pass goes outside of the gate, toward the next target gate the pair is moving to. Repeat and check for improvement.
- 4<sup>th</sup> activity (U9/10 only), players must execute an overlap pass through each gate. Repeat and check for improvement.
- Add new activities or repeat previous ones to build mastery.

Mod Coach Pts

Progression