



“Progressive Passing”

East Central Soccer District Academy Curriculum

Curriculum Topic: Passing & Receiving

Primary Objective: To establish patterns of play that will carry over to game situations.

Duration: 10 minutes

The Basics

Exercise 1
A diagram showing a vertical pass between two players. A dashed white arrow points down from the top player to the bottom player, and a solid red arrow points back up from the bottom player to the top player.

Exercise 2
A diagram showing a diagonal pass between two players. A dashed white arrow points from the top player to the bottom player, and a solid red arrow points back from the bottom player to the top player.

Exercise 3
A diagram showing a passing triangle with three players labeled A, B, and C. A solid red arrow points from A to B, a dashed white arrow points from B to C, and another dashed white arrow points from C back to A.

Exercise 4
A diagram showing a passing square with four players labeled A, B, C, and D. A solid red arrow points from A to B, a dashed white arrow points from B to C, a dashed white arrow points from C to D, and a dashed white arrow points from D back to A.

© Copyright www.academysoccercoach.co.uk 2015

Coach Pts	<p>Organization Break group into groups of 4-6, 1 ball per group. Break these groups into paired sub-groups of 2-3. No grids needed, but have each group separate to provide room for passes and runs.</p> <p>Activity <i>Exercise 1 (2 minutes):</i> 2-touch; Positive first touch, then pass to opposite player, go to the back of opposite player's line. Ex. 1 Progression: After 1 minute, require all passes be 1-touch. <i>Exercise 2 (2 mins):</i> Continuous wall passes – 1 player is dedicated wall passer, while other players each pass to the wall passer then run to receive the wall pass, lay it off with a short pass to the next player in line, and the cycle repeats. Rotate wall passer every 30 seconds. <i>Exercise 3 (2 mins):</i> A passes to B, A runs to check to B for a 1-2 pass. A returns to back of own line, B passes to C to begin the process again. <i>Exercise 4 (2 mins):</i> A passes to B, B performs a receive and turn skill (pivot, shield & turn, Cruyff), passes to D. B goes to back of own line. D then passes to A, A performs receipt/turn, passes to C. C passes to D and the cycle repeats.</p>
	<ul style="list-style-type: none"> • Wide foot “kissing” the ball when receiving • Wide foot, toe out and ankle locked when passing. No toe/laces passes. • “Positive First Touch” means receiving the ball with a touch that begins directing the ball where the player wants to go next. • Players should call for the ball. • Players should go to the ball when receiving a pass, not waiting until it reaches them. • For Ex 4, encourage players to check behind them before receiving ball, looking for oncoming opponents.
	<p>Encourage transferring ball from trapping foot to passing foot for advanced players. For advanced players, encourage using non-dominant foot.</p>
Progression	<p>None</p>