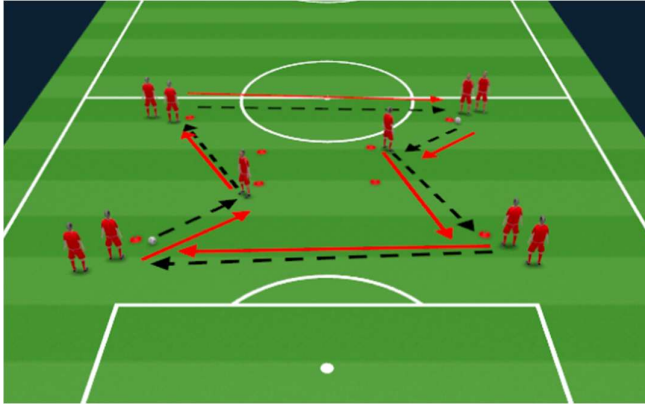


Suggested equipment list: Cones, Balls and Bibs



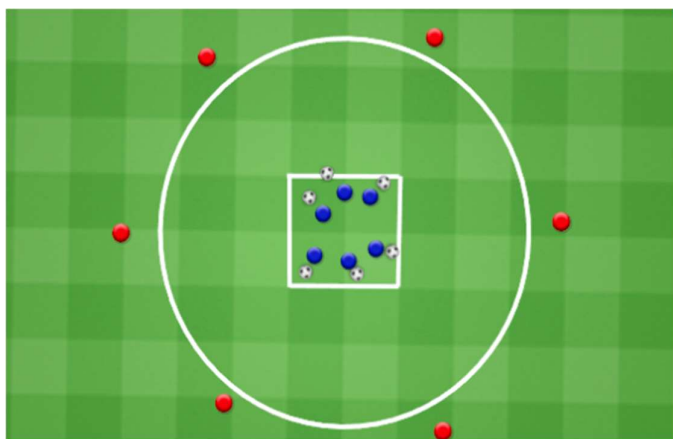
Pass and Follow Exercise

- Red lines is player movement
- Black lines is ball movement
- Change direction every couple of minutes
- **Coaching Tips:** Pass to your teammates back/far foot. Scan before receiving the ball



Square Passing Exercise

- One player at each cone, two where the ball starts
- Ball is passed in one direction around the perimeter of the square
- Players start next to their cone and move away (check off) just before receiving the pass
- **Coaching Tips:** Pass to your teammates back/far foot. Scan before receiving the ball. No passes should cut through the square



Running with Ball + 1/2 (Bounce Pass)

- Players in the middle will start with the football and will begin in the square
- These players must dribble to the outside players and have a one-two with each other
- Before they go to the next outside player, they must go back through the middle square, so they do not run around in circles
- After a couple of minutes, inside players switch with the outside players
- **Coaching Tips:** Receive the ball side on, ready to turn after the 1-2. Make sure players accelerate after changing direction



Directional Possession

- A bouncer (neutral player) is positioned on either end of the rectangular grid. The aim for the team in possession of the ball is to pass to a bouncer on one end, then progress the ball to the bouncer on the other end without losing possession. If possession is turned over, the other team has the same objective. If you have an odd number of players, add a neutral player into the grid, who plays with the team in possession.
- **Coaching Tips:** Encourage forward passes, movement off the ball to find space and receive.



Rondos / Piggy in the Middle

- Ideal Rondo Ratios: 3v1, 4v1, 5v2, 6v2
- Players form a circle with the defenders starting in the middle. The aim for the players on the outside is to achieve as many passes as possible without the defenders winning it. If a defender wins the ball, the person who made the mistake becomes the new defender. Introduce restrictions (e.g. max 2 touches) to increase the difficulty.
- **Coaching Tips:** Encourage outside players to move up and down the line to be an option for the ball carrier. Reward a killer pass (split between two players) with double points



Passing Pattern Exercise

- Begin with one ball at number 1, pass and follow to each cone in ascending order (e.g. 1,2,3...). To increase the difficulty of the drill, introduce touch restrictions or a 1/2 (bounce pass) between passes 3-4 or 6-1. Alternatively, a second ball can be added to increase the speed of play.
- **Coaching Tips:** Try to avoid square balls and ensure players are on an angle to receive the ball