

Short Short Long Passing Activity

Category: Technical: Passing & Receiving

Difficulty: Moderate

Pro-Club: Illinois Youth Soccer Association
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Description

Technical Warm Up (10 mins)

Depending on the age you can add restrictions to the warm up by adding more touches and movement off the ball as shown. You could also add another ball to the other side and have 2 balls moving at one time.

Player A will pass to Player B who will one touch to A who will touch back to B who will give a pass back to A on making a bending run to the outside who will give to C and start the rotation going the other way.

Focus on Technique of First Touch and playing away to set up for next pass

Can they play a good weighted pass using both left and right foot

Accuracy of Pass

Good first touch

Can the communicate both visual and verbal cues

Speed of Play on one touch and two touch if necessary

