



Providing a full range of quality soccer programs in St. Albert!

St. Albert Soccer Association

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Passing & Moving in Pairs

How to Set It Up

Skill Developed – Passing Skills

Time – 10 - 15 Minutes

Playing Area – 20 X 20 yard grid

Number of Players – All players

Equipment – 1 balls per group of 2

This activity works on developing the proper passing techniques and improving timing / weight / accuracy / disguise of various passing lengths.

YouTube Link: <https://youtu.be/8t0rIKDP1ss>



How to Play

- Put players in groups of 2 with 1 ball per pair.
- Players will pass and move around the grid, looking to keep control of the ball always.

Progressions

- Put players into 2 teams and have the players pass in a specific order (1 - 2, 2 - 3, 3 - 4)
- Have players pass to the opposite colors (blue - white - blue - white)

Coaching Points for Passing

- Quality of passing
- Movement at appropriate tempo (walking vs jogging vs sprinting)
- Communication (call the player's name who you are passing to)
- Control and First touch