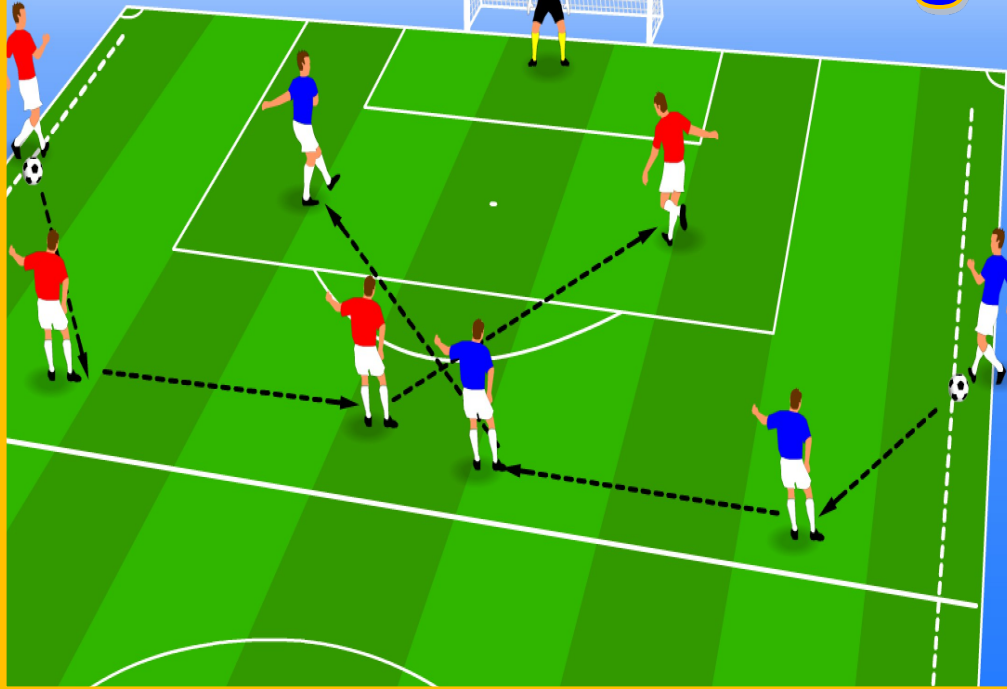


Free Kick Passing



Set up

Total Duration = 15 minutes

- Total Playing Area = Full width of the field x 30 yards length
- Number of Players = 12 - 16 players
- Number of Soccer Balls = 6 soccer balls (3 per team)
- Number of Goals = 1 main goal

Organization

- Set up the players into 4 positions on the field and organize your players into your playing formation.
- Alternating sides, players will look to pass the ball in this passing pattern.
- First team to get their ball to their forward, win the round. Every player on the field must touch the ball.

Coaching Points

- ⇒ Help the players relate this pattern to their game formation.
- ⇒ Make sure players take multiple touches on the ball, 1 touch to control the ball, 1 or 2 touches to pass the ball to the next player

Progressions

- ⇒ Add in 1 defender to pressure the passers
- ⇒ Have players split up into teams and to compete against one another to see which team can score the most goals.