

Passing Agility



Set up

Total Duration = 15 minutes

- Total Grid Size = 25 yards Width x 25 yards Length, 5-8 mini grids 2 yards x 2 yards.
- Number of Players = 12 — 16 players split into groups of 3-4 players
- Number of Soccer Balls = 1 ball per group
- Number of Goals = 0 goals, 5 - 7 target zones

Organization

- This activity is performed in 4 rounds. To start, the players will pass and move inside the grid.

Round 1 - Players will race to complete 10 passes inside the grid, a pass must go through one of the mini grids for it to be counted as a completed pass.

Round 2 - One player must stand inside the circle with their legs open and the pass must go through their legs to the teammate on the other side.

Round 3 - One player must perform a forward roll variation inside the circle while the player on the ball passes it through the circle.

Round 4 - One player must perform a two footed hop as high as they can in the air inside the circle while the other players pass the ball through it.

- After a the group completes the pattern inside one circle, they must go find another grid. The goal is to be the first team to 10 completes passes.

Coaching Points

- ⇒ Provide appropriate passing angles
- ⇒ Find open space to move to
- ⇒ First touch forward toward goal whenever possible