



HS Passing & Movement Session

Category: Tactical: Combination play
Difficulty: Moderate

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Description

HS U16 / U18 - Passing Combination Play

Warmup

Warmup - Dutch Box

Great passing warmup. Encourages accurate passes, communication and movement. Different restrictions help players with quick passing, combinations, checking to the ball and receiving.

Organization:

Equal number of players inside the grid with a ball and players along the perimeter of the grid without a ball.

How to Play:

Start simple and progress to complex. Start by players inside the grid taking a few touches, then pass to an open player on the outside. Follow pass, player that receives dribbles ball into grid. Continue...

Progressions:

Long-Short-Short. Play a long ball, Check to ball, Simple 1-2 / Wall Pass

Pass to outside player. Move to different space. Get ball back.



Combinations

Passing Combinations - Short & Long Passes

Short Triangle Passes followed by a Long Pass. Repeat.

Player A passes to B. Player B passes to C. Player C passes a long ball to opposite end, Repeat.

Player B's pass should be in front of Player C's feet, to allow them to run onto the ball and pass quickly.

Progression -

Add second player to B (the middle) and add a second ball. This encourages players to focus more on their quality of passes and move the ball quicker.



Target Players

Quick Passing with a Target Player

The target player can be treated as a Center Midfielder or a Center Forward. This activity promotes quick passing and movement without the ball

Organization -

Two players on the inside. One target player (red) and one field player. 2-3 players at every cone.

How to Play -

Ball gets passed to an outside player. Follow pass. Outside player passes to target player, then moves to an open space and receives the ball back. Continue that combination with other outside players.

Progressions -

Add a defender

Add a second target player

