



# Passing & Moving

Category: Technical: Passing & Receiving  
Difficulty: Moderate

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## Description

IAS Soccer Academy. Special Topics Session. 11/22/16

## Warmup

### Progressive Passing & Moving Warmup

Organization:

- Set up 4 grids, all the same size. 1 or 2 players at every cone.

All 4 progressions included in the diagram:

- Passing Square with One Ball
- Passing Square with Two Balls
- No Pressure. Passing & Moving within Grid
- Passive Defender. Passing & Moving within Grid

Coaching Points:

- Connect quality passes
- Pass to teammate's correct foot
- Quality first touch
- Take first touch in direction of your next dribble or pass



## Passing & Moving Grids

### Continuous Passing & Moving Activity within the Grids

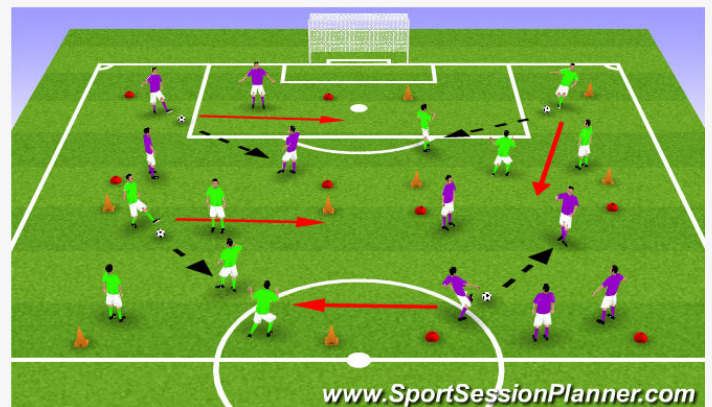
Use the same setup as the warmup

How to Play:

One ball in each grid. That ball stays in that grid entire time. Once a player completes a pass, they run to a different grid.

Coaching Points:

- Keep ball moving
- First touch is a positive touch
- Head up to scan field / your grid



## Final - SSGs

### Rapid Fire 2v1 - SSG to give Attacking Team a Numerical Advantage

Progress to bigger numbers

How to Play:

Continuous 2v1 games. Rotate the attacking and defending teams.

Play to goal. Add GKs if possible.

Coaching Points:

- Passing is the focus, but do not force passes. Dribble when there is time and space.
- Make passes to correct foot or into open space.
- The Second Attacker must always support the ball.

