



# Training Session

## Passing • Possession

### Legend

.....→  
Direction of Player movement  
with or without the ball

→  
Pass or Shot

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Additional Cones

▲  
Cone

×  
Player

○  
Player

■  
Neutral Player

### Key Coaching Points

#### Technical Warm-Up

- Players pair up with a partner and pass back and forth in a grid. (two touch, one touch, vary distance.)
- Dynamic pass and move - every player moves on every pass.

#### Progression

After the player passes, run to the player receiving the ball, and add pressure. First touch needs to be away from pressure.

#### Key Coaching Points

- Keep your feet moving
- First touch is important. Receive ball leaving it 1 step away from their body. Avoid a heavy touch that leaves the ball out too far or a trapped touch leaving the ball under their body.
- Pass needs to have the right amount of pace on it.

#### Small-Sided Activity

Non directional 4 v 1 - X's Pass and go to the outside of the circle and come back in.

#### Progression

- Three touch, two touch then one touch. Coach with a clapping cadence for each touch. (ie. Three touch - Every touch has a purpose. First touch- ball is a step away / Second touch - Push the ball toward your target and away from pressure. / Third touch - Pass.)
- Non directional 4 v 1,+2,+3,+4

#### Key Coaching Points

- Communication- Call for the ball.
- Importance of touches based on 3 or 2 or 1 touch soccer.

#### Expanded Small-Sided Activity

5 v 5 +2 neutral to goals

#### Key Coaching Points

- Communication- Call for the ball.
- Keep the ball away from pressure/defenders.
- Pass the ball to the teammate in front of you.
- The ball doesn't always have to move forward.
- Don't force a pass.
- Remind them that they should have at least 2 players open.

#### 6v6 to Big Goals

Scrimmage (passing/possession)

- Communication- Call for the ball.
- Keep the ball away from pressure/defenders.
- Pass the ball to the teammate in front of you.
- The ball doesn't always have to move forward.
- Don't force a pass.

### Organization

