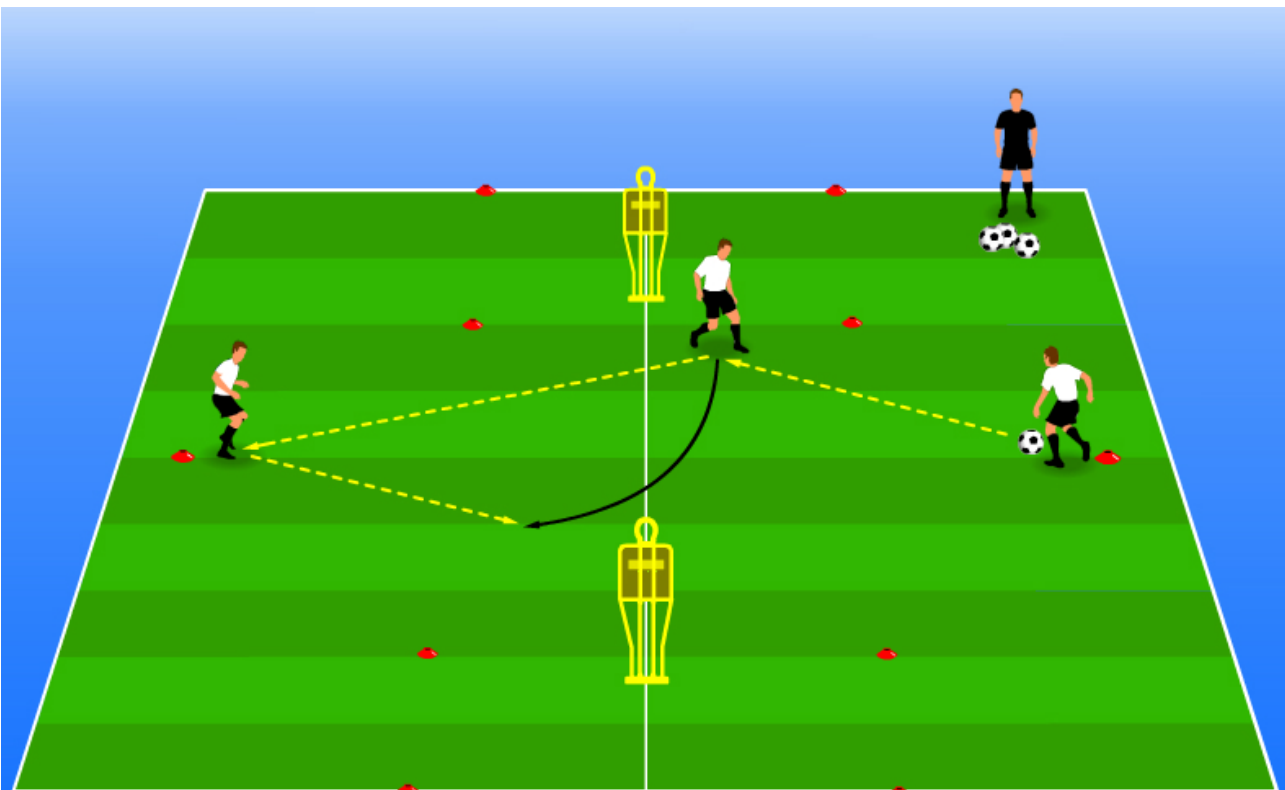


## Session Summary

<b>Session:</b>	<b>PASSING PATTERN</b>		
<b>Duration:</b>	20 minutes	<b>Equipment:</b>	4 balls, 2 poles or mannequins, 10 cones
<b>#Players:</b>	3 or 4	<b>Age Group:</b>	Any

## Intro

- One player at each end, one in the middle as per the below setup.
- One of the end players starts with a ball.
- Coach at the side with extra footballs.

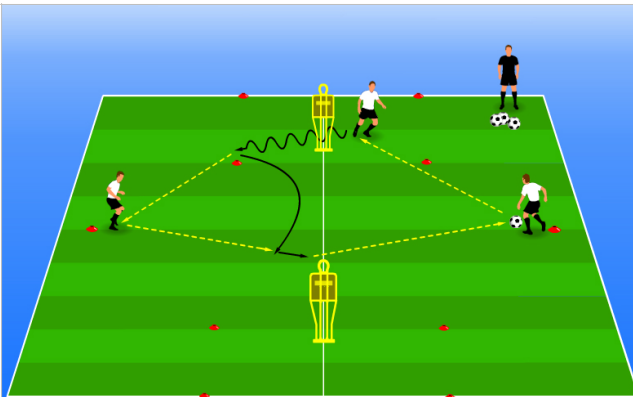


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## Instructions

- The player who starts with the ball plays a pass to the middle player, who has started on the mannequin (their "marker")
- The middle player makes a move to lose their marker (mannequin) and then moves toward the ball to receive it, with an open body shape, onto their back foot.
- The middle player plays a pass to the other end player and then moves into a new position to receive the return pass, before playing the final pass of the sequence back to the player who started with the ball.
- See how many successful circuits the team can manage in a time limit (60 - 90 seconds should be ample if working at a good pace but vary depending on age and fitness of players).
- If there is a 4th player, have the two middle players rotate in and out after each circuit.
- Encourage the middle player to vary the positions they take up to receive the ball, both vertically and horizontally.
- Ensure the middle player stays in the coned-off central area and doesn't get closer than 2m to their team mates.
- Encourage variations as per the below... or make up your own.

## Variations



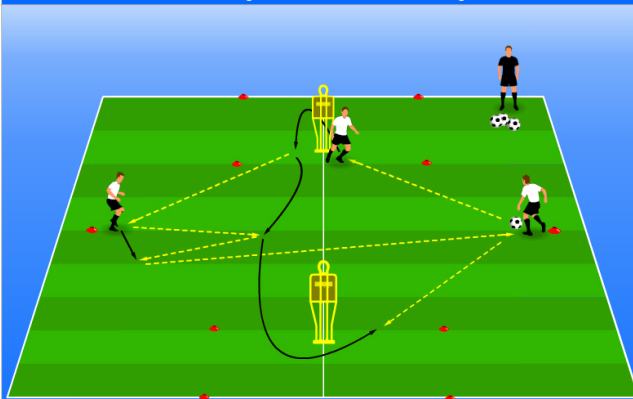
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### Variation 1:

Middle player receives the initial pass outside the mannequin, dribbles past the mannequin and then plays a pass to the other end player.

Middle player then drops deep to receive the return pass and lets it run across their body, with an open body shape, before playing a pass back to the player who started with the ball.

Repeat on the opposite side.



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### Variation 2 (for older or more confident groups):

Middle player receives the initial pass in front of the mannequin, takes a touch round it and plays a pass to the other end player.

Middle player then moves toward the player with the ball and plays a one two, before making a run round the other mannequin, ready to receive the ball from the other end.

Meanwhile, the end player with the ball plays a long pass back to the player who started with the ball and we repeat on the opposite mannequin.

### Coaching points:

- Passing empathy - where does your team mate want the ball? How hard should you pass to them?
- Movement of the middle player to receive passes in different positions - get the player used to moving toward or away from the player who is passing to them and making movements to lose their "marker" (mannequin).
- Body shape when receiving a pass - an "open" body shape that allows you to move the ball on quickly? Think about where you want your first touch to take you.
- Shielding the ball from your marker (mannequin).
- End players to stay on their toes, move horizontally to offer themselves for a pass.
- Work rate and energy - don't give up
- Communication between players (verbal and by signalling where they want the ball played).