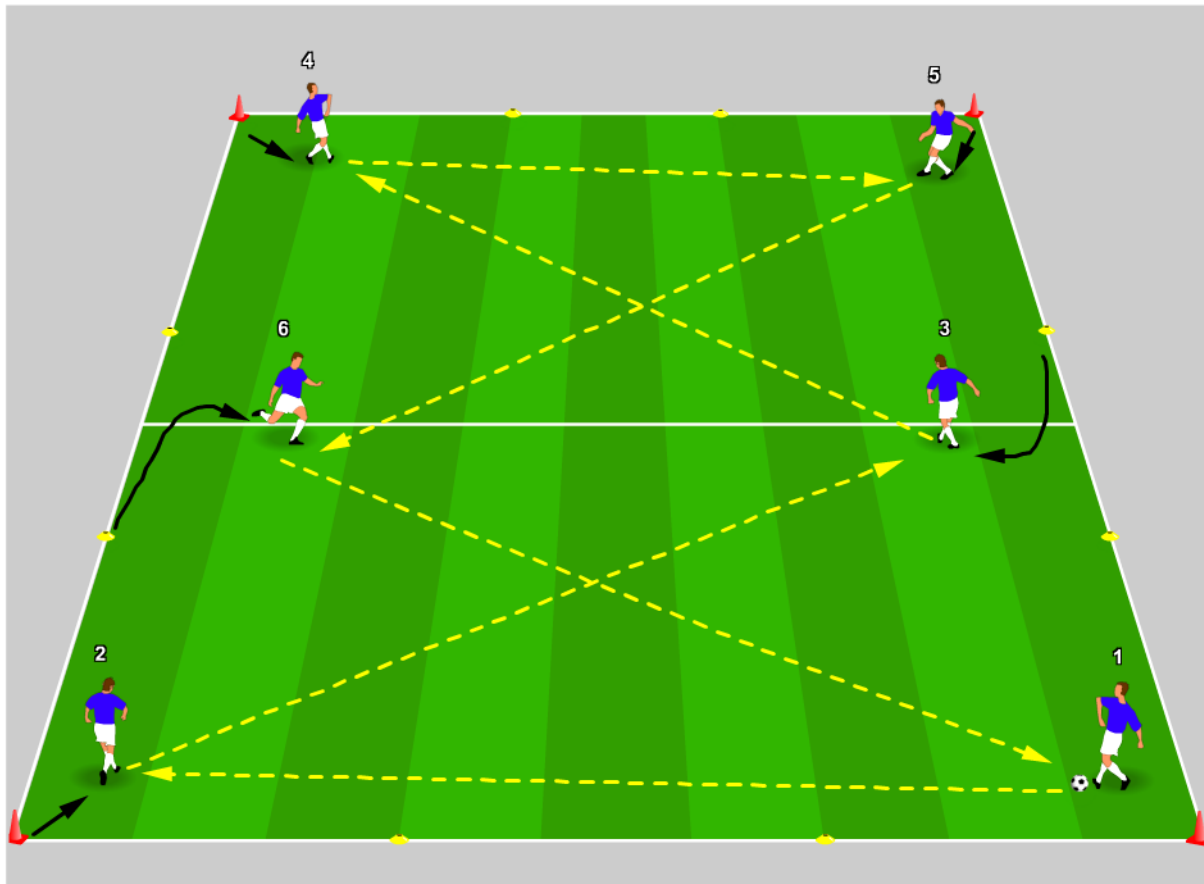


Technical Passing Drill - Coaching Mini Soccer Book



**Date:** 19 Jan 2011

**Measurement:** 20 x 30 yards

**Time:** -

**Players:** 6

**Duration:** 10 mins

**Level/Age Group:** 7+

**Description:** The drill begins with player 1 passing the ball across the base to Player 2 who lets the ball come across their body and receives the ball with their left foot who then plays the ball diagonally forward to player 3 who runs towards the ball before letting the ball come across their body receiving it on the right foot, in front of them and facing forward half turned. The sequence continues diagonally to player 4 then to player 5. Then 6 moves towards the ball receiving it half turned ready to pass it back to player 1

**Objective:** To develop technical passing

**Coaching Points:**

1. Body Shape - The players should be alert, steady and comfortable.
2. Contact - The player lets the ball come across the front of their body to receive the ball facing forward and therefore able to see all around them and easily pass the ball forward. Control with the inside of the furthest foot from the player passing the ball.

**Progression:**

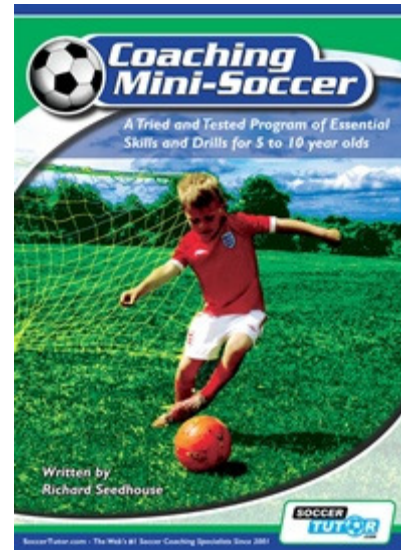
1. Swap the players in all the positions.
2. Add a defender at both of the middle cones to promote the movement of the receiving player.

*This Practice was taken from the Book -*

# **“Coaching Mini Soccer - A Tried and Tested Program of Essential Skills and Drills for 5 to 10 year olds”**

Coaching Mini Soccer (5 - 10 years) book contains a **complete and proven full season training program** comprising 12 main sessions and **over 70 interchangeable drills** to coach the skills required to produce academy standard players and teams.

**FACT** - eight players in the last three years **have been signed by professional clubs** through participation in this program. In its basic form the program can be used by grassroots youth clubs for coaching skills in their soccer academies, community soccer programs, after school, or by primary school teachers as a term based program.



As the players develop through the program and form Mini-Soccer teams the coach can draw on the programs tactical games to aid formations and small sided games to improve creativity, game awareness and problem solving.

***Coaching Mini-Soccer is specifically written to be the only book any coach of players between 5 and 10 will ever need to provide proven training sessions every single week.***

## **Buy your copy of the book**

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<http://shopusa.soccertutor.com/Coaching-Mini-Soccer-Skills-Drills-for-5-10-year-p/st-b001.htm>

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