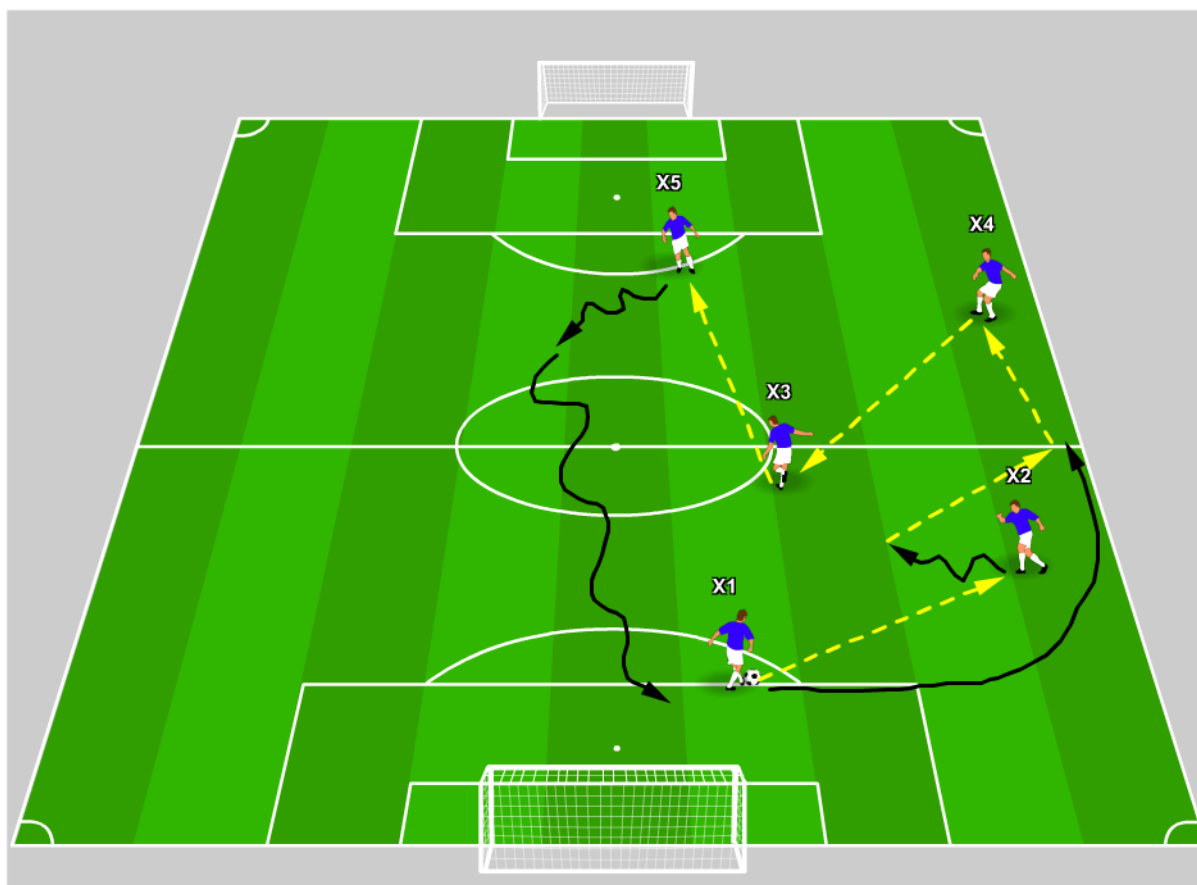


Pattern Passing - Three Dimensional Soccer Training Book or eBook



Date: 22 June 2011

Measurement: Full Pitch

Time: N/A

Players: 5

Duration: N/A

Level/Age Group: U11+

Description: The central defender X1 passes to the wide defender X2, then overlapping them. The wide defender dribbles inside to create space and passes to the overlapping X1 who receives and passes to the wide midfielder X4, then takes the place of X2. X4 receives and passes to the central midfielder X3, then follows the pass. X2 delays and then takes the place of X4. X3 receives and passes to the forward X5, then follows their pass. X5 receives and dribbles to the beginning where the drill began.

Objective: To improve passing, receiving, movement and overlapping.

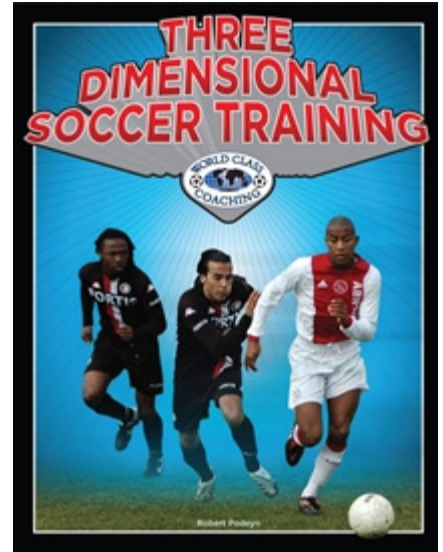
Coaching Points: Make sure players are timing their runs and passes. Everything must be coordinated within the drill, as it is with any system you play. Players should learn to read when to run and when to delay. Teach them the visual cues in the game i.e. the first touch of the receiving player, movement of other players off of the ball, read the space as it opens, etc..

Progression: See Three Dimensional Soccer Training Book or eBook for more progressions

This Practice was taken from “Three Dimensional Soccer Training Book/eBook”

Are you training your players effectively? Do your sessions work like building blocks to teaching players more comprehensively? ***Would you like to be a more complete coach and conduct training sessions like professional coaches in Holland, Italy, Spain, Germany and Brazil?***

No matter what system you play or your attacking and defensive philosophy, this book will teach you how to build training sessions that are more specific and more focused. **You will learn how to build sessions together and how to formulate an entire training plan for a full season while teaching positions, positional roles, formations, and your attacking and defensive philosophy.**



Three-Dimensional Soccer Training will help you to understand how to train players for positional roles and within your preferred system of play. The practices move from simple to complex sessions that build on each other throughout the season. You will learn how to be more efficient in your coaching and gain a greater understanding of a training approach that is used by top coaches around the world.

Purchase the Book Version - Rest of the World Shop:

<http://shop.soccertutor.com/Three-Dimensional-Soccer-Training-Book-p/wcc-b1105.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Three-Dimensional-Soccer-Training-Book-p/wcc-b1105.htm>

Purchase the **eBook Version - Rest of the World Shop:**

<http://shop.soccertutor.com/Three-Dimensional-Soccer-Training-eBook-p/wcc-j5130.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Three-Dimensional-Soccer-Training-eBook-p/wcc-j5130.htm>

Diagrams were created using www.SoccerTutor.com Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>