



National Soccer Coaches Association of America



PRACTICE #30 PASSING: ONE TOUCH AND COMBINATION TOUCH.

WARM UP: SEQUENTIAL PASSING. GIVE EVERY PLAYER A NUMBER AND PASS BY NUMERICAL SEQUENCE TO NEXT PLAYER BY CALLING OUT THEIR NUMBERS REVERSE

EXERCISE #2 REACTION & QUICK MOVE TRAINING: 3 PLAYERS + 4 HOME BASES



EACH PLAYER IS ASSIGNED THEIR OWN HOME BASE PLUS THE HOME BASE CONE IN CENTER. PLAYERS DRIBBLE AROUND CIRCLE.
 • COACH CALLS HOME BASE 1 AND PLAYERS SPRINT WITH BALL QUICKLY TO THEIR HOME BASE.
 • WHEN COACH CALLS "HOME" PLAYERS DRIBBLE AT A SPRINT TO THE CENTER "HOME" CONE AND BACK TO THEIR OWN HOME.

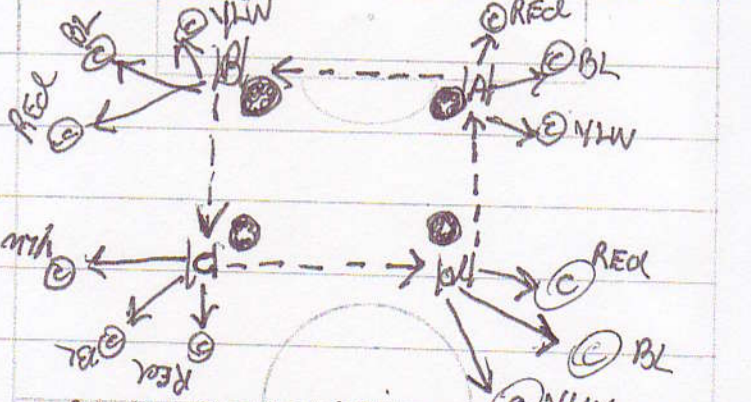
EXERCISE #1: PASS FAST IN



• PLAYER A CIRCLES BETWEEN FLAGS OR CONES RECEIVES, DRIBBLES AROUND FLAG + RETURN PASS TO SA
 • REVERSE DIRECTION OF RUN AROUND FLAGS. ROTATE SA AND SP

CP: STRIKE WITH LACES → LONG BALL
 • STRIKE WITH INSTEP → SHORT PASS
 • MOVE TOWARD THE BALL - DON'T WAIT!
 • QUALITY + DIRECTION OF PASS ON 1ST TOUCH
 • PASSER USES VISION TO TARGET SA
PROGRESSION SA WORKS IN FLAGS ON

EXERCISE #3 SPRINT & MIX BY INSTRUCTION



• ALL PLAYERS RUN/JOG AROUND THE OUTSIDE OF THE H CONE SQUARE.
 • ON THE COACHES INSTRUCTION JOG CORNER TO CORNER.
 • JOG TO 1ST CORNER SPRINT TO 2ND.
 • WALK AROUND THE SQUARE.
 • PULL, TURN & GO IN REVERSE AROUND THE SQUARE.
 • GO TO NEXT CORNER AND SPRINT/JOG TO RED/BLUE OR YELLOW CONES ON CORNERS. HARD SPRINT OUT AND JOG BACK TO CORNER CONES.