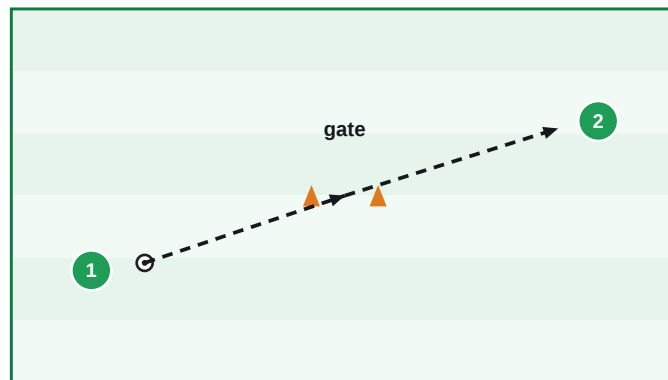


Five printable passing drills with set-ups and coaching points.

Passing is the language of the game. These five practices build weight, accuracy and timing of the pass, plus the first touch and body shape that make passing possible. Run them in order as a session, or drop one into any warm-up. Every drill works both feet and asks players to keep their head up and scan before they receive.

● Attackers / players ● Defenders ▲ Cone ○ Ball - - -> Pass → Run ~ Dribble

1. Passing gates



Pairs pass through the central gate.

Set-up: Two players 8-10 m apart with a small 'gate' of two cones in the middle. Several pairs spread across the area.

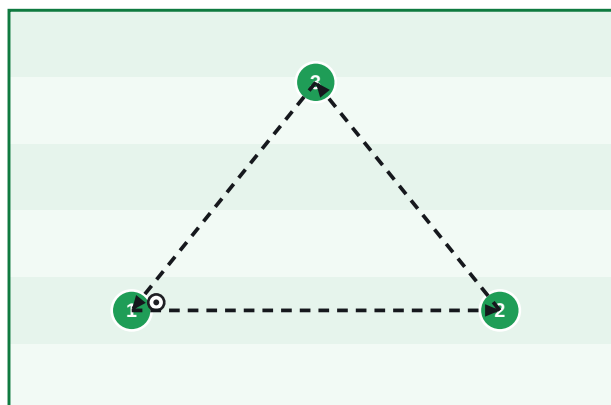
How it works: Players pass back and forth, threading every pass cleanly through the gate. Count how many clean passes in 90 seconds and try to beat it.

Coaching points

- Pass with the inside of the foot, laces down, ankle locked.
- Weight it so it arrives at a comfortable pace - not too soft, not too hard.
- Open the body and take the first touch across you, out of your feet.

Progression: Add a one-touch rule, then make the gate smaller or the distance longer.

2. Triangle passing



Pass, then follow into the next position.

Set-up: Three players form a triangle roughly 8 m per side. One ball.

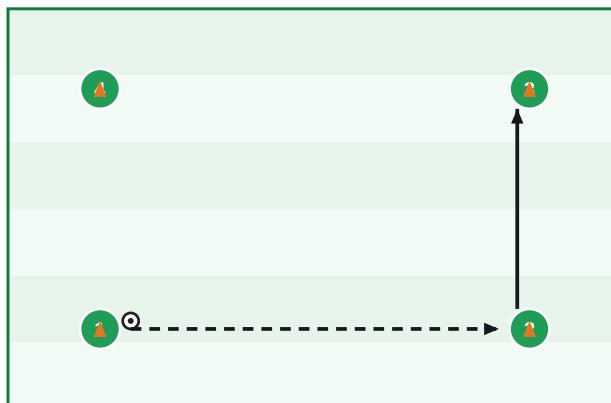
How it works: Pass and follow your pass to the next cone, always moving after you play. Go both directions and vary one and two touch.

Coaching points

- Scan before the ball arrives so you already know your next pass.
- First touch sets up the second - open up towards where you are passing.
- Communicate: call the name of the player you are passing to.

Progression: Add a second ball going the opposite way for a real test of awareness.

3. Pass and move square



Ball round the square, players follow their pass.

Set-up: Four cones in a 10x10 m square, one player at each, one ball.

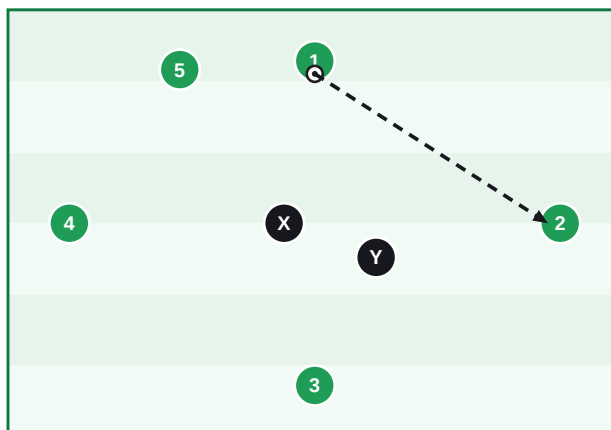
How it works: Pass along a side, then sprint to the next cone. The ball travels one way, players follow. Switch direction on a call.

Coaching points

- Receive on the half-turn so you can play forward first time when possible.
- Time your run so you arrive as the ball does, never standing and waiting.
- Quality over speed first, then add tempo.

Progression: Two balls at once, or a one-two into the middle before the next pass.

4. Possession box (5v2 rondo)



Keep the ball away from the two defenders.

Set-up: A 10x10 m box, five players around the edge, two defenders inside. Two-touch maximum.

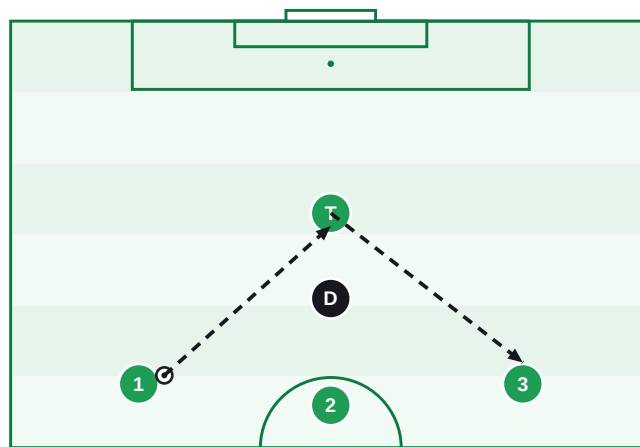
How it works: The outside players keep the ball; the two in the middle try to win it. Whoever loses it or makes the mistake goes in.

Coaching points

- Angles: move off the line to give the player on the ball two options.
- Play the way you are facing when the defender presses - do not force it.
- Disguise and speed of pass beat the press, not power.

Progression: One-touch only, or add a third defender for 6v3.

5. Through-the-lines



Reward passes that break the defensive line.

Set-up: Split a 20 m area into thirds. A back line of players, a target player ahead, one defender screening.

How it works: Score a point every time a pass breaks the line into the target's feet past the defender. Rotate the defender often.

Coaching points

- Look for the pass that goes forward first, sideways second.
- Disguise it: open up as if going wide, then slide it through.
- The receiver checks away then comes short to create the passing lane.

Progression: Add a second defender, or reward a first-time lay-off and switch.