



Ages 9-11

Passing Drills/Games

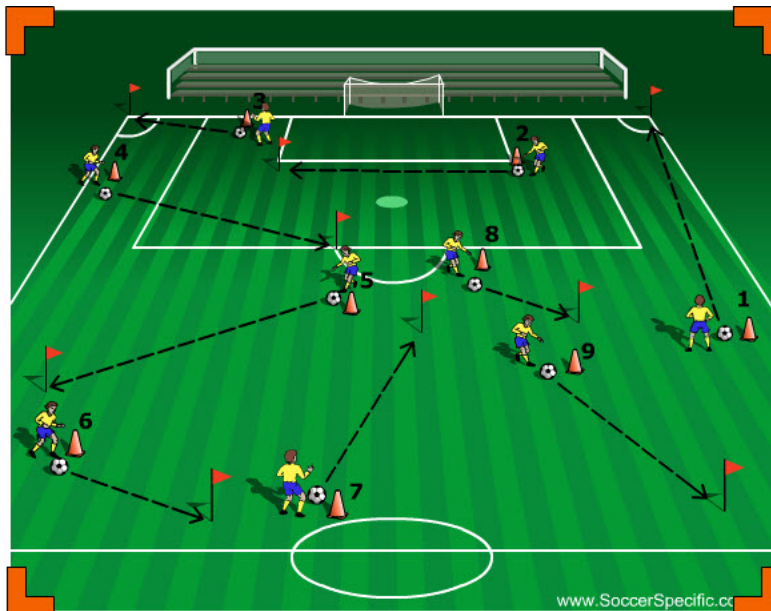
### Soccer Golf

#### Emphasis:

Long and short range passing

#### Set-up:

Randomly set up a golf course using cones to indicate the “tee box” and flags to indicate the holes. Use as many holes as you see fit, but make sure the distances between each of the holes varies. Each player uses their own ball.



#### Objective:

Each player takes turns passing the ball towards the hole, and trying to make it strike the flagpole. A “putt” is considered in the hole if the ball strikes the flagpole. The winner is the player who takes the least amount of kicks, “strokes”, to get their ball in the hole. Keep track of the total amount of strokes.

**Progression:**

1. Increase the length of the hole.
2. Incorporate chip shots and obstacles.
3. Increase the amount of holes.

**Coaching Points:**

- Used as a fun team competitive game.
- Decide whether to use the inside of the foot or the laces.

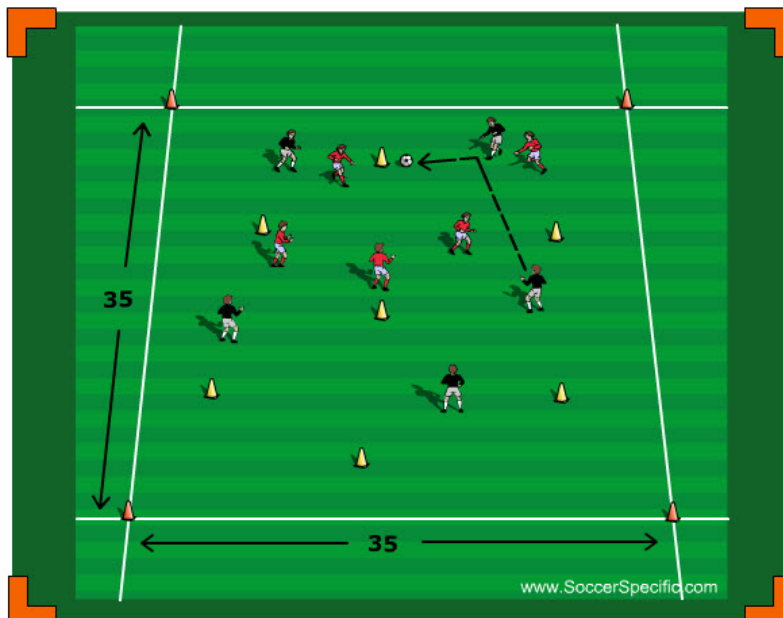
**4v4 Knock Off**

**Emphasis:**

Passing, receiving, dribbling, turning, mobility

**Set-up:**

Create a 35x35 yard grid. Two teams of 4-6 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid



**Objective:**

Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

**Progression:**

1. Limit the number of touches.
2. Decrease the size of the grid.

### Coaching Points:

- Create supporting angles.
- Use the inside of the foot to pass accurately.
- Look to combine and play the way you face.

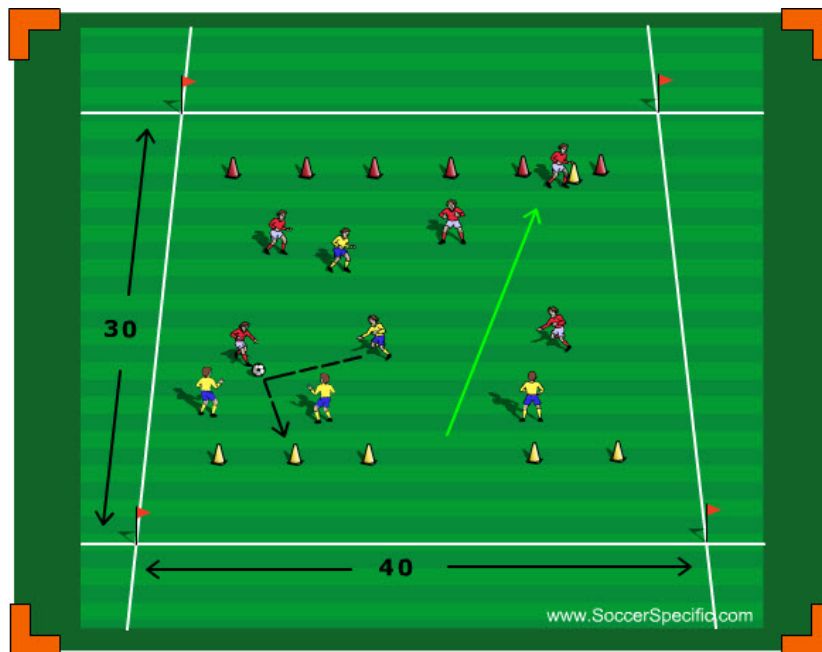
### Defending the Cones

#### Emphasis:

Passing and dribbling

#### Set-up:

Create a 40×30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5 and place them in the grid.



#### Objective:

Both teams attempt to maintain possession and pass the ball to knock over the opposing team's cones. If the cone is knocked over, the attacking team must grab that cone, bring it back, and add it to the cone line that they are defending. Play for a designated period of time. The team that has more cones in their defensive line is the winner.

#### Progression:

1. Lower the touch stipulation (1 and 2 touch max).
2. Decrease the size of the grid.
3. Using the weaker foot counts as double.

### Coaching Points:

- Play the way you face.
- Must pressure the ball-no free service.

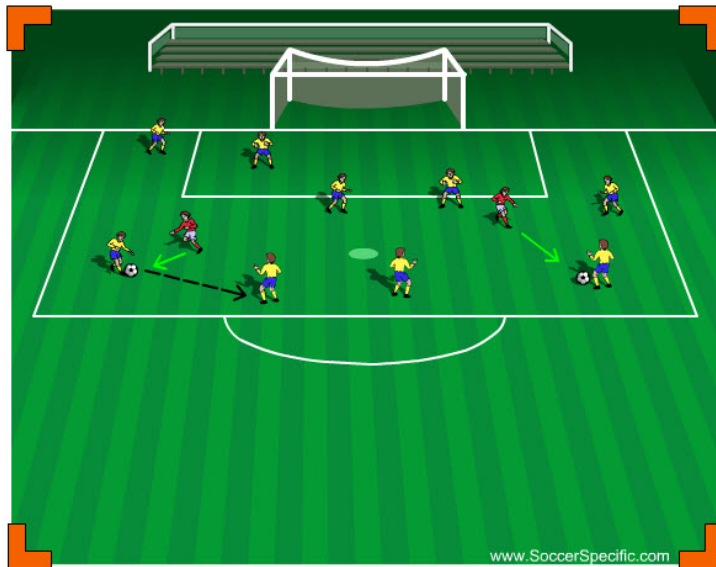
## Team Tag

### Emphasis:

Passing, receiving, warm up

### Set-up:

Create a 44×18 yard grid (penalty box). Position 8-10 attackers, 2 defenders, and two balls inside the grid.



### Objective:

The attacking players pass and dribble two balls around the grid. The two defenders must attempt to tag one of the attackers while they are in possession of the ball. If the tag is made, that attacker has been eliminated from the grid and must juggle on the side. Take note how long it takes the two defenders to tag all players. After each game, switch the roles of the players and see how quickly the defenders can get the job done.

### Progression:

1. The attackers only have 2 touches.
2. Reduce the size of the grid.

### Coaching Points:

- Defenders must work together to close players down.
- Attackers must provide passing angles and must keep the ball moving.

