

# Soccer Drills for Passing and Moving



## Soccer Graphics

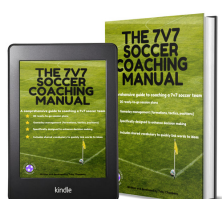


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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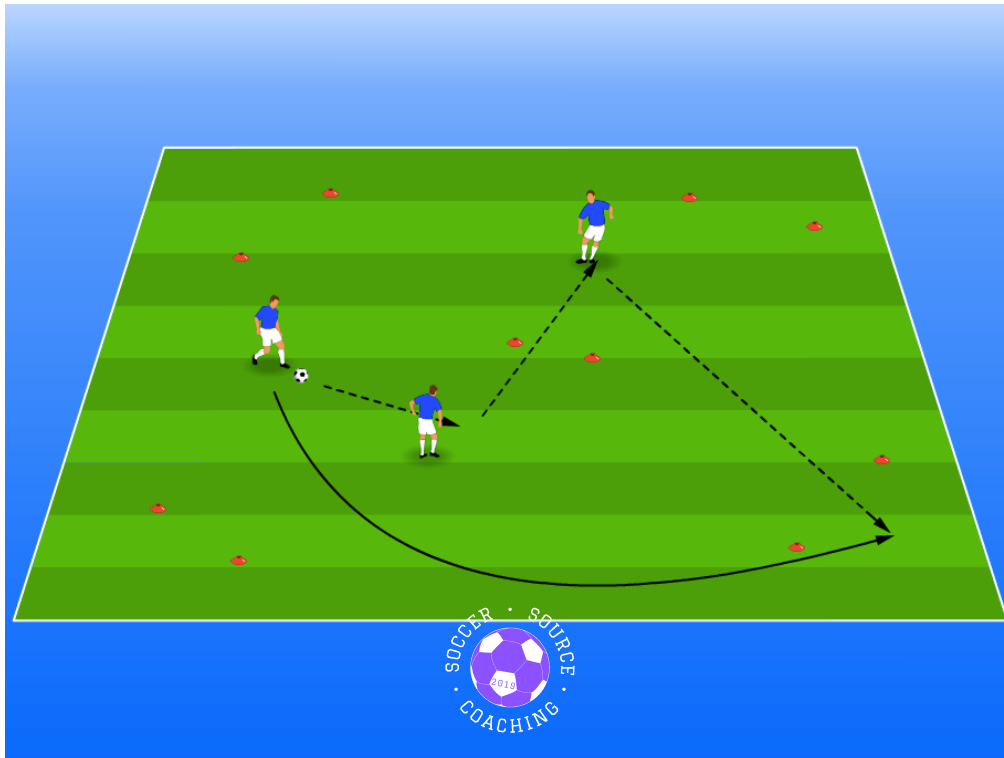
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## The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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## Passing and moving through the gates soccer drill

### Purpose:

The purpose of these soccer drills for passing and moving is to encourage players to move off the ball to help support their teammates making the pass

### Set up:

15 x 20-yard area  
5 gates (10 cones)  
1 soccer ball per team of 3

### Instructions:

Create your area and set up 5 gates spread out within the area.

A point is scored for the team when a player passes the ball through a gate and their teammate is on the receiving end of the pass.

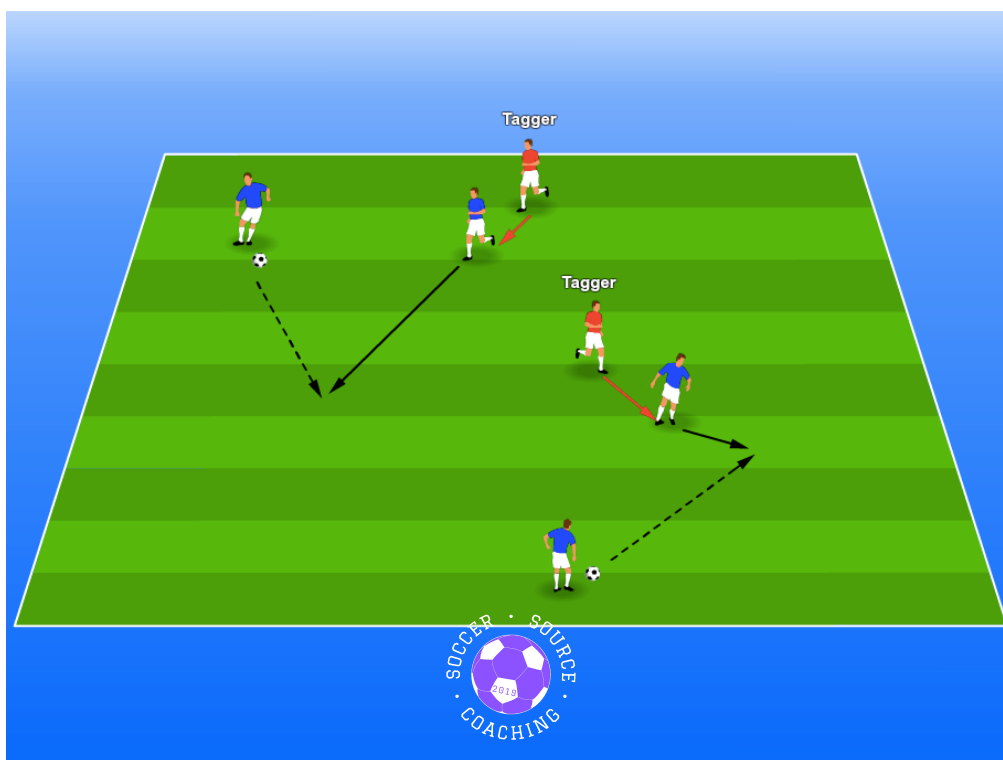
The team with the most points is the winner. The teams however must pass the ball through different gates and cannot pass the ball between the same 2 gates consecutively.

### Coaching points:

Pass the ball using the inside of your foot  
Move and create options for your teammate when you do not have the ball  
Constantly scanning the area to move into space

### Questions that can lead to coaching points:

What part of the foot should I be using to pass the ball?  
If I don't have the ball what should I be doing?  
How do I know what is going around me?



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## Soccer passing and moving drill to run onto the ball

### Purpose:

The purpose of these soccer drills is to encourage players to move off the ball and to get away from their markers.

### Set up:

Create a 10 x 10 yard area  
 2 soccer balls for 4 players  
 2 defenders

### Instructions:

The aim is to not get tagged by the defenders.

Defenders can only tag players when they do not have the ball if players who are being chased run outside the area they swap to become the defender.

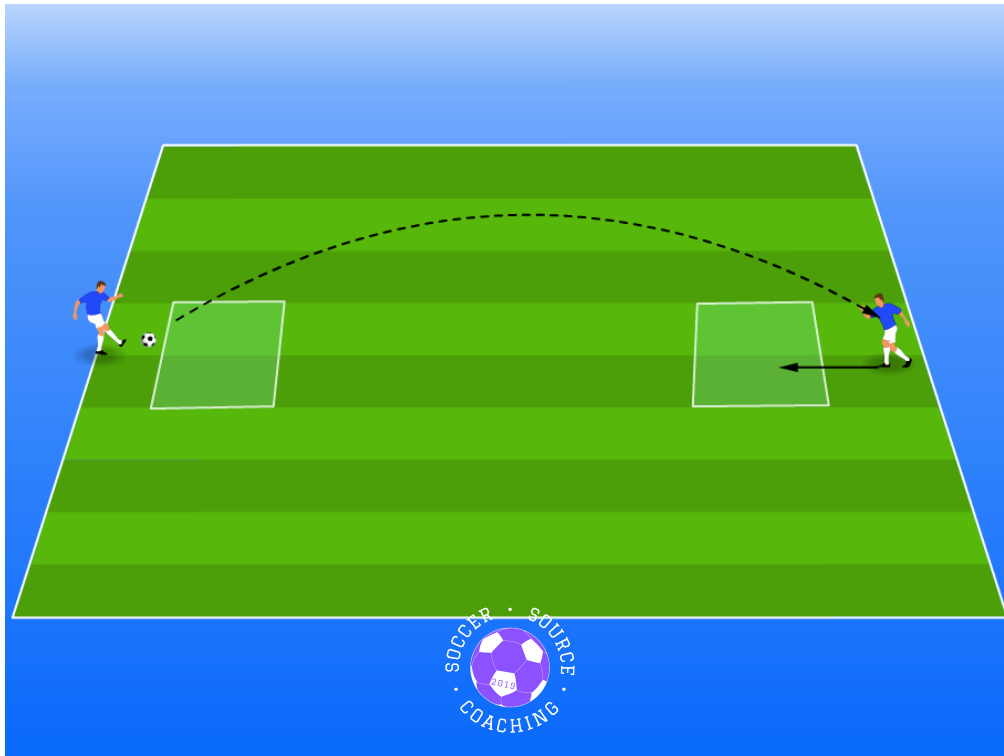
Similarly, if a pass is played outside of the area the player who played the pass will swap to become the defender.

### Coaching points:

Lose your marker, the first movement should be away from the space, the second you want to move into space  
 Communicate with your teams, tell them where you want the ball  
 If players are running onto the ball pass the ball in front of them

### Questions that can lead to coaching points:

What movements can I do to lose my marker?  
 How do I know when and where to pass to my teammates?  
 Where should I be passing the ball to my teammates?



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## Long ball passing and control soccer drill

### Purpose:

The purpose of these soccer drills for passing and moving is to practice a variety of long-range passing and control techniques.

### Set up:

2 3 x 3 yard squares  
1 soccer ball per pair

### Instructions:

Create your 2 3 x 3-yard squares 15 yards apart with each player standing behind them.

1 player starts with the ball and they will pass the ball 2 their partner, their partner has to control the ball in one touch into the square.

Every time the pair does this they will get one point.

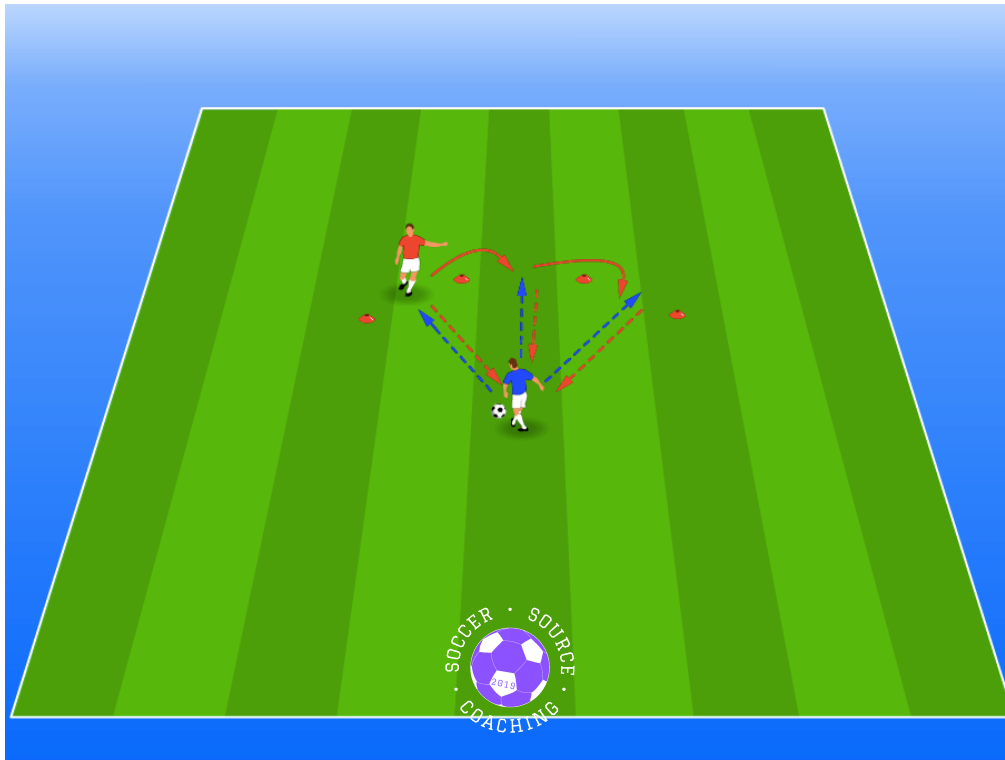
You can vary the passes either in the air or along the floor or vary the foot that the players are passing the ball or controlling the ball with.

### Coaching points:

Firm passes, better to over-hit than under-hit  
Strikethrough the ball using the laces, leaning forward to keep the ball low or leaning back to get height on the pass  
Communicate with a partner as to where they want the pass

### Questions that can lead to coaching points:

How hard/soft should I be passing the ball?  
What technique should I be using? What does leaning forward/back do to my pass?  
How do I know where my partner wants the pass?



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## Passing and moving through cones in pairs

### Purpose:

The purpose of this drill is to help players adjust their feet quickly when passing and receiving a pass

### Set up:

4 cones  
1 soccer ball per pair

### Instructions:

Set up your cones 2 yards apart, this will make 4 gates

1 player will be the passer and the other player will be passing and receiving the ball through the gates.

There are different variations you can use in this setup.

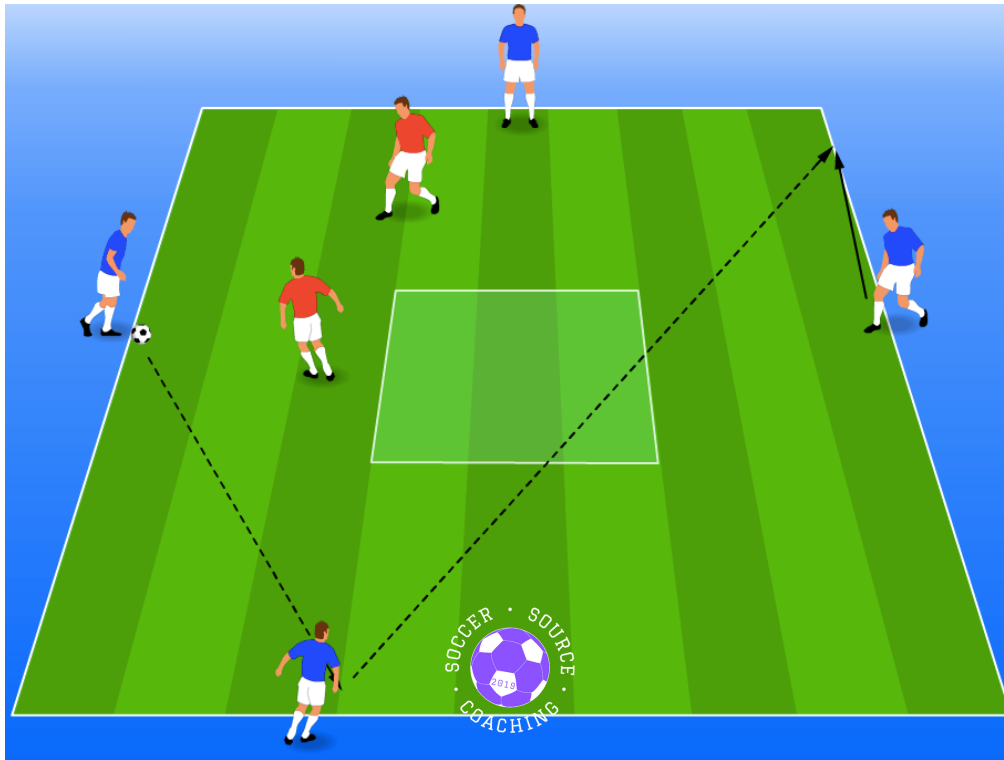
You can ask players to play combination passes through each of the gates or ask players to receive the ball on the back foot and take touches around the gate and pass back to their partner.

### Coaching points:

Light on your feet  
Use both feet  
Communicate with partner

### Questions that can lead to coaching points:

What can we do to help us react to the passes?  
Should I just be using one foot to pass?  
How does my partner know when and where to pass?



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## Pass through the middle rondo soccer drill

### Purpose:

The purpose of this passing rondo is to help players create opportunities where they can spilt defenders with a pass

### Set up:

6 x 6-yard area  
2 x 2-yard area  
1 soccer ball  
4 attackers, 2 defenders

### Instructions:

Set up your 2 x 2-yard area inside of your 6 x 6-yard area.

The 4 attackers will be around the outside, having their own side they can move up and down on. The attackers have to try and pass the ball through the middle of the smaller square with a player receiving and controlling the ball on the other side.

The defenders cannot go inside the smaller square

If they do this successfully they will get 3 points.

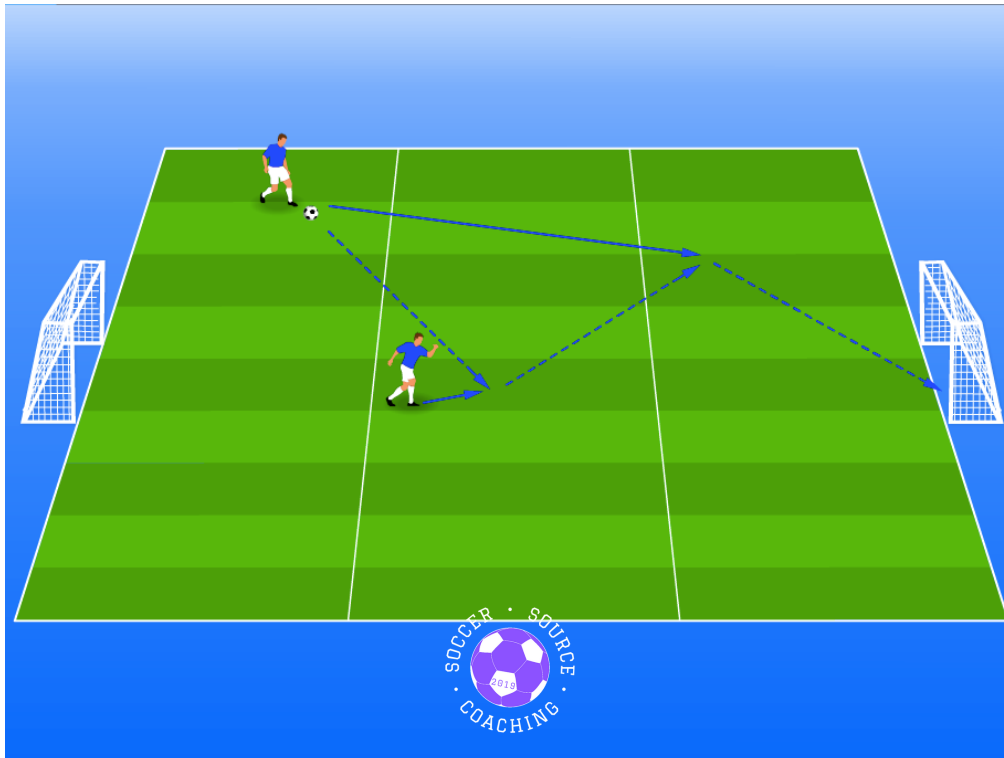
If the defenders win the ball back they will 1 point.

### Coaching points:

Move off the ball to help support players on the ball  
Work the ball around the try and move the defenders out of position  
Change of tempo when looking to play the pass through the middle

### Questions that can lead to coaching points:

How can you help support the player on the ball?  
What can you do as a team to get the defenders out of position?  
When playing the deciding pass should the tempo be slow or fast?



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## Passing in pairs and scoring goals in soccer drill

### Purpose:

The purpose of these drills is to encourage players to get a basic understanding of passing and moving off the ball in pairs.

### Set up:

Create a 15 x 20-yard area divided into 3 vertical sections

2 goals

1 Soccer ball per pair

### Instructions:

Set up your area and divide it into 3 sections with a goal on either end. Your players must work together in a pair to score as many goals as they can, however, to get from section to section the ball must be passed across the sections. Players cannot dribble from section to section.

The team that scores the most goals in the time period will be the winners.

### Coaching points:

Pass the ball in front of your teammate to run on to

If you don't have the ball find a space where you can receive the pass from your teammate

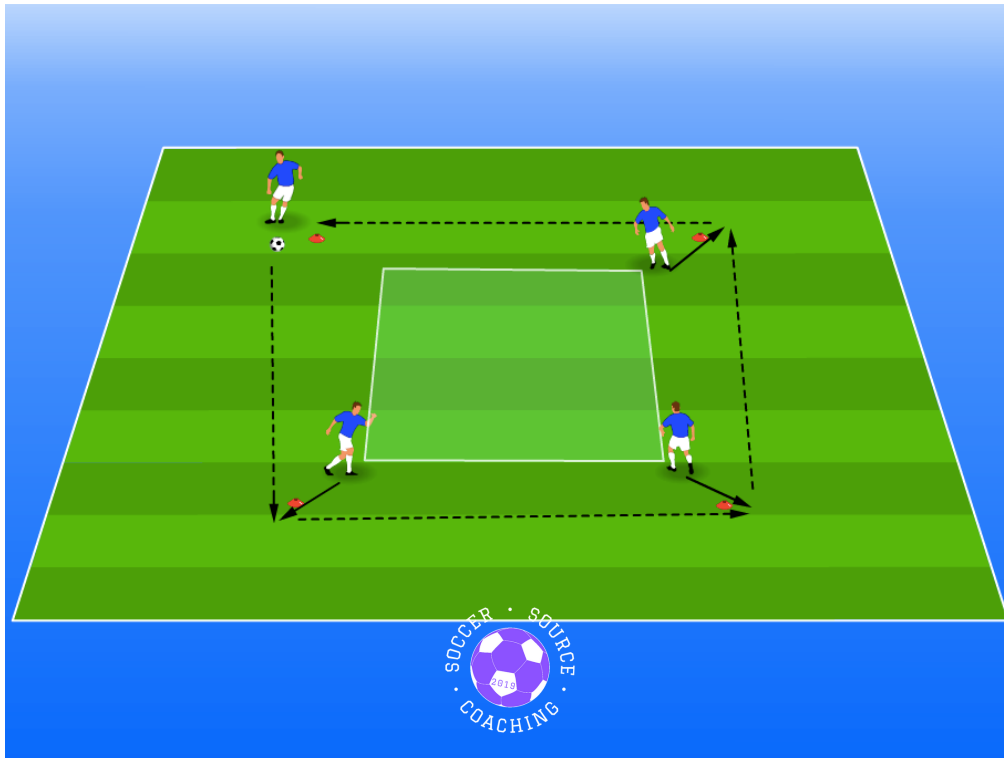
Communicate to your teammate

### Questions that can lead to coaching points:

Where should you pass the ball to your teammate?

What should you be doing if you do not have the ball?

How can we help our teammates on the ball?



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## Passing and moving around the square soccer drill

### Purpose:

The purpose of this drill is to get a lot of repetition of passing and receiving on the back foot.

### Set up:

5 x 5-yard box  
4 additional cones  
1 soccer per 4 players

### Instructions:

Set up your square and place 4 cones a yard back from the corners of the square. Place each of the players on the corners of the square.

The soccer ball must be passed around the outside of the square with players checking back onto to outside cones to receive the ball on the back foot and in an open body position.

Vary this drill by changing the direction of the passes and also what foot to receive to the ball on.

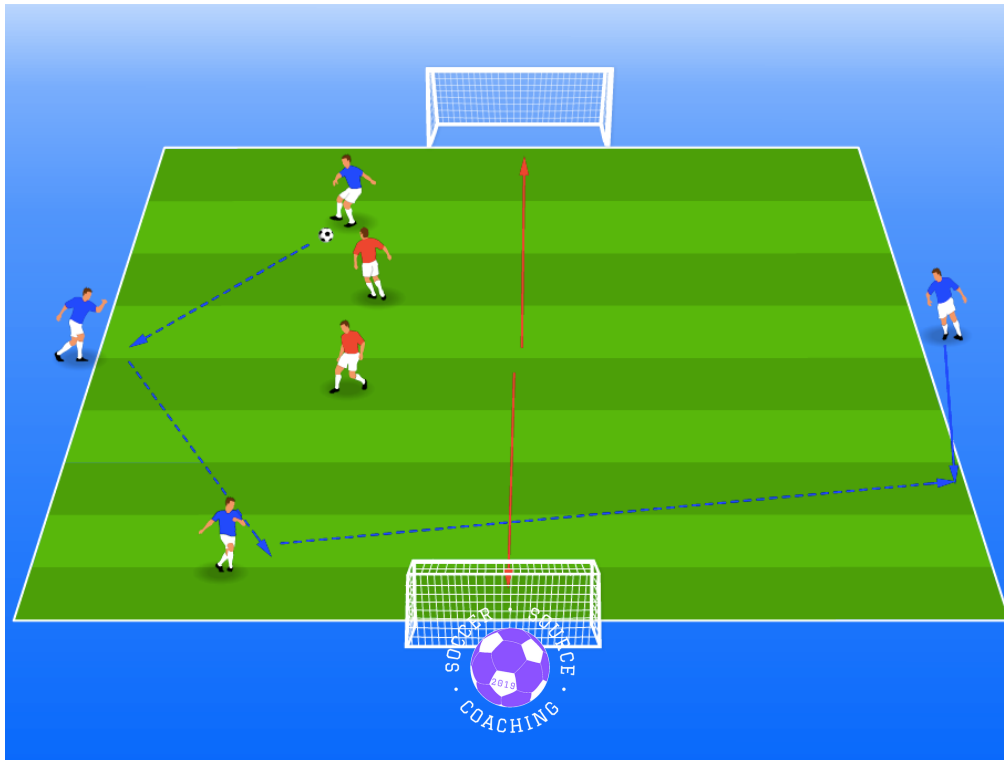
### Coaching points:

Check back to receive the ball  
Receive the ball in an open body position  
Receive the ball on the back foot

### Questions that can lead to coaching points:

What should we do before receiving the ball?  
What should our body shape be like before we receive the ball?  
How should I be receiving the ball?





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## Receiving and playing a pass on the half-turn Soccer drill

### Purpose:

The purpose of these soccer drills for passing and moving is to help players feel more comfortable receiving the ball on the half-turn under pressure.

### Set up:

15 x 20-yard area  
1 soccer ball  
4 attackers (2 on the outside and 2 in the middle)  
2 Defenders in the middle  
2 goals

### Instructions:

Set up your area and place two goals opposite each other in the middle of the 20-yard line

2 players as defenders with 2 attackers in the middle and 2 on the outside.

Every time the 2 attackers in the middle are able to get the ball from one of the attackers on one side to the attacker on the opposite side they will get 1 point.

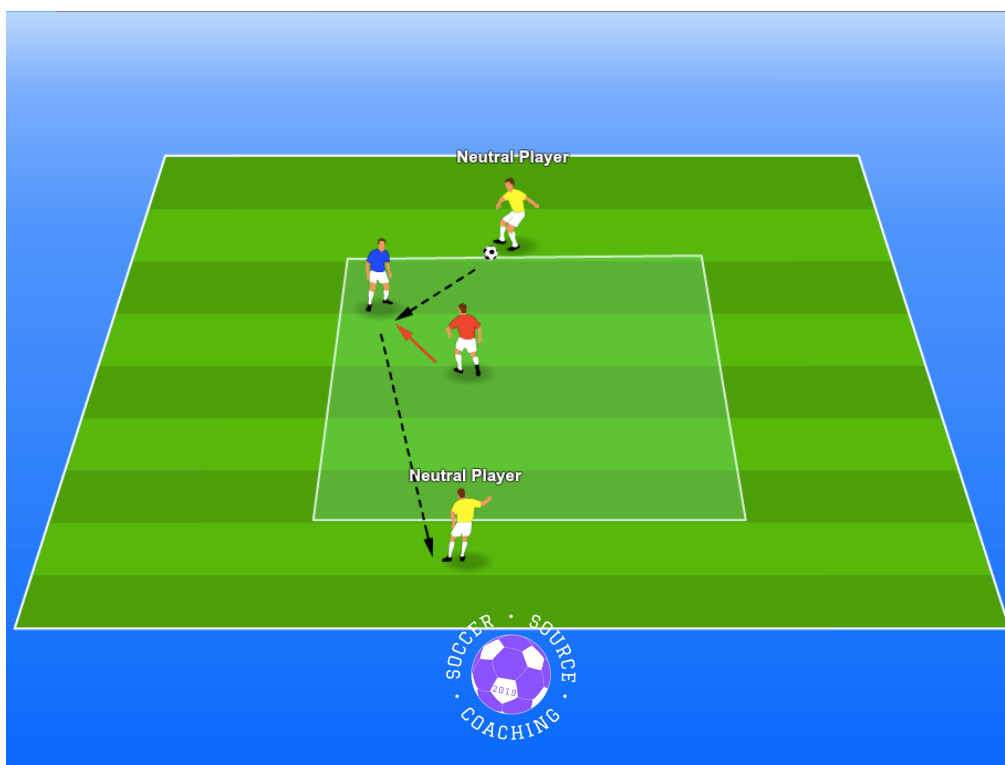
If the defenders win the ball they are able to score either of the goals.

### Coaching points:

1 movement should be away from the ball, the second should be in the space where you want to receive the ball  
You may have to perform more than one movement to create space for yourself (change of speed and direction)  
check your shoulder before receiving the ball

### Questions that can lead to coaching points:

How can I create space for myself?  
What can I do to get away from the defender?  
What should I be checking so I know who is behind me before I receive the ball?



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## 1v1 passing and moving square

### Purpose:

The purpose of this drill is to improve decision-making and movement in tight areas

### Set up:

6 x 6-yard box  
1 soccer ball  
2 teams of 3

### Instructions:

Set up your area with one opposing team member in the middle from each team, with their teammates opposite each other vertically and the other team horizontally.

It will be a 1v1 in the middle with players having to get the ball to their respective teams on the outside of the square.

If they do this successfully they will get one point. The attacker and defender transition when the defender has won the ball back.

### Coaching points:

Check-in to create angles to receive the pass

The first movement should be away from the space, the second movement should be toward space

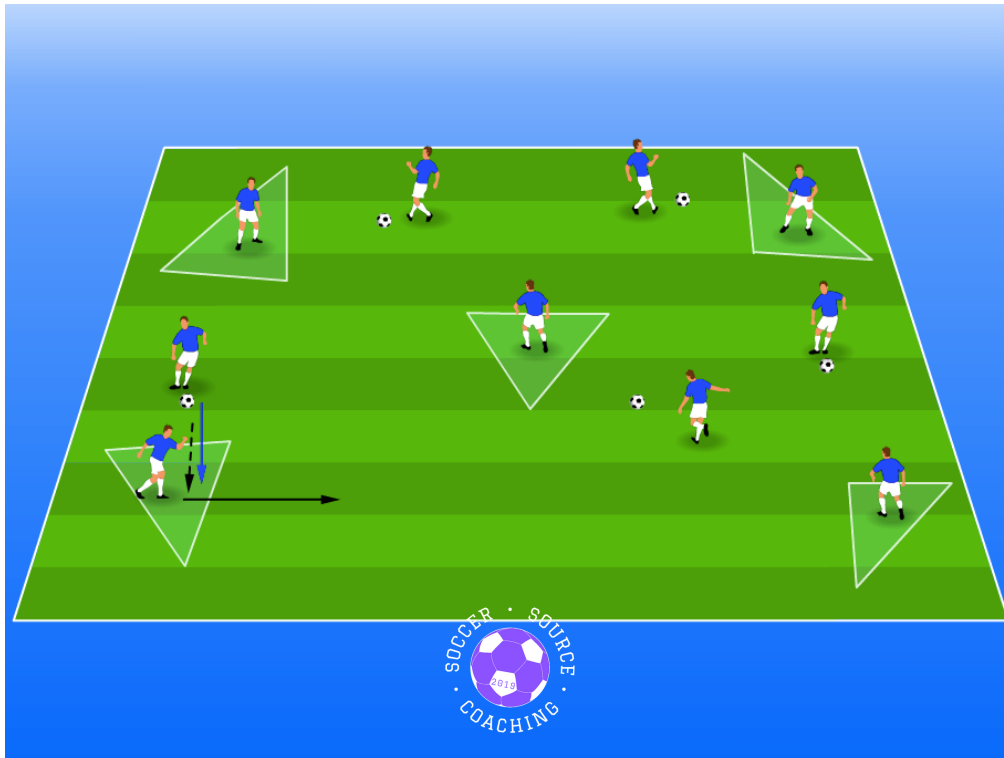
Check your shoulder before receiving the pass

### Questions that can lead to coaching points:

How should we look to receive a pass?

What can I do to get away from my defender?

What should I be doing before I check in and create an angle?



[Click here for the video](#)

## Passing to players in a triangles soccer drill

### Purpose:

The purpose of these soccer drills for passing and moving is to easily break down receiving the ball on the back foot and taking the first touch away from the pressure

### Set up:

15 - 20 yard area  
1 soccer ball per 2 players  
15 cones to create 3 triangles

### Instructions:

Set up your area and make 5 three-yard equilateral triangles, one in and of the corners and one in the middle. Ask 5 players to stand in the triangle without a ball and 5 players with a soccer ball outside of the triangle.

The players with the ball must pass to the players through one of the sides of the triangle with the players in the triangle taking their first touch outside the triangle through a different side.

The player who then passed the ball will take the place in the triangle, with the player who received the pass in the triangle looking to pass it to someone else standing in a triangle.

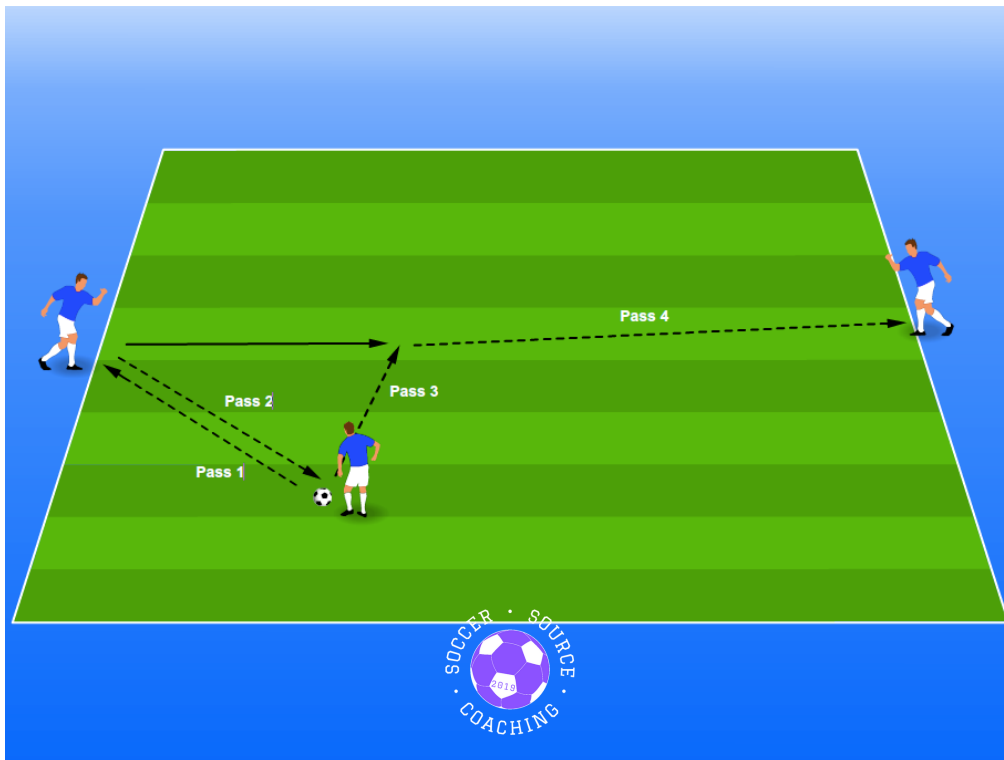
Encourage kids to try taking different first touches with their left and right foot as well the inside of their back foot and the outside of their back foot.

### Coaching points:

Receive the ball in an open body position  
Receive the ball on the back foot  
Take a touch out of your feet and accelerate away from the pressure.

### Questions that can lead to coaching points:

What should our body position look like when receiving the ball?  
How should we be receiving the ball?  
Where should my first touch take me?



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## Combination passing and moving square

### Purpose:

The purpose of this drill is to get lots of repetition practicing combination passes in a chaotic environment

### Set up:

10 x 10-yard box  
1 soccer ball per team of 3  
2 teams per box

### Instructions:

One team will be passing the ball vertically and the other team horizontally.

The player on the outside will start with the ball and play a combination pass with the player in the middle and pass to their teammate on the opposite end of the box.

The player in the middle will then take the players' spot who they just received a pass from on the outside.

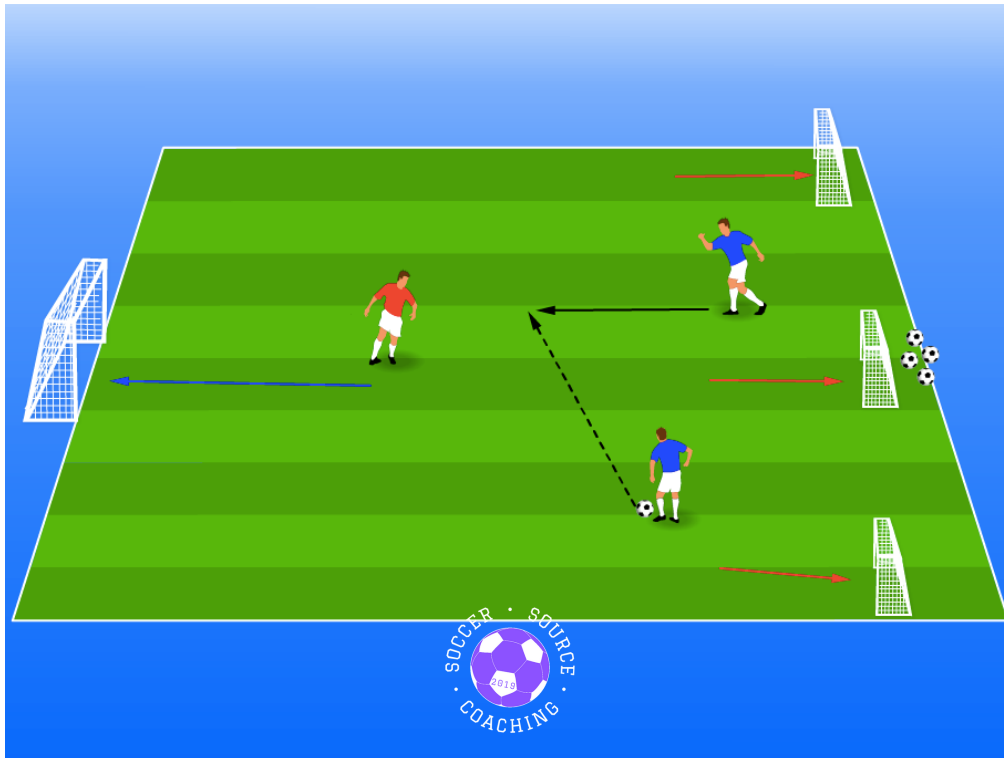
Encourage your players to take as few touches as possible and gradually increase the tempo as they feel more comfortable with the rotation and their ball control.

### Coaching points:

Create an angle for a combination pass  
Communicate with your teammates so you know when and where to pass  
Light on your feet ready to receive a pass.

### Questions that can lead to coaching points:

What should I be doing when I am looking to receive a pass?  
What can I do to help improve the quality of the combination passes?  
How should I stand when anticipating a pass?



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## 2 v 1 attacking passing and moving soccer drill

### Purpose:

The purpose of this drill is to help improve the decision-making of the player on the ball and the movement of the player off the ball.

### Set up:

10 x 15-yard area  
 5 soccer balls  
 4 goals  
 1 defender  
 2 attackers

### Instructions:

Create your area and set up 1 large goal on the 10-yard line and 3 smaller goals on the opposite 10-yard line.

The attackers will try and work together to score a large goal against 1 defender. If the defender wins the ball they will try and score the 3 smaller goals.

Every time the ball goes out of bounds the play will restart with a new soccer ball, with the attacking team having 5 attempts.

At the end of the 5 attempts, the defender will swap with an attacker.

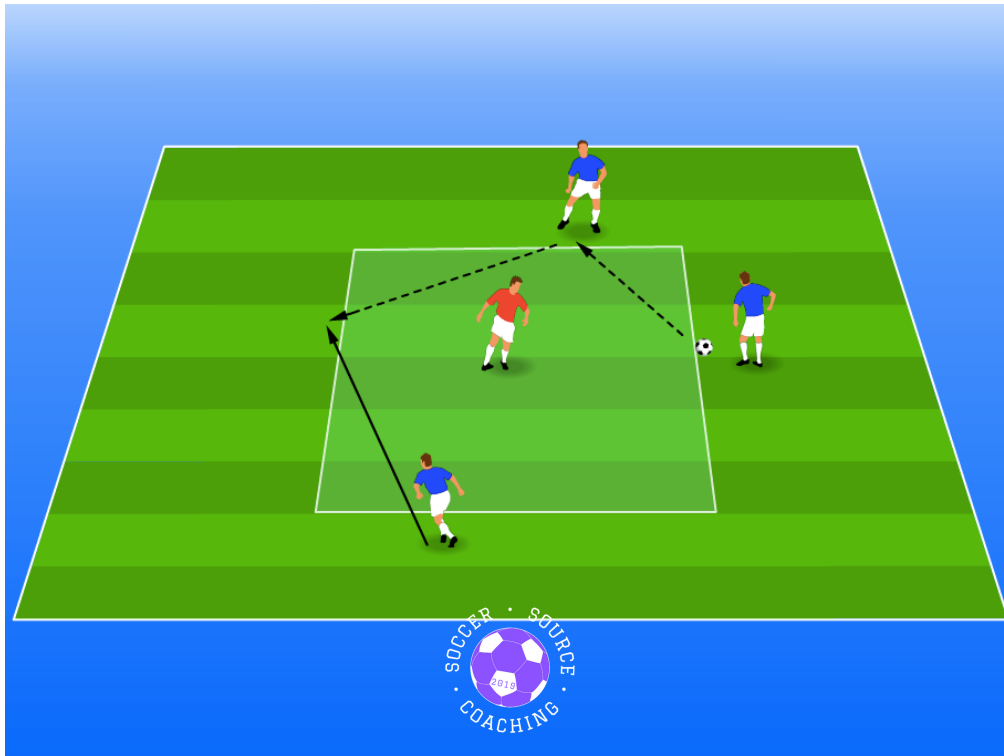
Offside will be used to prevent goal hanging.

### Coaching points:

If you are on the ball decide whether you can beat the defender or pass to your teammate  
 If you do not have the ball create an option either pulling out wide or making an overlapping run  
 The ball must be played in front of your teammate for them to run onto

### Questions that can lead to coaching points:

If you are on the ball what decisions can you make?  
 When you are not on the ball how can you support the player on the ball?  
 When playing the ball to a teammate where should you be passing to them?



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## 3 player passing rondo

### Purpose:

The purpose of this soccer drill is to get players thinking about how they can support their teammates on the ball.

### Set up:

Create a 5 x 5-yard box

1 ball

3 attackers 1 defender

### Instructions:

Set up your area and place your 3 attackers on the edge of the square with one always being free. The attackers must keep possession of the ball and move around the square to help support their teammates.

Every time the attackers get 5 passes it will count as a point.

### Coaching points:

Move to support your teammate on the ball by creating angles

Communicate with teammates

Head up before receiving

### Questions that can lead to coaching points:

How can you support your teammates off the ball?

What else can you do to ensure passing is more accurate?

What should you be doing before you receive a pass?



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## Passing and moving soccer drill through defensive lines

### Purpose:

The purpose of these soccer drills for passing and moving is to help the team retain possession and work the ball into a position where the team can play passes through the defensive lines of the opponents.

### Set up:

15 x 20-yard area divided into vertical thirds with the middle section 5 yards in width  
 3 equal teams  
 2 attacking teams in the outer sections and 1 defending team in the middle section

### Instructions:

Set up your area with 1 defending team in the middle with the two attacking teams on the outer 2 sections.

The ball starts with one of the attacking teams who will attempt to complete 5 passes and then pass the ball through the middle section to the attacking team on the other side.

1 player from the defending team will come into the attacking section and apply pressure.

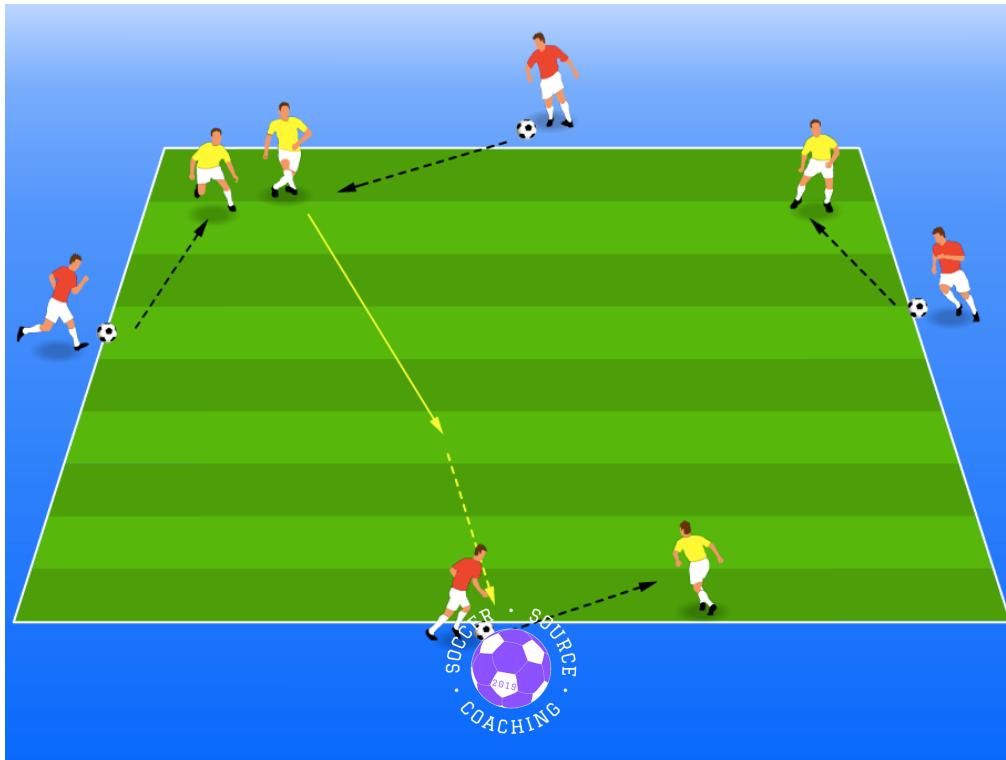
If the defender wins the ball or if the ball is intercepted by the defenders in the middle the team that lost possession will become the defending team.

### Coaching points:

Head up before you receive a pass  
 Create angles to help support the player on the ball  
 When looking to play through defensive lines look to receive the ball between gaps of the defending team

### Questions that can lead to coaching points:

What should you be doing before you receive a pass? Why?  
 If you do not have the ball how can you support your teammate on the ball?  
 If are looking to receive the ball through a defensive line where should you be moving to?



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## Players receiving and passing in the square

### Purpose:

The purpose of this soccer drill is to get a lot of repetition of receiving on the back foot and creating angles

### Set up:

10 x 10-yard area  
1 soccer ball per 2 players

### Instructions:

Create your area and divide your players into 2 groups, one group will have a soccer ball and spread themselves around the outside of the square.

The players in the middle will then check-in, create an angle and receive the ball off the players on the outside then pass the ball to a different player on the outside.

### Coaching points:

Check your shoulder before creating an angle  
receive the ball in an open body position  
Use the back foot to take your first touch forward

### Questions that can lead to coaching points:

What should you do before receiving the ball?  
How should I be receiving the ball?  
What foot should I be using to control the soccer ball?