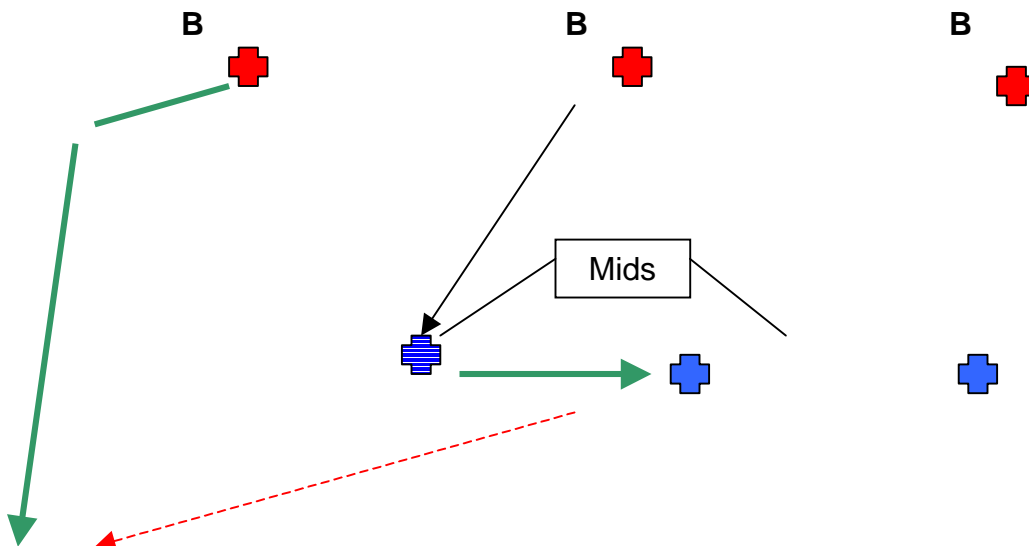


Double Overlap Passing Pattern

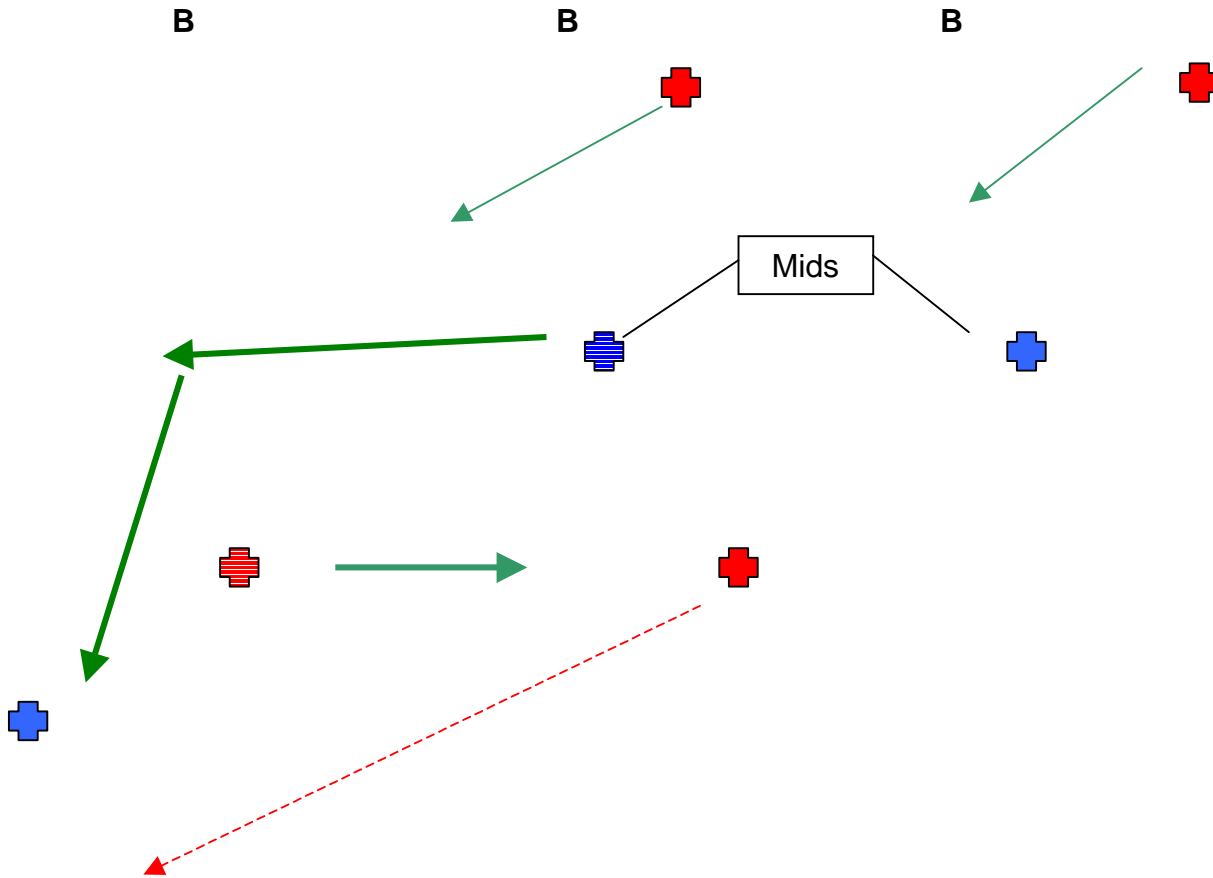
The following is a passing pattern suggested by Gary Rue (Kentucky). The overlap is arguably the most difficult to defend tactic. Toss in this simple double overlap pattern and the defense has its work cut out.

Set Up and Execution

To describe it, I will use a specific (but not restrictive) pattern of play that involves the interaction between the Backs and Midfielders. The first pass is from the center back to the midfielder. As the mid gains control of the ball she then carries towards the center. At this time the outside back overlaps to the outside and the mid passes the ball to that player.



The back, now with the ball, must now move towards the center of the field drawing pressure from the defensive team. The mid who made the first overlap pass, now overlaps the back and receives the ball back



When the back plays the ball forward to the overlapping mid, the current team shape is now exactly the same as it started and the back and the mid are essentially in their original positions and the ball has been moved down the field. Of course, the other fullbacks should be moving forward in support of the ball.

Coaching Point

- The receiver of the ball needs to create space for the overlayer by taking the ball towards the center.

Basic Pass/ Receive Game U10: 4 versus 2

Set up a square about 15 yards to a side. 4 players, one ball, each side of the square occupied by one player. Two (2) players in the central part of the square

The players on the outside try to complete passes and the central players defend and try to steal. When a ball is stolen it is immediately returned. Encourage the players to watch for the opportunity to "split" the defenders and reward correct decisions with GREAT praise. Switch the central players often as these are the ones that will get the least from this. No scoring is needed and the kids will play this for extended periods of time without getting bored.

Progression of 4 versus 2

- Add a second and then a third ball
- Restrict passes back and forth between the same player
- Make the passes two touch
- Make the outside players complete two passes without letting the ball come to a halt

Progress to a 5 versus 3

Similar to the 4 versus 2 game in that it is keep away but it should move in a larger area about 30-40 yards on the side for U10. This is more of a freeform game with the players allowed to move to open space. However attempt to keep the basic "shape" on the field, in this case a 5 sided pentagon. Use a single ball to start.

Allow scoring in this game. Give the defenders 1 point for an intercepted pass. Interception must include possession of the ball. Kicking the ball out scores no points.

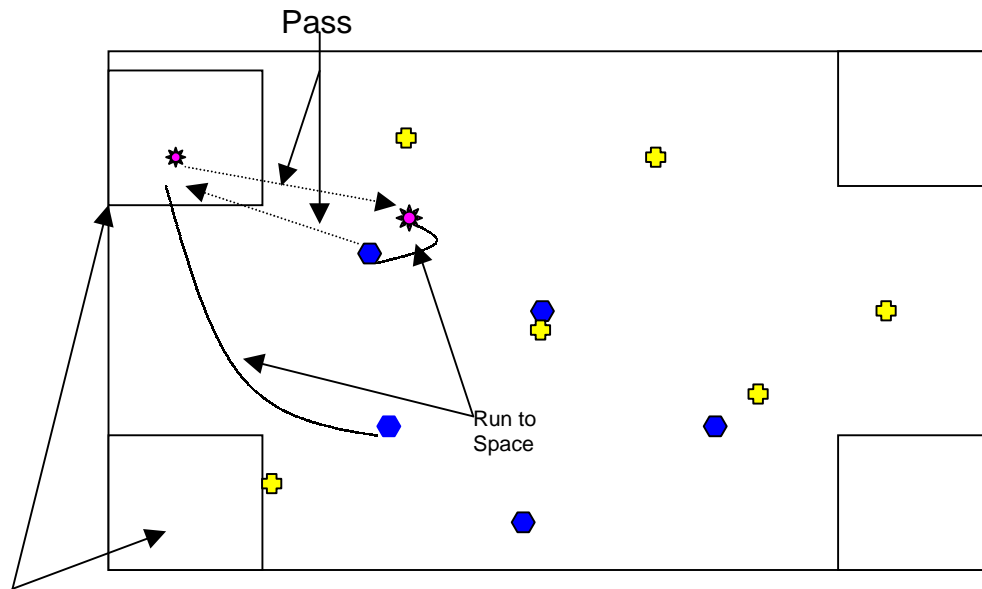
Give the offense 1 point for 5 completed passes. Adjust the number of completed passes required based on the ability of the players.

Make sure that the players are moving to space and receiving the ball so as to protect it.

Basic Pass/ Receive Game U12: Corner Goal Game

Here is a game that can be used in the middle phases of the training session. This game involves passing and receiving skills and is also a good activity for showing players the benefits of 'spreading out'. It is a dynamic game with a lot of running. It provides a lot of 'puzzles' for players to figure out and demands that they cooperate.

Set up the field as shown on approximately half-field, depending on how many players are on your team. (If there is an odd # of players on the team, that gives the players a different puzzle to solve.)



10 yd. 'squares' are set up in each corner



Player Receiving Pass

- Goals are scored when the ball is passed into the square **and then out to a teammate.**
- Each team can attack any one of the four goals.
- Whoever has the ball is on offense until they lose possession, including if they kick it out of bounds.
- Score can be kept.
- No camping in the circle, use a three second rule,

Progression of the Corner Game

- Play with two balls at once to make the game exciting. (This will actually make the game two, separate smaller games going on at the same time.)
- Make the rules for scoring that there have to be two consecutive completed passes before the ball can enter the box and be returned.
- Make the rule for scoring that the return pass has to be a one-touch

Coaching Points

- Make sure that the players keep spread out and to try to attack the goal that is 'open'.
- Keep possession, make the other team earn the ball.

- See if the players can recognize where pressure is coming from
- Look for players that are requesting the ball (hopefully non-verbally)
- Recognize that players should open to the field of play (i.e. receive the ball with the correct foot so that they are able to see the field and all of their options.
- Within each game look for that coaching moment where you can stop the game and point out some technical or tactical aspect of the skill you are teaching.

More Advanced Passing Drills and Patterns

Technical Excellence in Passing Phase 1

Frank Schmidt, head coach of two time NY State High School Class A champions Sachem advocates the following as part of any practice session.

This series of pass and Receive drills are also done by the U.S. Women's National Team as part of all practice sessions. The Women's team calls them ***Pele's*** after the Brazilian star who also did them every single practice session.

Place two players ten (10) yards apart, each with one ball. One player tosses the ball (underhand and with both hands) to his partner. Player plays the ball back to the server as follows:

1. Receive with top of the foot, play back with the inside
2. Receive with the inside of the foot, play back with the inside
3. Receive with the outside of the foot, play back with the inside
4. Play one touch with the laces back to the server
5. Play one touch with inside of foot back to the server
6. Receive with the thigh, second touch foot back to the server
7. Receive with the stomach, second touch foot back to the server
8. Receive with the chest, second touch foot back to the server

Coaching Points

- Stress technical excellence. There is no pressure. Ball must be served correctly and played directly back to server
- Stress the non-dominant foot
- Switch server and passer every 60 seconds
- Work at high intensity

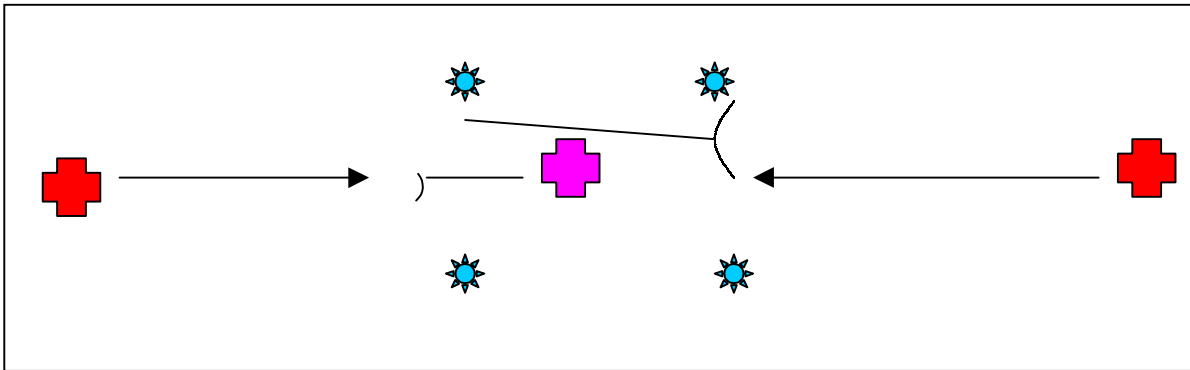
This type of drill can also be done on the move. Have the players go end line to end line with one serving and the other making crisp, sharp return passes. Players switch roles at the other end line and then return.

Coaching Points

- High work rate
- Prepare the ball for the second touch
- Crisp return to the server, don't just leave it for the server to advance and pick up

Technical Excellence in Passing Phase 2

This drill utilizes three players on a “field” as shown below:



The player in the middle shuttles between the two sets of cones. Players at the ends, each with a ball, send him passes which he then returns to them. The shuttling between cones “reminds” the player in the middle that he has to check back to the ball carrier.

This is a high intensity drill. Switch the center player often. The end players do not serve the ball with their hands *unless* it is necessary to serve the ball to the chest, thigh etc. and the players have not reached that level of technical proficiency yet.

Use the same sequence as the previous drill. Again stress technical excellence since there is no pressure on the passer or the receiver.