

Basic Pass/Receive Drill U10: No Where to Hide

This is an exercise for reinforcing moving to space, good passing and receiving skills, and communication. It was suggested by Pam Konrad of the soccer-coach-I e mail list.

Split your group into 2 teams, give each a different color pinnie and play in one half of the field with a keeper.

The goal is for **EVERY** player to first make a good reception from a teammate (not just win a 50/50 ball), then make a good pass to a teammate.

Once the player has done this s/he can flip the front of the pinnie behind their neck. Players who have already "flipped" their pinnies and the GK can be used for passing to relieve pressure, but EVERY player must have his or her pinnie flipped before their team can shoot on goal.

This game has a very good work rate, especially when each team gets down to one or two players left who need to receive/pass.