

Pass one way and run the other

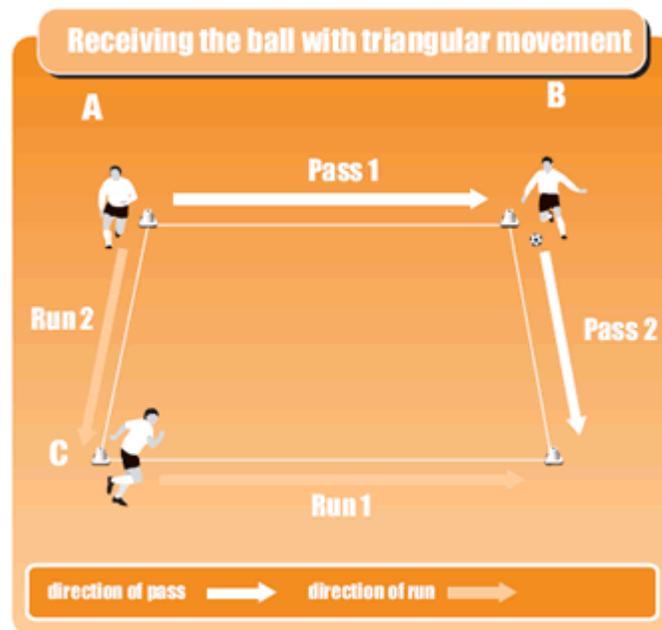
By David Clarke

I hate it when I see long lines of players in pairs passing to each other across the pitch. Most of the players look bored and balls start getting kicked all over the place – it isn't like playing in a match.

Passing and moving is more realistic. I use this movement around a square passing exercise to get my coaching point across to the players. When you pass you don't just stand there with your hands in your pockets, you have to anticipate the next move.

You need to give very young players (U5s to U6s) a bit of leeway because they may get confused with the passing and moving in different directions. Sometimes they will pass and run the same way.

When you set this up you can start by using cones and getting your players to move in triangle shapes around the square. But once they get the hang of it, you can get rid of the cones and let them move around the pitch using the exercise.



It can be quite a tiring exercise so take frequent breaks and talk to the players about how passing like this can help them in matches to be more mobile and ready to receive the ball.

How to do it

- Player A passes to player B then immediately sprints to the position vacated by player C who has run to the spare cone.
- Player B receives the ball and passes to player C with no more than two touches.
- Player B sprints to the space created by player A.
- The pattern continues as player C receives the ball and passes to player A who passes back to B. What is happening is the ball is going one way while the player runs the other.

When they can all do it without needing the cones to help them it becomes a good way to start your sessions, the players will know immediately what to do and it sharpens up their basic skills.