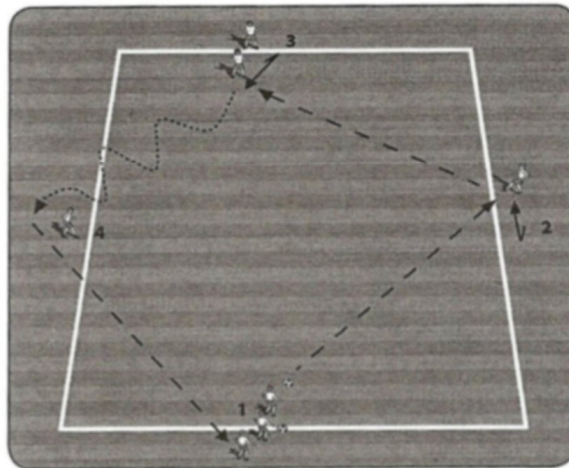


Passing Patterns and Small Sided Games



5 - Diamond (Open up)

Set Up

- 30 x 25 yards
- 7 players (ideal, can use more)
- 2 balls
- Form a diamond as shown in diagram

Rotation: follow the pass to the next spot

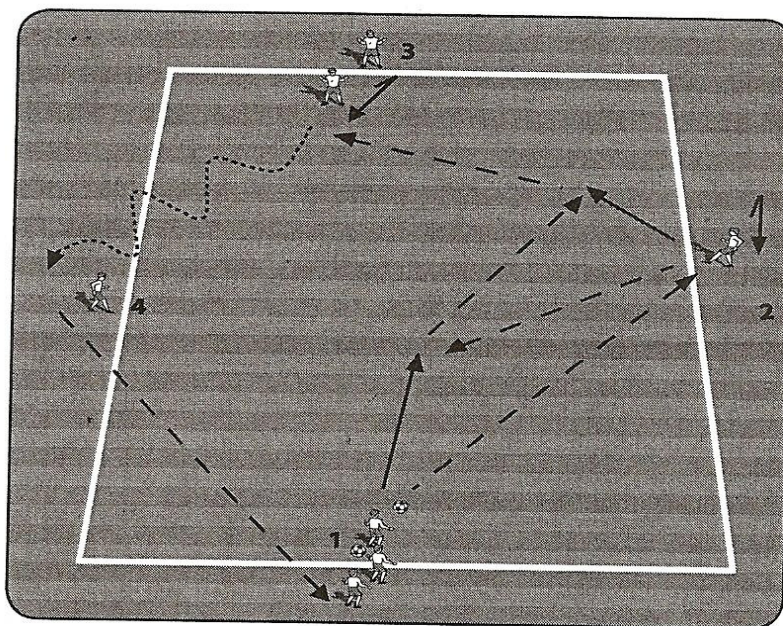
Organization

The first player passes with his left foot to the right foot (back foot) of the second player. The second player, takes the ball on his back foot and opens up to the next player, and then makes a pass. The third player receives the pass and dribbles to the position of the fourth player and then passes to the waiting player at the end of the starting position.

The next round starts in the opposite direction, with a right foot pass to the receiving player's left foot. The same drill, just going in a different direction.

Coaching Points

- Players 2 and 3 should check first before receiving the pass.
- Passes must be of high ball speed and to the right foot
- Timing of the runs must be coordinated to the pass
- There must communication between the passer and the receiver



6 - Diamond (1-2)

Set up

Same as the previous drill – rotation the same also.

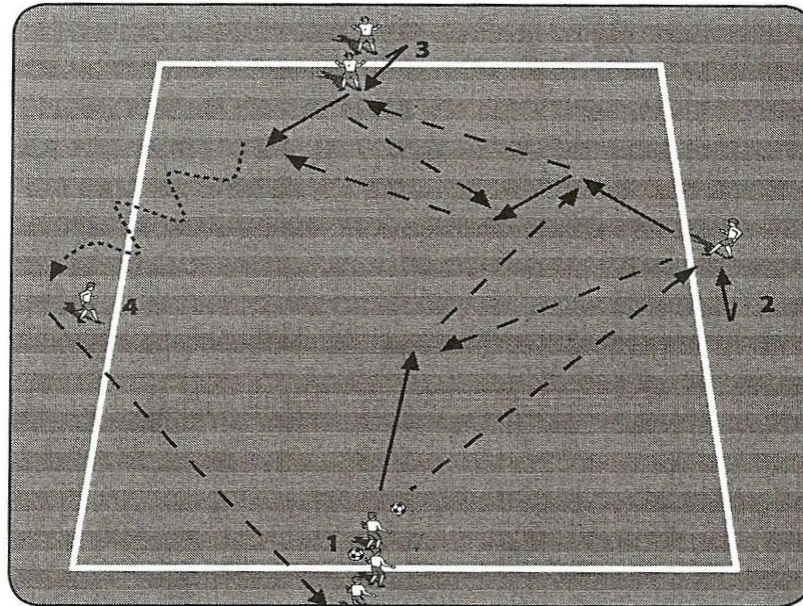
Organization

- The drill starts the same as the previous drill,
- Then a 1-2 between the starting player and the second player,
- Followed by a pass to the third player
- The drill finishes as previously

Start the next sequence going the other direction, following the same pattern.

Coaching Points

- Starting player must pass and move quickly into a supporting position to receive the layoff pass from the second player.
- The 1-2 between players one and two should be quick and well-timed.
- The second player finishes the move with a pass to the third player.



7 - Diamond (Double 1-2)

Set up

Same as previous Diamond drills

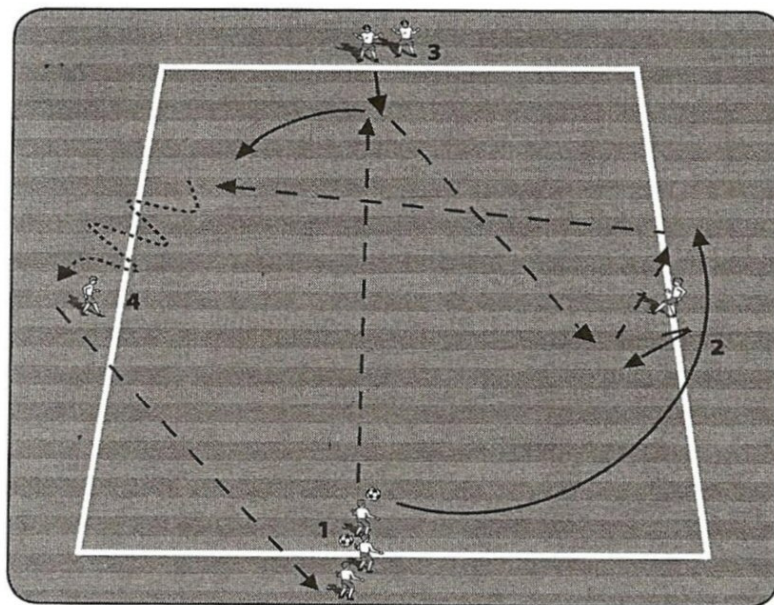
Organization

The drill is similar to the previous drill, with the addition of a second 1-2 between players 2 and 3. Player 2 completes a 1-2 with the starting player and then participates in a second 1-2 with the player 3 at the top of the diamond. The drill then completes with a dribble and a pass.

As with all the Diamond drills, the next round starts in the opposite direction.

Coaching Points

- The concentration demanded of player is very high as this player will participate in both of the 1-2s. Just as he is finishing the first one, he is starting the second one.
- The passes should be clean, crisp and to the proper foot – and they must be played in one touch.



8 - Diamond (Overlap)

Set up

Set up and rotation remains the same.

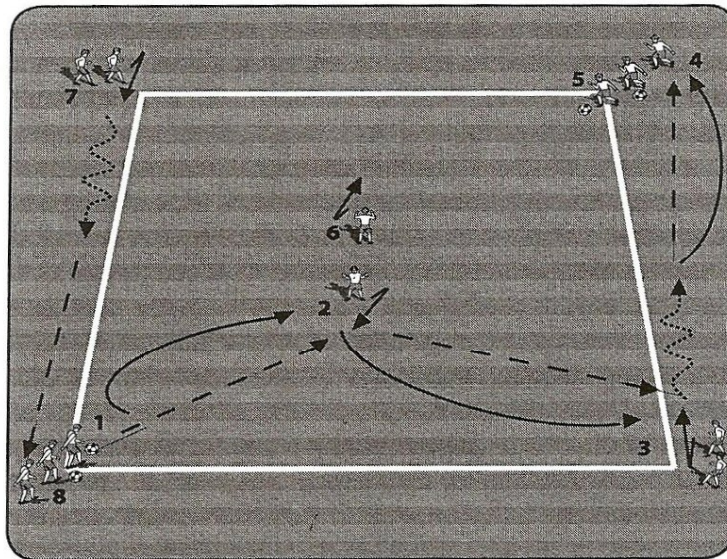
Organization

A different start from the previous Diamond drills. Starting player plays a deep pass to player 3 - player 2 checks and come back to receive pass from player 2 while the starting player is on an overlapping run around player 2's position. Player 2 receives pass from player 3 and plays a short pass to the overlapping starting player, who then plays a quick pass across the Diamond to player 3, who is on the move a short dribble and finish with the pass to the waiting player.

Start the next play the other way.

Coaching Points

- Timing of the pass to the run is critical in this drill.
- Also, the passes must be of high ball speed and to the proper foot.
- Player 2 must be in the proper position to receive the pass from player 3 and then lay off a well-timed pass to the overlapping player.
- The starting player then plays a first time pass across to player 3, placing the ball in his stride!



Rectangle (Turn / Back Foot)

Set up

Area 30 x 25 yards / 12 players – 4 balls

2 balls should be played simultaneously, starting diagonally opposite each other. Rotation: follow your pass to the next spot

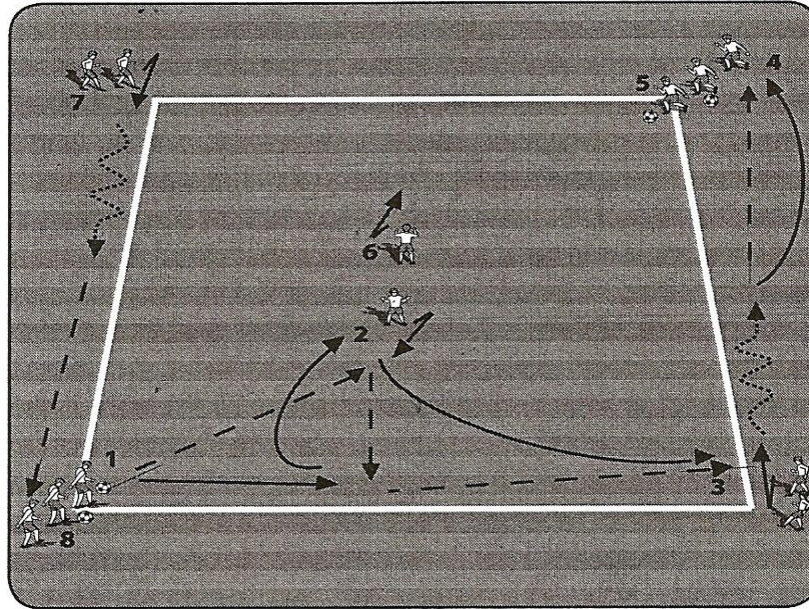
Organization

The first drill involves turning with the ball, and then passing to the corner player. The first pass should go to the inside foot of the middle player (right foot in the diagram) - then a protective turn, shielding the ball, followed by a pass to the corner player. The corner player should check away, then come to the ball, take it on the dribble to a point then finish the play with a pass to the last player in line without a ball. The same activity is going in the other half of the setup.

In the second drill, the first pass should go to the back foot of the middle player (left foot in the diagram), this will allow the player to open up as he receives the ball and face the next pass. The drill progresses in the same manner as the first drill.

Coaching Points

- Demand high ball speed
- Pass to the correct foot
- Time the movement to the pass and the pass to the movement
- Keep the tempo (flow) high – it is an intensive drill
- The last player in the corner will receive a pass – keep them focused



Rectangle (Lay off)

Set up

The same as drill #1

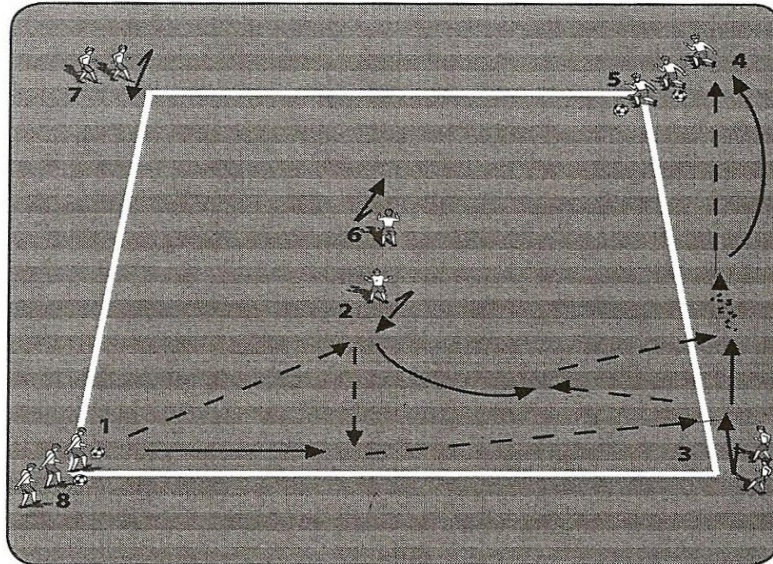
Same rotation as drill #1

Organization

The first pass is played in to the middle player, who then lays the ball off to the starting player, who then passes to the corner player. The corner player will check and receive the pass on the go and continue with a dribble and finish with a pass.

Coaching Points

- The pass to the center player should be to inside foot.
- The layoff pass must be properly weighted
- Receive the layoff pass allowing it to come across your body
- The pass to the corner player should be timed to the run and played to the running stride of the player



Rectangle (1-2)

Set up

Same as drills #1 and 2

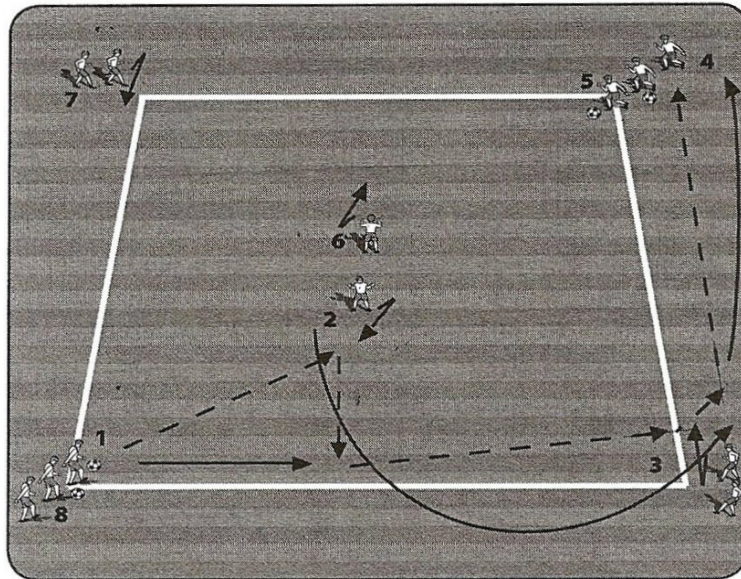
Rotation the same also

Organization

The drill starts the same as drill #2. The center player, after laying the ball off, will move in position for a 1-2 with the corner player. The corner player will check and come to receive the ball, dribble off, and then pass.

Coaching Points

- All the layoff passes must be weighted and timed properly.
- The movement of the center player must be timed to the corner player and then the pass from the center player must be spot on!
- The corner player will receive the pass, take a short dribble and then pass.



Rectangle (Overlapping Run)

Set up

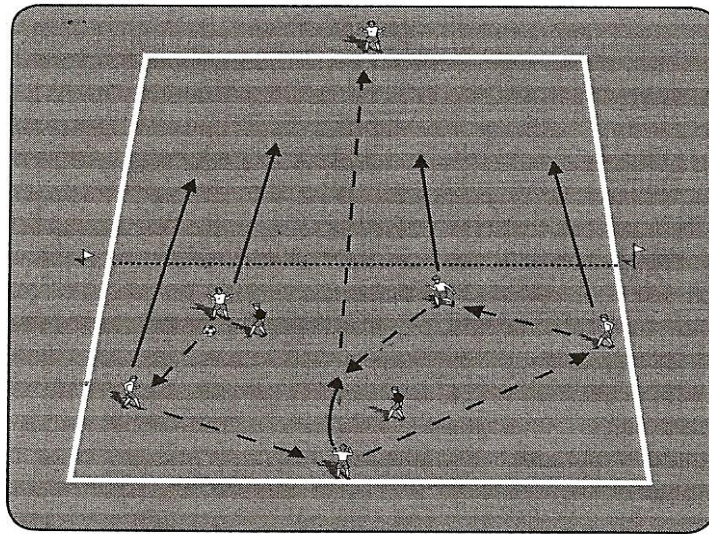
Same as the previous drills with the same rotation.

Organization

The big change in this drill is the overlapping run of the center player around the corner player. The corner player will check and take a very short run and stop, receive a pass and then play the ball on to the overlapping center player. The center player will continue the play with a pass to the waiting player in the next corner.

Coaching Points

- The timing of the corner player's run is critical to the play. He must anticipate the play from the starting player and allow the overlapping player to get in position to receive his pass.
- The center player must get quickly into his next position, receive the ball under control, and play it on to the next player. Fast running combined with controlled running is a must.



Rectangle – (5 vs 2 + 1)

Set up

- In an area 40 (L) x 25 (W) yards – divided with a half line
- 8 players (6 in possession, 2 in defense)
- You may use more players (6v3 +1 or 7v3 +1)

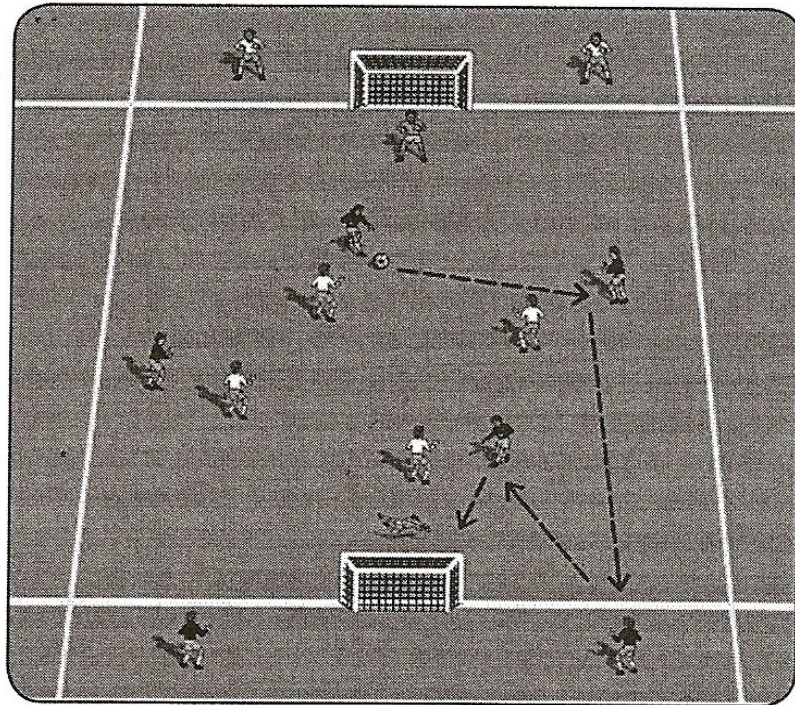
Set this up with 2 groups and rotate the defenders out to the other group as possession players.

Organization

Possession game of 5 vs 2 in one half of the area with a waiting target player on opposite end line. After a set number of passes (3, 4, 5), the ball is played deep to the player on the end line. Everyone, with the exception of the passer, runs to the other half of the area and continue playing the possession. The passer waits on the end line for the ball to be returned and the players to join. If the defenders win the ball, they should try to keep it or dribble over the near end line. Encourage quick transition from end to end. Restart the game as needed.

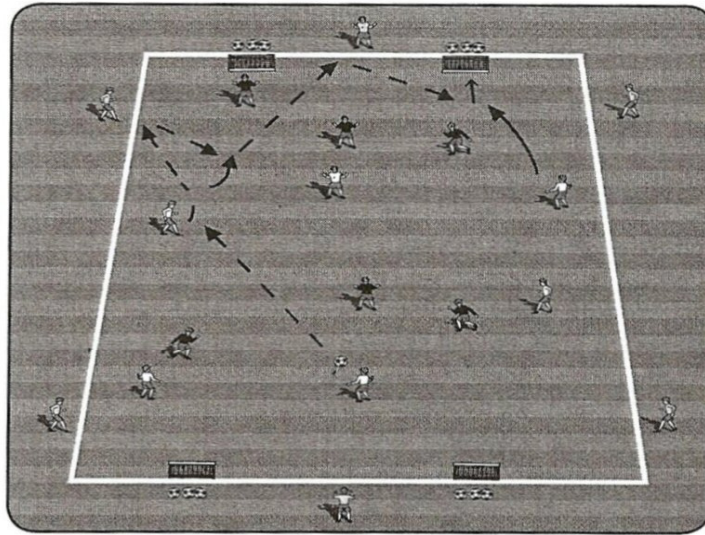
Coaching Points

- Play with a touch limitation
- Quick passing with good support positions and options
- Transition the ball quickly and accurately
- Follow the pass with fast movement to the other end
- Use more players if you wish, keep the objective the same
- The passing player remains on the end line and becomes the target player



4 + 2 v 4 + 2 to 2 goals with keepers

This is first of 3 progressions that go to goal with outside target players. The target players are positioned on the endline and they will play 1 touch. The inside players should be encouraged to use the target player as they go to goal. You may even only allow goals that go through the target players. The keepers may intercept either the ball into the target player or the ball from the target player back in to the inside player. This becomes a good decision making exercise for the keepers as well.



Rectangle – (6 vs 6 with 6 outside targets, 4 goals)

Set up

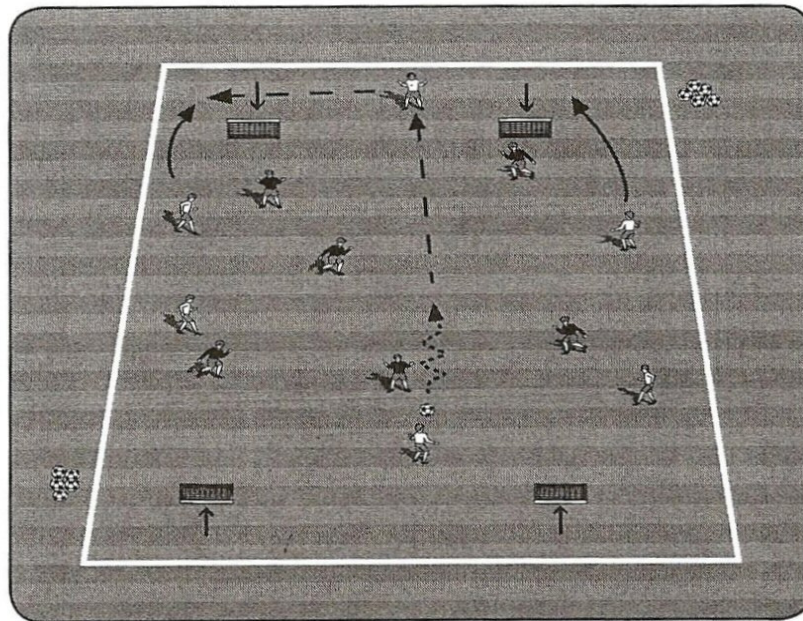
- Same area as previous drill
- 3 teams of 6 – 2 teams play 6 vs 6 with the third team as outside target players
- 4 goals on the end-line, facing the normal way
- Adequate supply of balls

Organization

Scoring can only occur after a pass to the outside target players. The target players are neutral – both teams can use them at any time. Ideally, the scoring should come directly from the return pass from the target player. Scoring can occur in either goal on each end-line. There is a direction of play. Outside players should play with 1 or 2 touch. Inside players play at coach's discretion (try to limit touch). Add whatever conditions you would like. Conditions such as: scoring from a 1-2, scoring from 3rd man in, must use different target men to score, score from a reverse ball (change the point of attack)

Coaching Points

- Quick, finishing game
- 2 goals with 3 target players around the goals
- Many options
- Establish your own conditions – touch limit, scoring method
- Rotate the teams from inside to outside
- Keep score and make it competitive
- Extra balls behind the goals



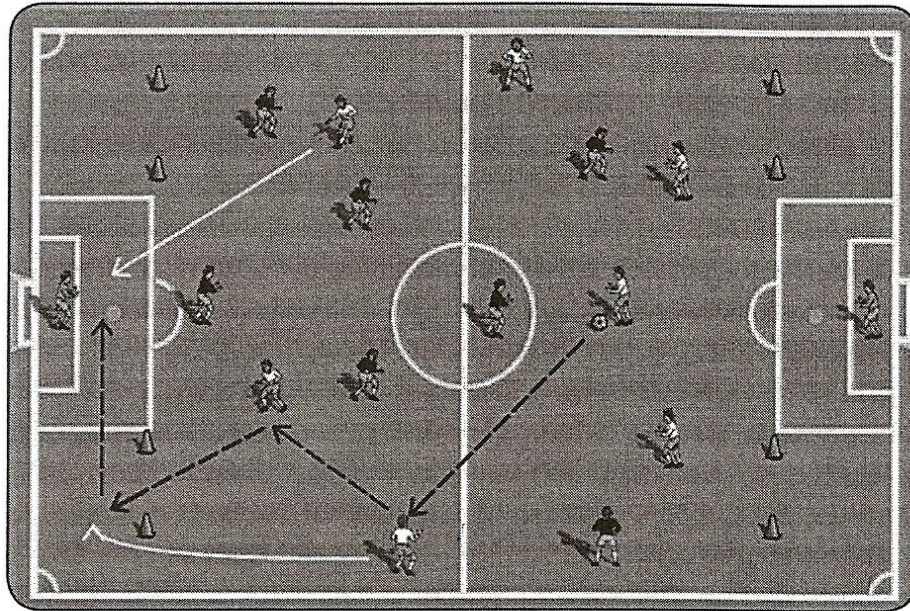
Rectangle – (4 turned goals)

Set up

- Same as previous drill
- 4 turned goals
- Adequate supply of balls

Organization

- Same as previous drill
- The 4 turned goals add new dimensions to the activity
- 4 goals requires more options and more decision-making
- Proper positioning is very important, especially when in scoring position
- It is important to establish a deep position
- The deep ball sets up the scoring opportunities
- Scoring can occur in either goal on the end-line
- Have extra balls available



7 v 7 with 2 keepers

Same basic game as above, with 2 keepers added and 2 full size goals.

Play must go through the original goals and then be served for a goal to be scored.

Coaching Points

- The emphasis now clearly focuses on wide play. Wingers, wide midfielders and wide backs will get plenty of functional training getting wide and deep and getting serves in the box. Balls can be dribbled or passed through the play through goals.
- Concentrate on playing reverse balls to the weakside after building play up on one side.
- Creative wide play will be demanded so as to open up space to play through and serve.
- There will be plenty of opportunity to overlap and build good understanding and communication between the wide players.