



## Partner Passing

Ball Control: Passing

### COACHING GOALS

During this drill, my team will:

- Learn how to pass with accuracy with inside of the foot – ankle locked, toe up, follow through.
- Learn how to receive the ball by moving to it, opening to receive it across the body, cushioning the ball, and placing it where it can be easily played again.

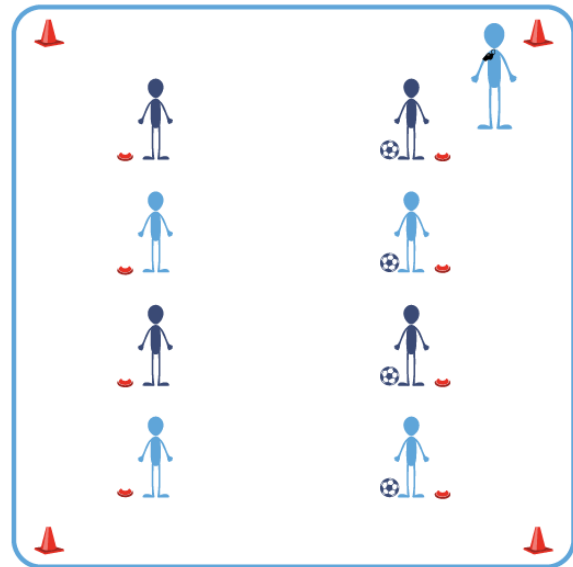
### EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per pair
- 2 low profile cones per 2 players

Set-Up:

- Create passing lines for each pair with cones 5 to 10 paces apart.
- Pair teammates and send each pair to a line.
- Players stand in front of cones.



### HOW TO PLAY

1. This game is called *Partner Passing*. The object is to pass and receive accurately with your partner. How many clean passes can you receive in a row?
2. On the start signal, pass the ball to your partner. If your partner receives it cleanly, count that pass. Continue to count how many passes in a row you can complete. If you miss a pass, start back at zero and try to beat your old record.
3. On the stop whistle, freeze and wait for my next instruction.
4. ADD CHALLENGES:
  - Alternate right foot passes and left foot passes. Increase the distance between cones.

### FOLLOW-UP QUESTIONS

Now that we've practiced, let's see what we've learned:

- Q1: Why is it important to use the inside of our foot to pass?
- Q2: Why is it important to keep our ankle locked and our toe up?
- Q3: Why is it important to follow through when we pass?