



PASS THREE

Ball Control: Passing & Receiving on the Move

COACHING GOALS

During this drill, my team will:

- Learn how to move into position for a pass and call for the ball.
- Learn how to control their behaviors and body movements to create a safe practice environment.

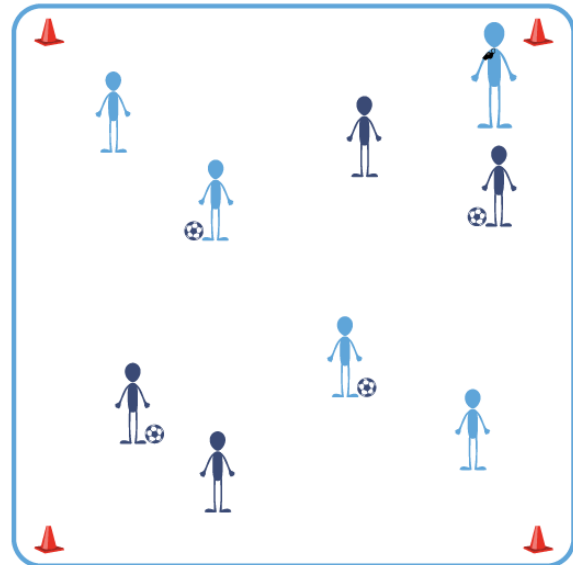
EQUIPMENT & SET-UP

Equipment:

- 1 soccer ball per pair
- 4 large cones to set boundaries

Set-Up:

- Create a large activity area.
- Pair teammates – each pair with a ball.
- Pairs are scattered in the activity area.



HOW TO PLAY

1. It's time to play *Pass Three*. The object is to make 3 accurate passes with as many different partners as possible.
2. On the start signal, pass the ball back and forth 3 times with your current partner. On the 3 pass, both partners will separate and move to find new partners. The partner with the ball is looking for a player without a ball. The partner without the ball is looking for a player with a ball. When you find a new partner, communicate with words and hands to show that you're ready to pass and to receive.
3. Freeze when you hear the whistle.
4. ADD CHALLENGES:
 - Add a movement with each pass – players must make a cut into open space to receive their next pass.

FOLLOW-UP QUESTIONS

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

- Q1: What are some ways that you can communicate you're ready for a pass?
- Q2: Why is it important to communicate with your teammates?