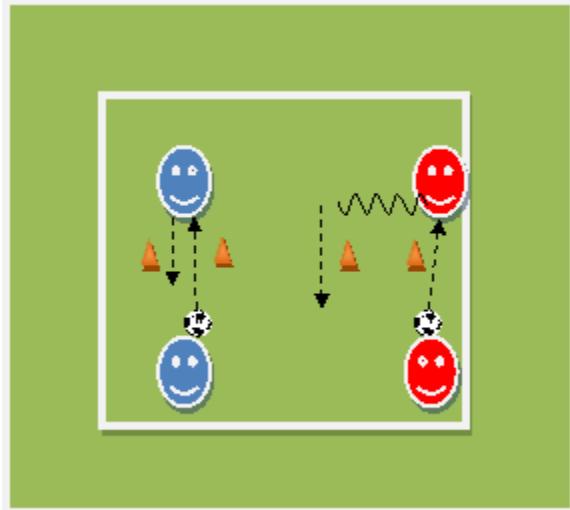


Passing Letters/Numbers



Set up two players with a yard-wide “gate” between them. The objective is for them to pass the soccer ball through the gate without hitting the cones. If the task is easy, have the players back up or take fewer control touches. To keep this fairly redundant drill interesting, have young players say a letter of the alphabet every time they pass the ball. Their goal should be to recite the entire alphabet.

Variations:

1. Have the pairs shout numbers instead and then attempt to beat their highest “score.”
2. Have players pass the ball without going through the cones. This will require them to move the ball from one side to the other with control touches (young players may dribble).
3. Have players alternate passing the ball through the cones, outside of the cones, and then through the cones in a pattern.

Focus:

Players should be focusing on proper passing technique - place the planting foot with the toes pointed toward the intended player, and strike the ball with the inside of the passing foot.