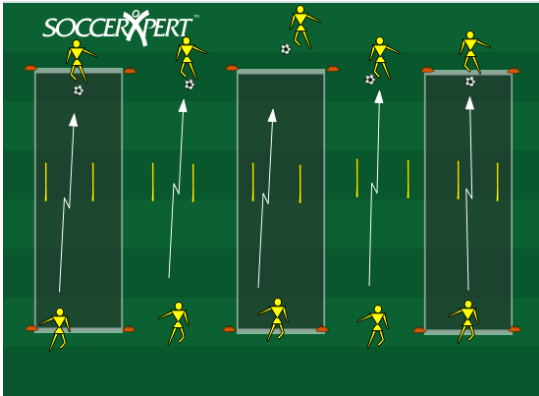




Drill Quick Glance

Age: 4-10	Field: 20X30
Players: 2+	Time: 15 mins.
Difficulty: EASY	Focus: PASSING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks

Fixed Distance Passing Game

Objective:
This drill helps players develop passing accuracy, weight of pass, and first-touch control. It also reinforces teamwork and focus while progressively increasing difficulty by narrowing the passing gate.

Setup

- Field Size: 20x30 yards
- Lanes: Marked using cones for each pair of players
- Passing Gates: Small gates made with cones or training sticks placed in the middle of each lane
- Players: Pairs, each with a ball
- Starting Position: One player on each end of the lane with the gate positioned between them

Instructions

- Players pass the ball through the gate to their teammate, ensuring the ball stays within the lane.
- The receiving player must control the ball before it crosses their endline to earn a point.
- After controlling the ball, the receiving player returns the pass through the gate.
- Each successful pass and controlled reception earns the pair one point.
- Once a team reaches 5 points, the gate is narrowed to increase difficulty.
- The first team to collectively reach 10 points wins the game.

Coaching Points

This drill reinforces fundamental passing skills, builds confidence in ball control, and challenges players to improve accuracy minimal under pressure.

- Proper Passing Technique: Players should use the inside of the foot for accuracy and control.
- Weight of Pass: Players should adjust power based on distance to avoid over-hitting the ball.
- First Touch Control: Receiving players should use a soft touch to stop or guide the ball into space.
- Body Positioning: Players should angle their bodies properly for smooth passing and receiving.
- Communication: Encourage verbal and non-verbal cues to ensure smooth exchanges.

Variations

- Shooting Variation: Players must use a driven pass or instep shot to pass through the gate.
- Weaker Foot Challenge: Players must pass and receive using their weaker foot.
- Time Restriction: Teams must complete 10 successful passes within a set time limit.
- One-Touch Passing: Advanced players must pass the ball back with one touch.