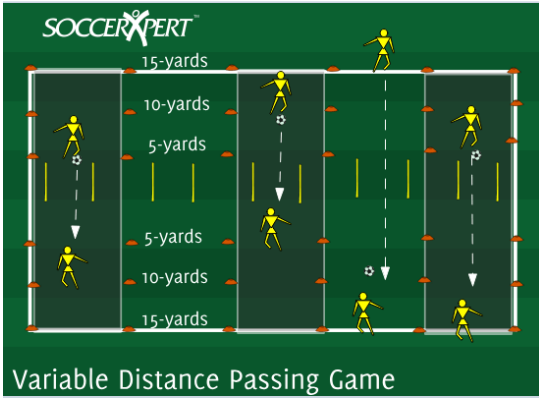




Drill Quick Glance

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

Variable Distance Passing Game

Objective:
This drill improves passing accuracy, technique, and decision-making at varying distances. Players learn to adjust power and precision while maintaining consistency under pressure.

Setup

- Field Size: 20x30 yards
- Lanes: Marked at 5 yards, 10 yards, and 15 yards from gate using cones
- Passing Gates: Small gates using cones or training sticks (adjustable in width) placed in the middle of each lane
- Players: Paired into groups of two, each with a ball
- Starting Position: Players begin at the 5-yard marker

Instructions

- Players start at the 5-yard marker and attempt to pass the ball through the gate to their teammate.
- The receiving player then passes the ball back through the gate.
- Once a pair completes three successful passes, they move back to the 10-yard marker and repeat.
- If players complete three successful passes at 10 yards, they move to 15 yards for the final challenge.
- If a player misses two passes in a row, they must move forward one marker and complete three successful passes before advancing again.
- The first pair to complete the 5, 10, and 15-yard markers successfully wins the round.

Coaching Points

This drill enhances passing precision, consistency, and ball control while gradually increasing difficulty to simulate real-game passing conditions.

- Proper Passing Technique: Encourage players to use the inside of the foot for accuracy.
- Weight of Pass: Teach players to adjust power based on distance.
- Body Positioning: Players should face their target and follow through their pass.
- First Touch: Ensure a controlled first touch to set up the next pass.
- Communication & Timing: Players should call for the ball and time their passes correctly.

Variations

- Smaller Gate Challenge: Narrow the gate to increase difficulty.
- Weaker Foot Challenge: Require all passes to be made with the weaker foot.
- Timed Competition: Players must complete all distances within a set time.
- Moving Targets: Instead of standing still, players must move laterally after each pass.
- One-Touch Progression: Advanced players must use one-touch passing after 5-yard success.