

## THE ONLINE COACHING CLINIC

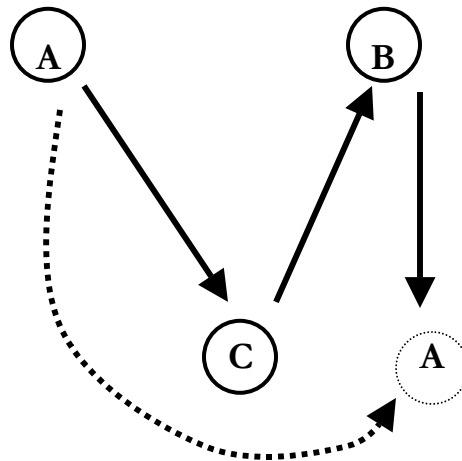
**Drill:** 3  
**Theme:** Passing  
**Focus:** Passing and Receiving  
**Age Category:** U12 and older

### Triangle Passing with Third Man Running

Most coaches agree that during any game of soccer the play breaks down into players forming triangles and working in groups of three. This series of four (4) drills helps to enforce the player passing and movement utilizing triangles.

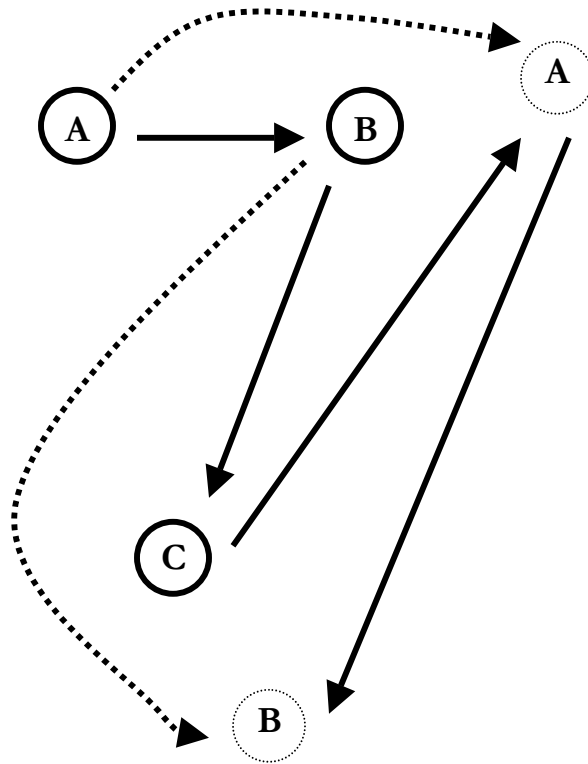
Set-up for all four (4) drills: Players get into groups of three forming a triangle with one ball per group. In the following diagrams a solid line  $\longrightarrow$  represents the ball movement and a dashed line  $\dashrightarrow$  represents player movement. The circles with letters represent players. The Players should be spaced about 10-15 yards apart.

#### Drill 1 – Diagonal Passing



- 1) Player A passes the ball to Player C. The pass should be to C's back foot; in this diagram it would be his right foot. Player A then runs an overlap on Player C.
- 2) Player C passes to Player B
- 3) Player B passes to Player A who has running an overlap on Player C.
- 4) Keep repeating the exercise. Except Player A now becomes Player C, Player C becomes A, etc.
- 5) Start with 2 – touch passing and then move to one – touch passing.

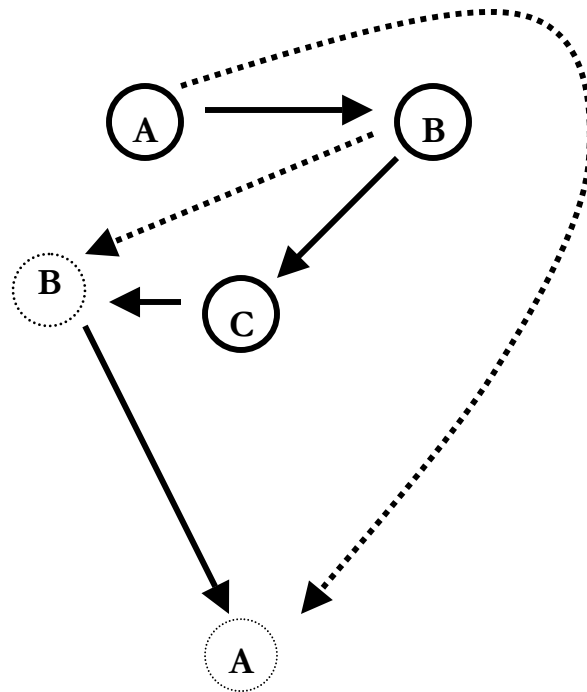
## Drill 2 – Square Passing



- 1) Player A passes to Player B and then runs an overlap on him to receive a pass from Player C.
- 2) Player B passes to Player C and then runs an overlap on him to receive a pass from Player A.
- 3) Player C passes to Player A.
- 4) Player A passes to B. The ball should be played to space, so Player B can run onto the ball
- 5) Keep repeating drill. Player B is now Player C; Player A is now Player B, etc.
- 6) Start with 2 – touch passing and move to one – touch passing.

### Drill 3 – Passing Short and Long

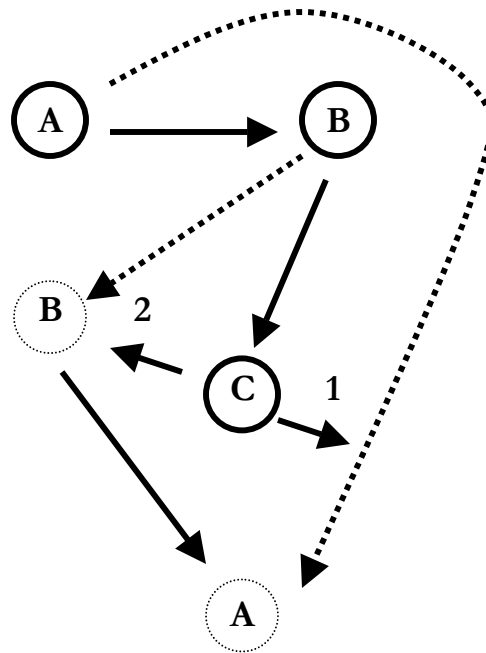
The setup for this drill is the same as drills 1 & 2, except the players start about 5 – 10 yards apart.



- 1) Player A passes to Player B and then overlaps him to receive a pass from Player B.
- 2) Player B passes to Player C and then runs short to receive a wall pass from Player C.
- 3) Player B then passes the ball into space for Player A to run onto.
- 4) Keep repeating drill.
- 5) Start with 2 – touch passing and move to one – touch passing.

## Drill 4 – Passing Play with Options

Same set – up as drill # 3.



- 1) Player A passes to Player B and then overlaps him to possibly receive a pass from Player C.
- 2) Player B passes to Player C and then makes a short run to possibly receive a pass from Player C.
- 3) Player C has two (2) passing options: he can flick a quick pass to Player A as he runs his overlap or he can pass to Player B, who then passes to Player A.
- 4) Repeat drill.
- 5) Start with two – touch passing and move to one – touch passing.