



Technical Learning Outcomes

Passing

Push Pass – Inside

- Angle of approach – center
- Supporting foot is next to the ball pointed at target
- Head up observe your target
- Contact ball - middle
- Contact foot - inside
- Ankle locked with toe pointed up
- Follow through towards target with striking foot remaining open throughout
- Body weight over the ball
- Weight and accuracy of pass
- Disguise your pass

Push Pass – Outside

- Angle of approach – center or off center
- Pass off the front foot
- Supporting foot is behind the ball
- Ankle locked with toe pointed down
- The knee of the kicking foot is over the ball at contact
- Contact Ball – middle
- Contact Foot – outside
- Disguise your pass

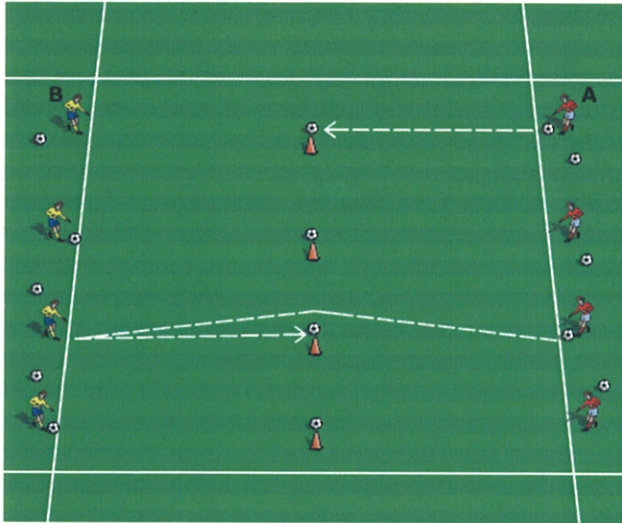
Low Driven Pass

- Angle of approach – off center
- Head up to observe target
- Head down at the point of contact
- Non kicking foot placed to side, slightly behind the ball
- Ankle locked, toe down
- Contact ball – middle above the mid line
- Contact foot – laces (Instep)
- Body weight forward chest and knee over the ball at contact
- Follow through
- Land on the striking foot



New York Red Bulls – Practice Activity

Activity #	W2200	Curriculum	Development
Section	Warm Up	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity W2200 – Development – Passing

Organization

1. 40 x 20 yard area
2. 8 players
3. 4 balls (additional balls around area)

Instructions

1. Divide the group into two, four players on each side 10 yards apart
2. Place a cone between the two players, 10 yards from player to cone 20 yards overall
3. Place a ball on top of the cone
4. The game is to see how many times a player can knock the ball off the cone using various passing techniques
5. If player a knocks the ball off the cone then they replace that ball back on top of the cone while their partner gets ready

Coaching Points

Push Pass - Inside

1. Head up to observe target
2. Ball contact - middle
3. Ankle locked, top pointed up

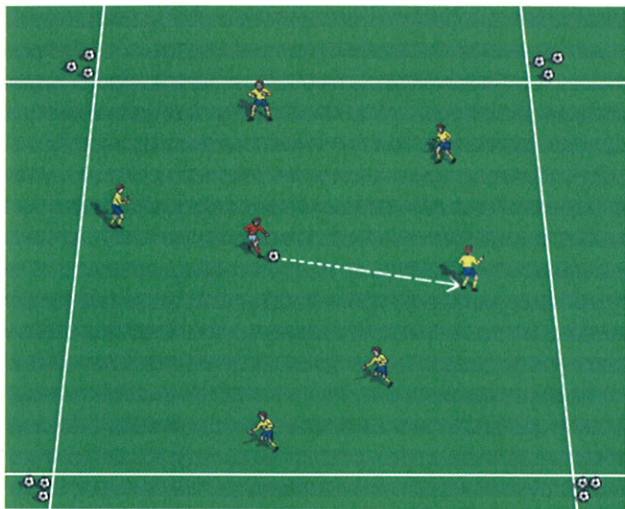
Progression/Regression:

1. P – Players can score double points if they are able to play a 1 touch
2. R – Decrease the distance between player and cone



New York Red Bulls – Practice Activity

Activity #	W2201	Curriculum	Development
Section	Warm Up	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity W2201 – Development – Passing

Organization

1. 30 x 20 yard area
2. 7 players
3. 1 ball (additional balls around area)
4. Pinnies

Instructions

1. The game is to use a passing technique to hit the player below knee height
2. One player starts the game off with a ball; they are trying to pass the ball at a player without the ball
3. If the player with the ball is successful in passing the ball at the player then the player hit collects the ball and helps to capture the rest of the group
4. When there is one player remaining without a ball, start the game over with that player now trying to pass the ball at those without a soccer ball
5. Make sure the players passing all wear a pinnie so players can tell the difference

Coaching Points

1. Angle of approach, center or off center
2. Ball contact – middle of ball
3. Can you disguise your pass, Push Pass – Inside/Push Pass - Outside

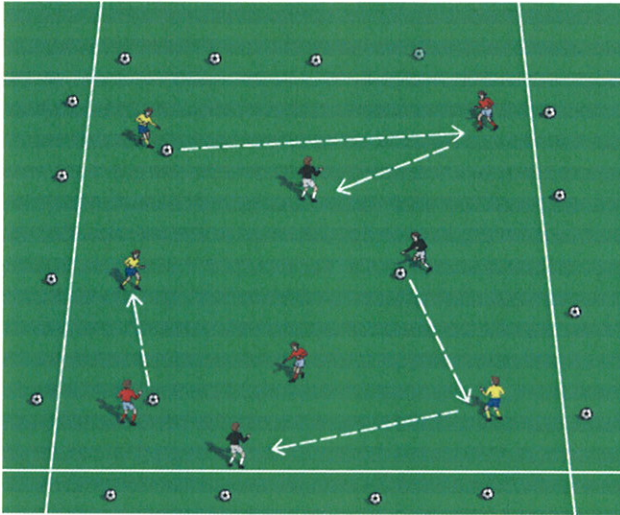
Progression/Regression:

1. P – Once a player is hit they now work together using one ball. For every even number players passing add in an extra ball i.e 2 player passing at those without ball = 1 ball, 4 players passing at those without balls = 2 balls
2. R – Make the field smaller



New York Red Bulls – Practice Activity

Activity #	M2200	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2200 – Development – Passing

Organization

1. 40 x 30 yard area
2. 3v3v3
3. 3 balls (additional balls around area)
4. 3 different color pinnies

Instructions

1. The game is to pass to a different team that is not in your color
2. Yellow passes to either Black or Red
3. Red passes to either Black or Yellow
4. Black passes to either Red or Yellow

Coaching Points

1. Angle of approach – center, or off center
2. Head up to observe your target
3. Ball contact - middle
4. Disguise your pass, Push Pass – Inside, Outside

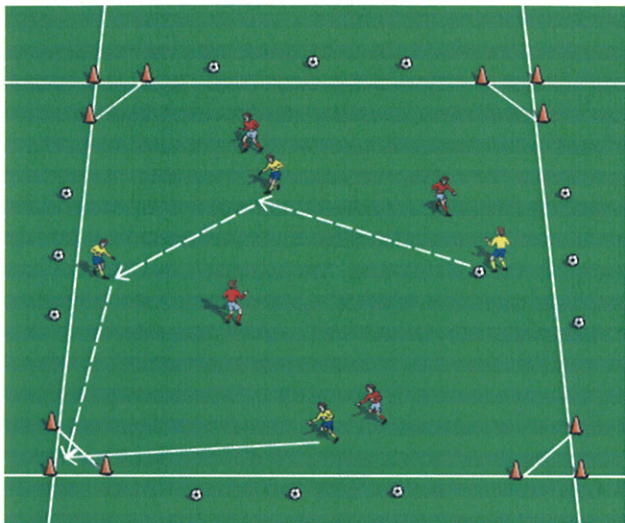
Progression/Regression:

1. P – Limit players touches



New York Red Bulls – Practice Activity

Activity #	M2201	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2201 – Development – Passing

Organization

1. 40 x 30 yard area
2. 4v4
3. 1 ball (additional balls around area)
4. Cones to mark corners

Instructions

1. Mark 4 corners for goals
2. The game is for the team in possession to pass the ball into any 4 corner goals
3. A player cannot wait inside the corner, they can only enter when the ball itself is about to enter the corner goal
4. If team is successful in scoring a goal they have to now attack any of the other three goals
5. They may attack the goal they have just scored either by scoring in a different corner or loss of possession
6. No defending team may be allowed to enter the corner goals

Coaching Points

1. Head up to observe your target
2. Supporting foot is next to the ball, toe pointed at target
3. Weight and accuracy of pass
4. Disguise your pass (Push Pass – Inside, Outside/ Chip/ Lofted/ Driven/ Swerve)

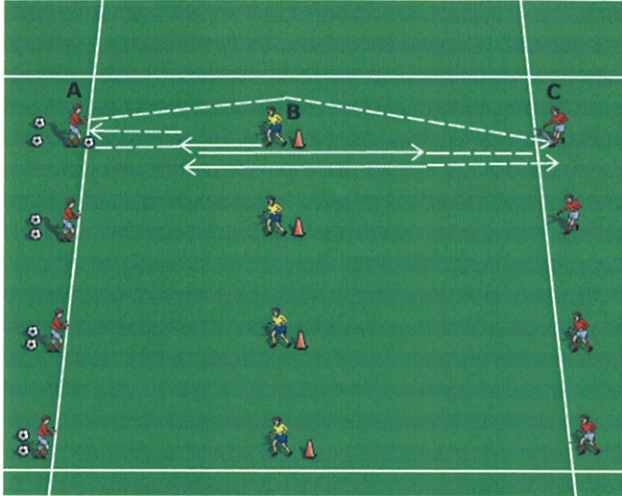
Progression/Regression:

1. P – Designate only two goals that they can now score in and defend
2. R – Defenders are only allowed to walk



New York Red Bulls – Practice Activity

Activity #	M2202	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2202 – Development – Passing

Organization

1. 40 x 30 yard area
2. 12 players
3. 4 balls (additional balls around area)
4. Cones for markers

Instructions

1. The distance between player A to B is 15 yards, B to C 15 yards
2. Player A plays a ball to player B for a wall pass. Player B then turns and heads towards player C
3. Player A then plays a ball to player C, who receives the ball and plays to player B for a wall pass
4. Player B then turns and heads back towards player A while player C plays a ball to player A
5. Time limit of 1-2 minutes

Coaching Points

Low Driven Pass

1. Angle of approach off center
2. Ankle locked toe down
3. Contact foot - Instep
4. Follow through
5. Land on striking foot

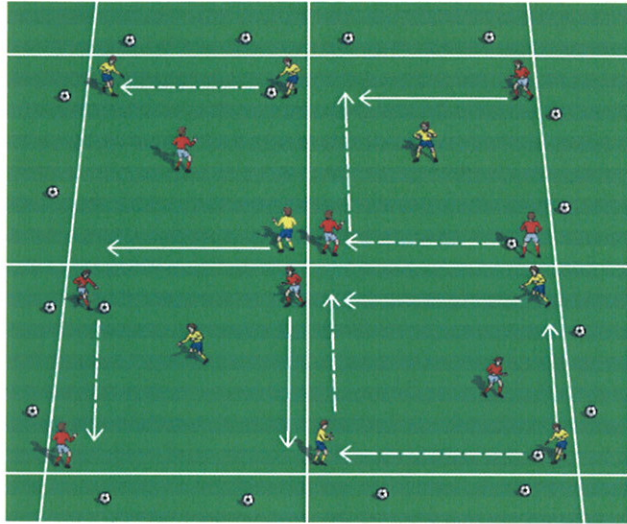
Progression/Regression:

1. P – Vary the passing distance
2. P – Challenge player to hit a specific part of their teammate's body
3. R – Decrease the distance



New York Red Bulls – Practice Activity

Activity #	M2203	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2203 – Development – Passing

Organization

1. 15x15 individual box (Overall 30x30)
2. 3v1 in each box
3. 1 ball per box (additional balls around area)
4. Pennies for 3v1 game

Instructions

1. In each box play a 3v1 game
2. 3 attackers are trying to keep possession away from the lone defender
3. Play to a time limit 1-2 minutes then rotate players

Coaching Points

1. Head up to observe your target
2. Supporting foot next to the ball, toe pointed towards target
3. Ball contact - middle
4. Disguise your pass, Push Pass – Inside, Outside

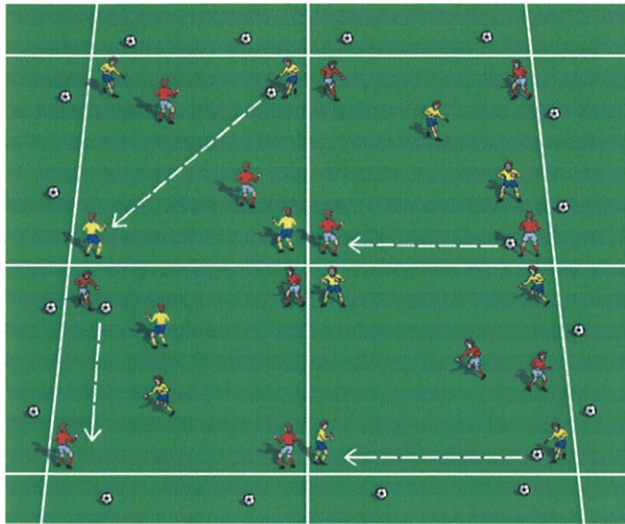
Progression/Regression:

1. P – Limit the touches the three attackers have on the ball
2. R – Defenders can only walk



New York Red Bulls – Practice Activity

Activity #	M2204	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2204 – Development – Passing

Organization

1. 20 x 20 individual box (Overall 40x40)
2. 4v2 in each box
3. 1 ball per box (additional balls around area)

Instructions

1. In each box play a 4v2 game
2. 4 attackers are trying to keep possession away from the two defenders
3. Play to a time limit 1-2 minutes then rotate players

Coaching Points

1. Head up to observe your target
2. Supporting foot next to the ball, toe pointed towards target
3. Ball contact - middle
4. Disguise your pass, Push Pass – Inside, Outside

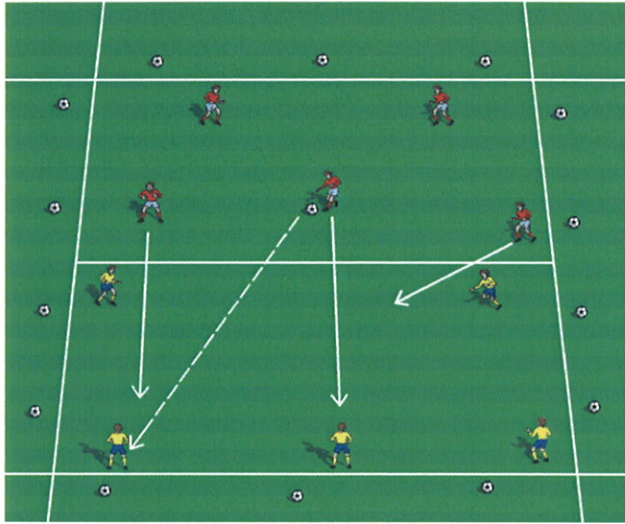
Progression/Regression:

1. P – Limit the touches the three attackers have on the ball
2. P – Join two boxes and now play 8v4 for time limit of 2 – 3 minutes
3. R – Increase the size on the box



New York Red Bulls – Practice Activity

Activity #	M2205	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2205 – Development – Passing

Organization

1. 40 x 30 yard area
2. 5v5
3. 1 ball (additional balls around area)

Instructions

1. Play a 5v5 game with a halfway line
2. Red team starts the game by playing the ball into the yellow
3. 3 players from the red team are now allowed to enter the other half to try and win possession back
4. If the red team are successful in winning the ball back, they then play the ball back into their half and retreat
5. Yellow team must now send 3 of their players into the Red team's half and try to win possession back

Coaching Points

1. Head up to observe your target
2. Supporting foot next to the ball, toe pointed towards target
3. Ball contact- will vary pending on the ball you would like to play (Push Pass – Inside, Loft, Chip, Swerve, Driven)
4. Remember to follow through

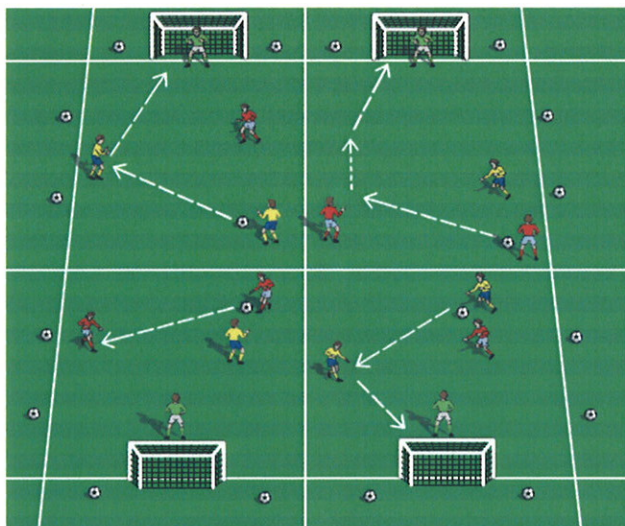
Progression/Regression:

1. P – Allow more defenders to go into the opposite area
2. R – Make the field larger



New York Red Bulls – Practice Activity

Activity #	M2206	Curriculum	Development
Section	Main Theme	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity M2206 – Development – Passing

Organization

1. 20 x 20 yard area (Overall 40x40)
2. 2 v 1, 1 goalkeeper in each box
3. 1 ball (additional balls around area)
4. 1 goal in each box

Instructions

1. In each box play a 2v1 game to goal
2. Looking use a passing technique effective to break down defender for a shot on goal
3. Play for a time limit and rotate all players including goalkeepers
4. Game always starts from the keepers hand and rolls the ball out

Coaching Points

1. Head up to observe your target
2. Foot next to the ball, toe pointed towards target
3. Contact on ball will vary pending on type of pass player wish to play
4. Disguise your pass
5. Weight and accuracy on the ball

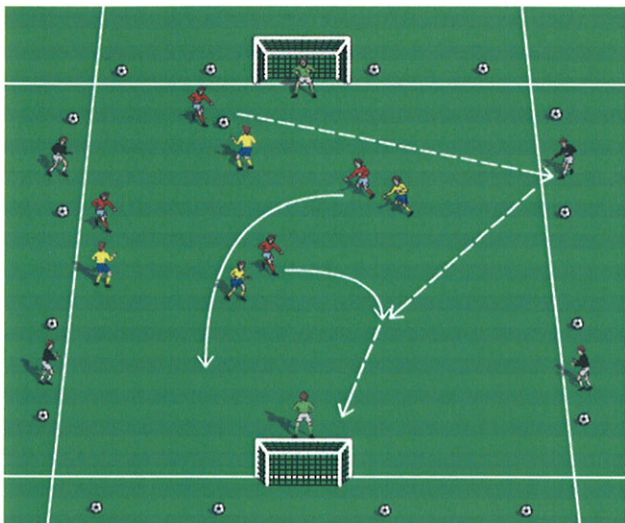
Progression/Regression:

1. P – Join two boxes together and play a 3v3 game going to goal
2. P – Join all boxes together and play 7v7 game with two goals and two goalkeepers



New York Red Bulls – Practice Activity

Activity #	C2201	Curriculum	Development
Section	Conditioned Game	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity C2201 – Development – Passing

Organization

1. 50 x 40 yard area
2. 4v4 + 4 neutrals, 2 goalkeepers
3. 1 ball (additional balls around area)
4. 2 Goals
5. 3 color pinnies to make 3 teams of 4

Instructions

1. Playing a 4v4 tournament
2. Have one team as neutral players at the side lines, minimize their touches 3,2,1.
3. Looking to see ways of using different passing techniques depending on situation

Coaching Points

1. Angle of approach – pending on the passing technique
2. Supporting foot next to the ball, pointed towards target
3. Disguise pass (Push Pass – inside, outside/Low driven, Lofted, Chip, Swerve – inside, outside) refer to manual.

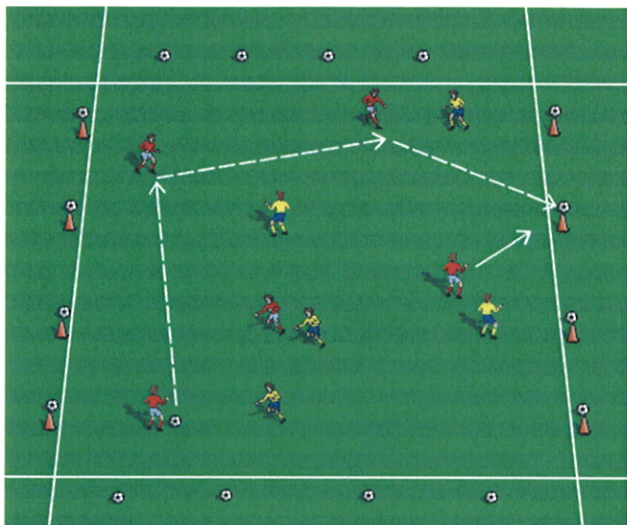
Progression/Regression:

1. P – Make the field small, allowing less time on the ball to help with decision making ability with the ball



New York Red Bulls – Practice Activity

Activity #	C2203	Curriculum	Development
Section	Conditioned Game	Topic	Passing
Key Learning Outcome(s)	Learning to pass using various techniques		



Activity C2203 – Development – Passing

Organization

1. 40 x 30 yard area
2. 5 v 5
3. 9 balls (additional balls around area)

Instructions

1. Teams score by knocking their opposition's balls off the cones.
2. 1st to knock down all 4 balls is the winner

Coaching Points

1. Supporting foot is next to the ball, pointed at target
2. Ankle locked, toe up
3. Follow through towards target with striking foot remaining open throughout
4. Body weight over the ball

Progression/Regression:

1. P – Make the amount of balls the players have to knock off smaller
2. R – If it is taking awhile to knock the balls down, make the field larger so there is more room to play