

Passing Drill 1 – Short Passing and Movement

Equipment Needed:

- Football
- Cones
- Bibs

Players work in pairs or small groups passing the ball over short distances while constantly moving to create new angles. After every pass, players must adjust their position to stay available for the next pass. The focus is on accuracy, movement, and keeping the ball circulating quickly.

Passing Drill 2 – One-Touch Passing

Equipment Needed:

- Football
- Cones
- Bibs

Players pass the ball using one touch only, focusing on quick decisions and sharp execution. Movement is constant, and players must stay aware of space and teammates. The aim is to increase speed of play and improve reaction time under pressure.

Passing Drill 3 – Triangle Passing

Equipment Needed:

- Football
- Cones
- Bibs

Players work in a triangle shape passing the ball around the group. After passing, players follow their pass to the next cone or position. This encourages movement, awareness, and good passing angles while keeping the ball moving continuously.

Passing Drill 4 – Passing Under Pressure

Equipment Needed:

- Football
- Cones
- Bibs

Players pass the ball while a defender applies pressure inside a small area. The focus is on staying calm, protecting the ball, and making accurate passes under realistic pressure. This helps improve decision making and composure in game situations.

Passing Drill 5 – Switch Play Passing

Equipment Needed:

- Football
- Cones
- Bibs

Players pass the ball across longer distances, focusing on switching play quickly from one side to another. The aim is to improve passing range, accuracy, and awareness of space. Players should focus on body position and delivering accurate passes into space for teammates.