

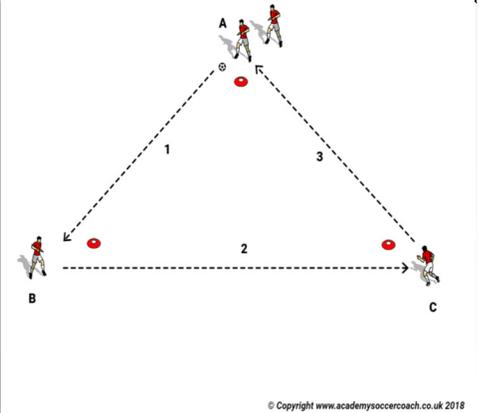
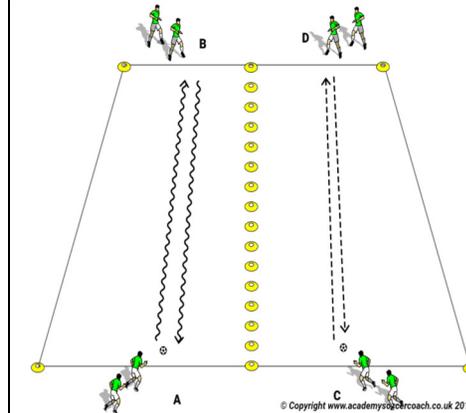
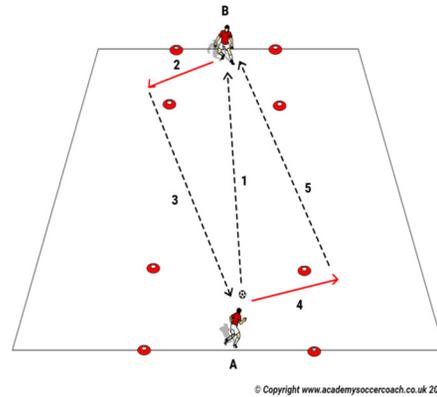


Colorado United U11-U15 Academy Program



Session Date:	Week 2	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Passing Activities				

Here are a couple more passing activities.



1. **Body shape**, we want our players to have their body facing the center of the field to allow them to have the most options.
2. **Body position**, where players are on the field. We want our players open, able to receive a pass and not behind or marked by a defender within passing distance of teammate.
3. Teach the players how to **receive across their body** to allow more time and give them more options in their decision making. First touch outside their shoulder to keep the ball moving in the direction it is going, touch across the body if they can't continue the way they are going.
4. Teach the players how to give their teammates **two options at all times**. This allows the players to dribble but pass if they can't dribble forward.

1st Touch Boxes

Two 5x5 grids about 10 yards apart.
 Player A passes to player B. Player B takes a touch with a specified foot and part of the foot outside the box. They then pass to A who takes a touch outside the box.

FC Dallas

Progression 1—Player A dribbles to the other side, doing a move in the middle then leaving for player B. B then dribbles, does a move and leaves for A.
 Progression 2—Pass and follow your pass using two touches.
 Progression 3—A and C start with the ball. They dribble, do a move and leave the ball for B and D. B and D play a one touch to A and C.
 Progression 2— Pass and follow your pass using one touch.

Triangle Passing

A passes to B
 A follows their pass
 B passes to C
 B follows their pass
 C passes to A
 C follows their pass

Body shape

Body position

Receive across your body