



Passing With Purpose — Weight, Surface and Both Feet

Session 3 • Individual technique • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Call the Range

0:10 – 0:25 • 15 MIN

The Diamond Rotation

0:25 – 0:40 • 15 MIN

Split the Gates

0:40 – 0:55 • 15 MIN

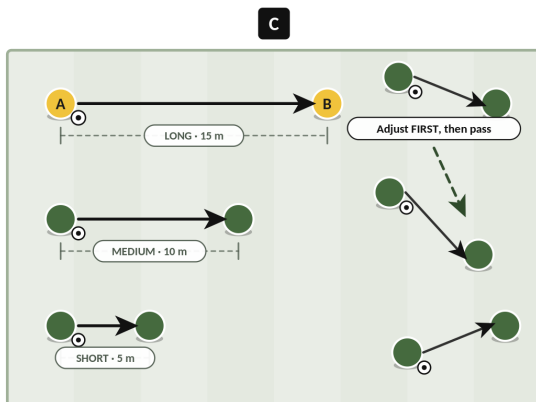
Third-to-Third Match

0:55 – 1:00 • 5 MIN

Player-led review

3.1 CALL THE RANGE

Warm-up • 10 min



SAME PASS, THREE DIFFERENT WEIGHTS • PICK THE SURFACE TO MATCH

SET UP

- 30 × 20 m grid marked with flat markers.
- One ball per pair — 7 or 8 pairs. Odd number: a group of three, with the spare player as a moving target.

RULES

- Adjust the distance first, then pass. A pass played from the wrong range doesn't count.
- Maximum three touches per possession.
- All passes along the ground except when the coach ...

COACH IT

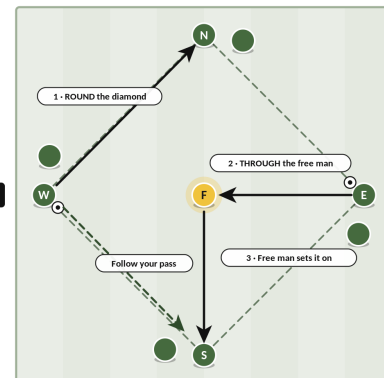
- Technical: Short: inside foot, ankle locked, follow through low and towards the target. Long: laces, non-kicking foot planted alongside the ball, head ...

SAY

- Don't correct the technique first. Ask: Did that arrive how you wanted? What would you change — ...

3.2 THE DIAMOND ROTATION — Round or Th

Technical practice • 15 min



TWO BALLS AT ONCE • LOOK BEFORE YOU RECEIVE • ROUND OR THROUGH?

SET UP

- A 24 × 24 m diamond marked with flat markers — one station at each point (North, East, South, West), plus one player in the centre.
- Three or four players at each corner station ...

RULES

- Follow your pass — always. Nobody stays at a station.
- The free man is limited to two touches, and cannot return the ball to the player who passed it.

COACH IT

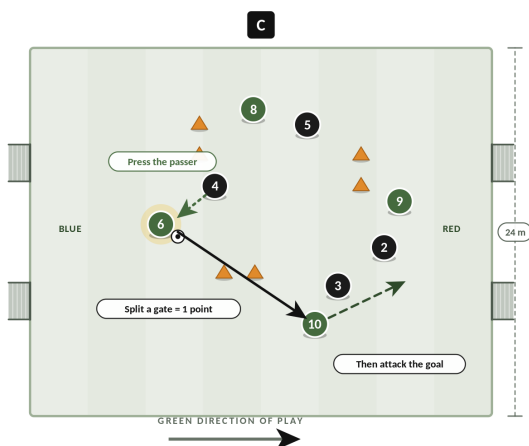
- Technical: Open the body before the ball arrives so both options are visible. First touch across the body and out of the feet — the Session 2 habit ...

SAY

- Don't fix it yourself. Ask the group: Why did that happen? What would stop it? They will invent the ...

3.3 SPLIT THE GATES (4 v 4)

Skill game • 15 min



SET UP

- Two pitches, each 30 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, plus three 2 m split gates made of cones, scattered in the ...

RULES

- Mini goal = 2 points. Pass through a gate received by a teammate = 1 point. Goal within five seconds of a gate split = 4 points.
- A gate may be split from either direction, but not ...

COACH IT

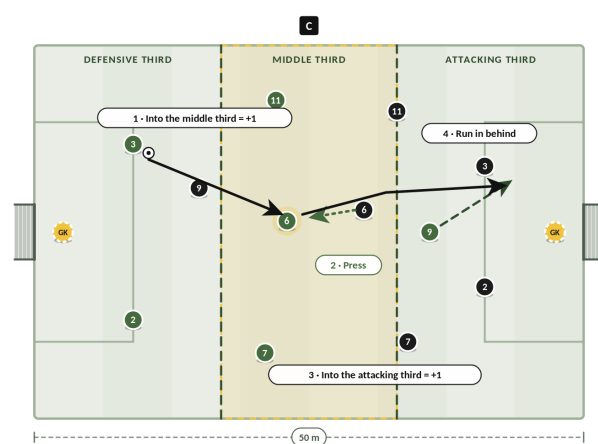
- Technical: Firm, accurate, along the ground, and usually with the inside foot. Disguise matters: look one way, pass the other. The receiving player ...

SAY

- Move a gate to a more natural passing line rather than explaining harder. Position beats instruction.

3.4 THIRD-TO-THIRD MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. Two dashed lines across the full width at 17 m and 33 m, dividing the pitch into thirds. Shade the middle third with a different marker colour if you have one.

RULES

- Goal = 3 points. Bonus = 1 point for a pass from one third into the next that a teammate controls.
- The bonus does not apply to goalkeeper distribution — otherwise every keeper simply thumps it.

COACH IT

- Technical: Weight the pass to the receiver's situation: firm and to the back foot when they are marked, softer and in front when they are running ...

SAY

- This is a movement problem, not a passing problem. One intervention to a forward: When our defender ...