



## CYA Week 2 Session 1-Passing with Purpose U16-19

**Category:** Technical: Passing & Receiving  
**Difficulty:** Advanced

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### Description

This practice emphasises the importance of making intentional passes that are aware of the people around the ball.

### Ball Mastery (15 mins)

**Organization:**

Two teams.

**Instructions:**

Red players with ball dribbling in the area.

Yellow players in pairs passing with each other.

Yellow gets a point for passing between gaps created by other players.

Red gets point for passing though gapes created by other players.  
Change dribblers and passers every 60 seconds.

**Coaching Points:**

Correct passing technique.

Anticipation of movement from supporting players - players on the run.

Angle of approach.

**Progressions/Regressions:**

**P:** Players dribbling with the ball can block the passing lanes.

**P:** Take away surfaces



### Skill Development (20 mins)

**Organization:**

3 group of 3-4 players. Each group with one ball.

**Instructions:**

First team to 30 passes win the game.

If the pass split 2 players from different colors count as 2

**Coaching Points:**

1- Use different surface on the foot (outside- inside- laces- sole)

2- Heads up to observe target

3- Movement off the ball ( be an option behind an opening )

4- Disguise pass

5- Open up your hips

**Progressions/Regressions:**

Prog: minimum distance of passes is 5 yards

Prog: red and yellow will be the attacking team, Black will be a  
defenders ( Rotate teams )



## Individual/Group Tactics (20 mins)

### Organization:

As seen above.

Scoring in corners equals 2 points, center equals 1 point.

Balls

### Instructions:

Points will be counted as the same number of passes team completed before scoring (i.e. 3 passes before scoring = 3 points).

### Coaching Points:

Quality of the passes

Communication

Disguise pass (don't be predictable)

### Progressions/Regressions:

P: Scoring with a curve, no look, backheel, or toe = 2 points.

P: "X" amount of passes before scoring wins the game.



## End Game (25 mins)

### Organization:

3 teams of 3-4.

### Instructions:

No Offside

When the ball is out, restart with pass.

### Coaching Points:

1- Quality of the passes

2- Be creative with passing the ball ( Not so predictable )

POP

