



COLORS PASSING

Emphasis:

This game focuses on passing, receiving, thinking ahead and movement off the ball.

Game Info:

This is for ages U8-U14. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Outline 3 15x20 grids. Create 3 distinct teams with different colored alternate jerseys. Each team is assigned their own grid with one ball.

Instructions:

Teams pass the ball between each other, initially, in their own grid. Do not allow the ball to go outside of the grid. Next, eliminate the grid separations and have the players still play within their own color.

With the original 3 balls, have players pass the ball to a different color than them. Lastly, have the players receive from a different color and pass to a different color than the one they received the ball from. Do not allow players to continue to play the ball within the same three players, this is too easy!

Progression:

- Limit the number of touches
- Put the grid separators back in and have players receive the ball in a different grid than the player passing the ball.
- Play only with the weaker foot
- Designate which foot surface to use

Coaching Points:

- Quality passing
- Movement off the ball
- Open the body to the play to see all the passing options
- If taking two touches, make sure there's a soft 1st touch to prepare the ball to pass with the 2nd touch
- Quick thinking to understand passing options before receiving the ball
- Good communication and eye contact before passing