



PASSING NAME GAME

Emphasis:

This game will allow the players to learn how to pass with the inside of the foot. It is designed to make the players think a step ahead of the pass.

Setup:

Form a circle with each of the players on your team. Start with one ball.

Instructions:

To play the name game, the player with the ball passes to another player in the circle. To start, the passing player must call out the name of the player they're passing to.

Subsequently, before the receiving player receives the pass, they must yell the name of the player they are going to pass to, and so on for the time you're playing the game.

Make sure that each player has at least 2 touches on the ball; one touch to receive the pass, and the other touch to make the pass.

Encourage players not to make a pass back to the player they received the pass from, and to pass to different people each time.

Progression:

- Create a grid and play the same game as above except players are free to move about the grid.
- Add a second ball and third ball, if the players can handle it

Coaching Points

- Thinking before players receive the ball to determine who they want to pass to.
- Good 1st touch to prepare the ball out of their feet for the pass
- Quality, controllable pass using the inside of the foot
- Good communication
- Eye contact before passing the ball