



WEIGHT OF PASS

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: PEI Soccer Association
Graeme McDonald, Charlottetown, Canada

Screen 1

WEIGHT OF PASS:

Set up box (size depends on ability) and one cone from where players pass from (distance depends on players ability)
Players take turns to pass their own ball and try and get their ball to stay inside the square to score goal for their team. Once everyone has went twice at up score for winning team.

PROGRESSION:

Players use weaker foot for passing or increase distance of pass.

COACHING POINTS:

1. Planted foot should be pointing to target
2. Use inside of foot
3. progress to stepping into the pass instead of standing position

