

Barnabas

Soccer Schools

- Encourage, Motivate, Inspire -

Passing Workout

Find a partner or a wall and spend 10- 15 minutes working on these passing drills.

1. Two touch passing with inside of right foot.
2. Two touch passing with inside of left foot.
3. One touch passing with inside of right foot.
4. One touch passing with inside of left foot.
5. Repeat the 4 drills above but using the laces
6. Repeat the 4 drills above using sole of the foot
7. Repeat the 4 drills above using the outside of the foot.
8. As you receive the ball from partner or wall, take a touch with the inside of one foot and pass with the inside of the other foot.
9. As you receive the ball from partner or wall, take it with the sole of your foot, drag it across your body and pass with the inside of the other foot.
10. As you receive the ball from partner or wall, take it with the outside of the right foot and pass with the inside of the right foot.
11. As you receive the ball from partner or wall, take it with the outside of the left foot and pass with the inside of the left foot.
12. As you receive the ball from partner or wall, perform a move to beat, then pass it.