Activity Title: Break the Line w/Passing
U15-U19

Activity Name: The Cross - Passing (warm-up)

Activity Setup: Make a diamond 15x15yds w/cone at center. no more than 8 players no less than 5 per diamond, maximum two players per cone. cone with at least 2 players starts with the ball.

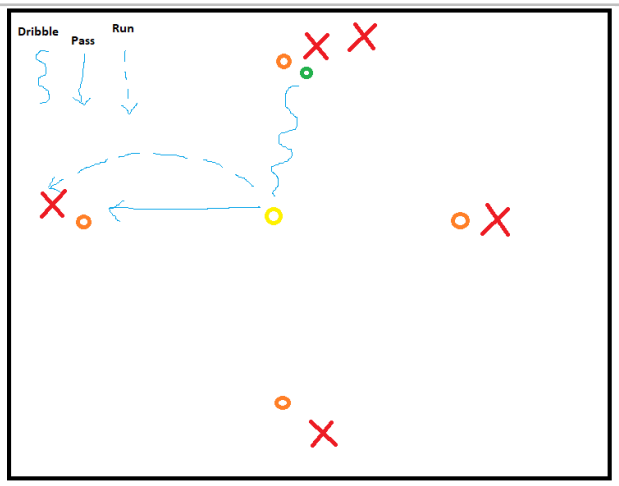
Activity Description: Player w/ball will dribble to the middle cone, make a "move" and pass to an outside cone using the inside of the foot only. Receiving player makes active touch, dribbles to the center cone passes. Who they pass to is players choice. Player follows pass.

Emphasis:

Passing to the play
Stay engaged in the play

Cue Words:

What's Next
Stay engaged



Activity Name: The Cross - Coming to the pass (warm-up)

Activity Setup: Make a diamond 15x15yds w/cone at center. no more than 6 players no less than 5 per diamond, maximum two players at outside cones. One player starts at the inside cone. one ball starting on an outside cone.

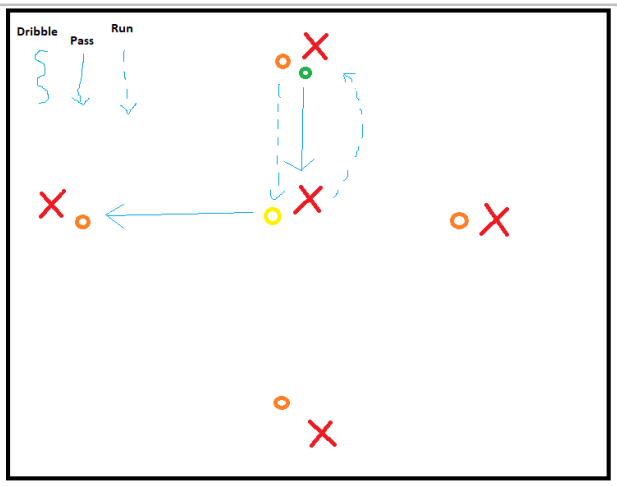
Activity Description: Player w/ball passes to center player, follows pass to center. Center player receives and passes to another outside player, center player runs to cone they received the pass from.

Emphasis:

Passing to the play
Stay engaged in the play

Cue Words:

What's Next
Stay engaged



Activity Title:

Activity Name: Breaking Lines w/passing (Implied Pressure)

Activity Setup: Make a diamond 15x15yds w/two cones at center. no more than 8 players no less than 4 per diamond, maximum two players per cone. Two cones opp. the center cones have balls. Two gates behind and to the sides of the cones with balls.

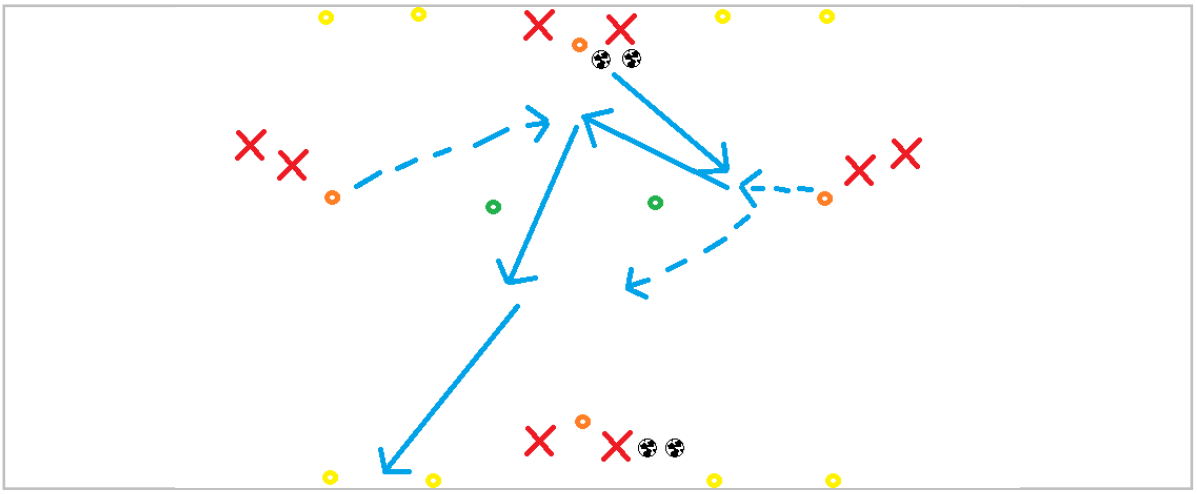
Activity Description: Players will create passing opportunities starting at the lead cone to break through the center cones. Two-Three touch maximum. Lead player and two outside players can move off the ball to find angles to receive and then pass. Attack a gate once through.

Emphasis:

Passing to the play
Stay engaged in the play

Cue Words:

What's Next
Stay engaged



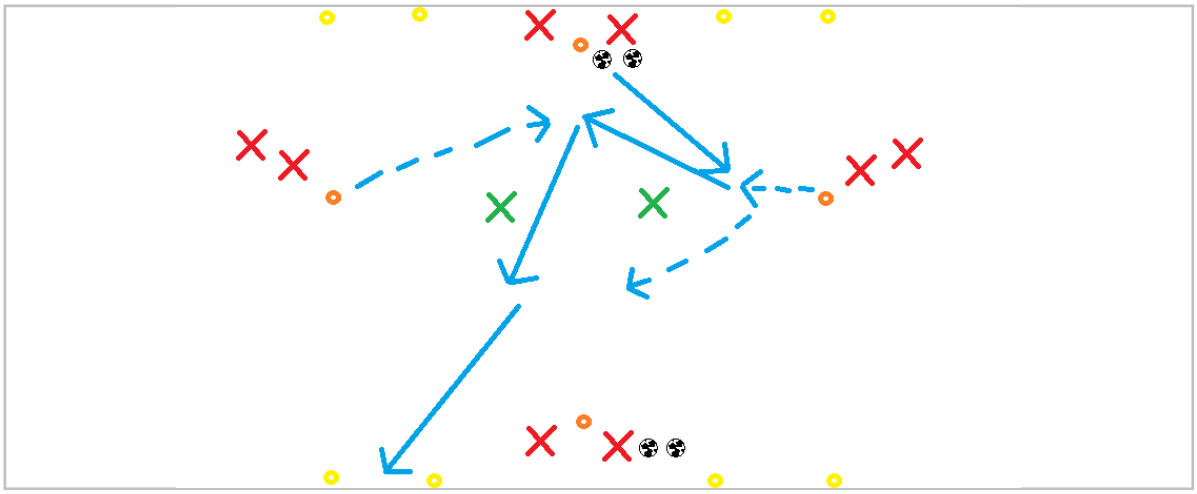
Activity Name: Breaking Lines w/passing (Active Pressure)

Activity Setup: Make a diamond 15x15yds no more than 10 players no less than 6 per diamond, maximum two players per cone. Two defenders in the middle. Two cones opp. the center cones have balls. Two gates behind and to the sides of the cones with balls.

Activity Description: Players will create passing opportunities starting at the lead cone to break through the Defenders. Two-Three touch maximum. Lead player and two outside players can move off the ball to find angles to receive and then pass. Attack a gate once through.

Emphasis:

Passing to the play
Stay engaged in the play

Cue Words:

What's Next
Stay engaged