	Skill Level	Date	Age Groups
	Intermediate	**Title:** Y Passing - I	U10 U12 U13+

Skill Focus:
Passing Playing to Open Space Team Play

Session Description:
The Y passing pattern helps players learn to attack in the wide spaces on the field.

Activity 1 and 2 are progressions of the same pattern with added complexity.

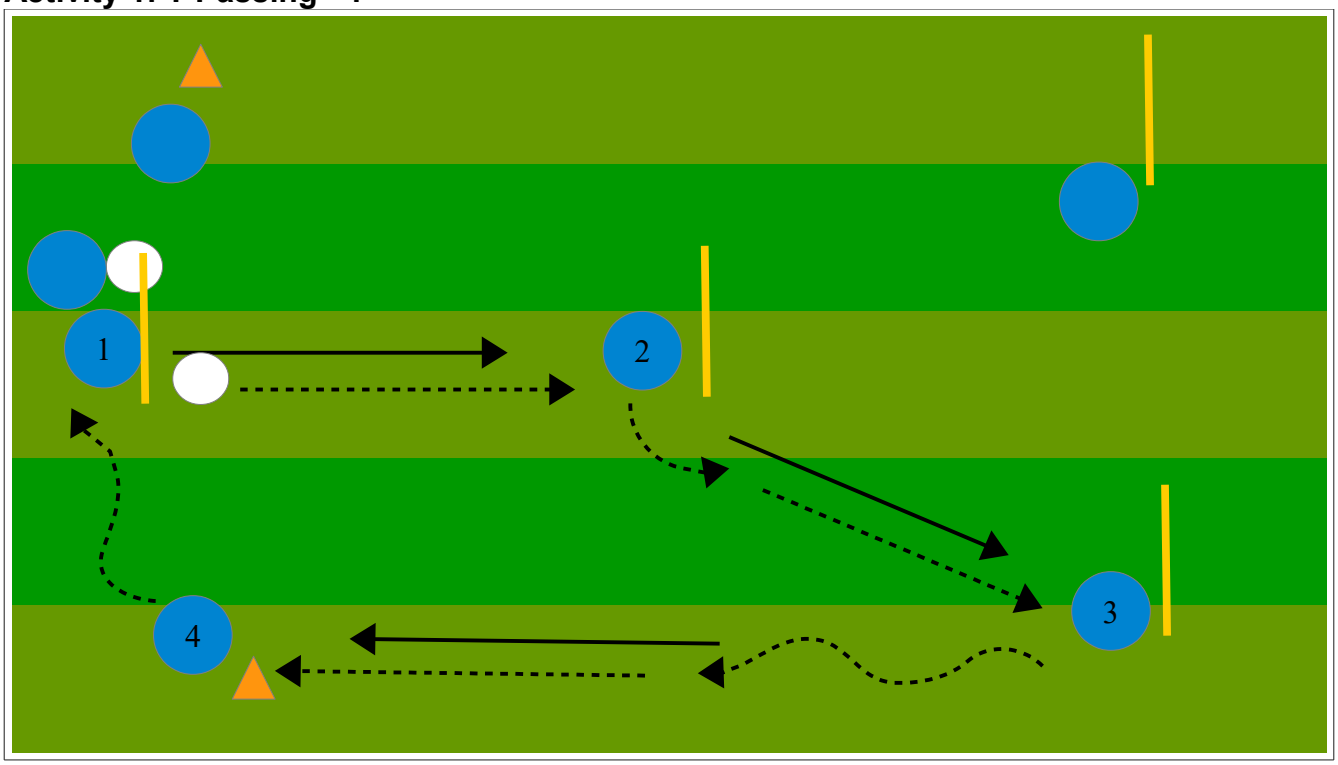
Activity 3 is using the passing pattern to play out wide and attack the goal with a cross.

Warm up:
Basic Rondo

Scrimmage:
If you scrimmage you can restrict the movement of some of the players and make them stay in a wide area.

Notes:
There are many variations of this activity if you do a search for “Soccer Y Passing”, you will find lots of ideas.

Activity 1: Y Passing - 1



Setup: Set up agility poles or cones in a “Y” shape, each 10 – 15 yd apart.
Set up cones to either side of the starting spot.

Time: 10-15 minutes

Equipment: Agility poles, cones

Description:
Put a player on each pole, with 2 at the staring pole. Put a player at each cone.

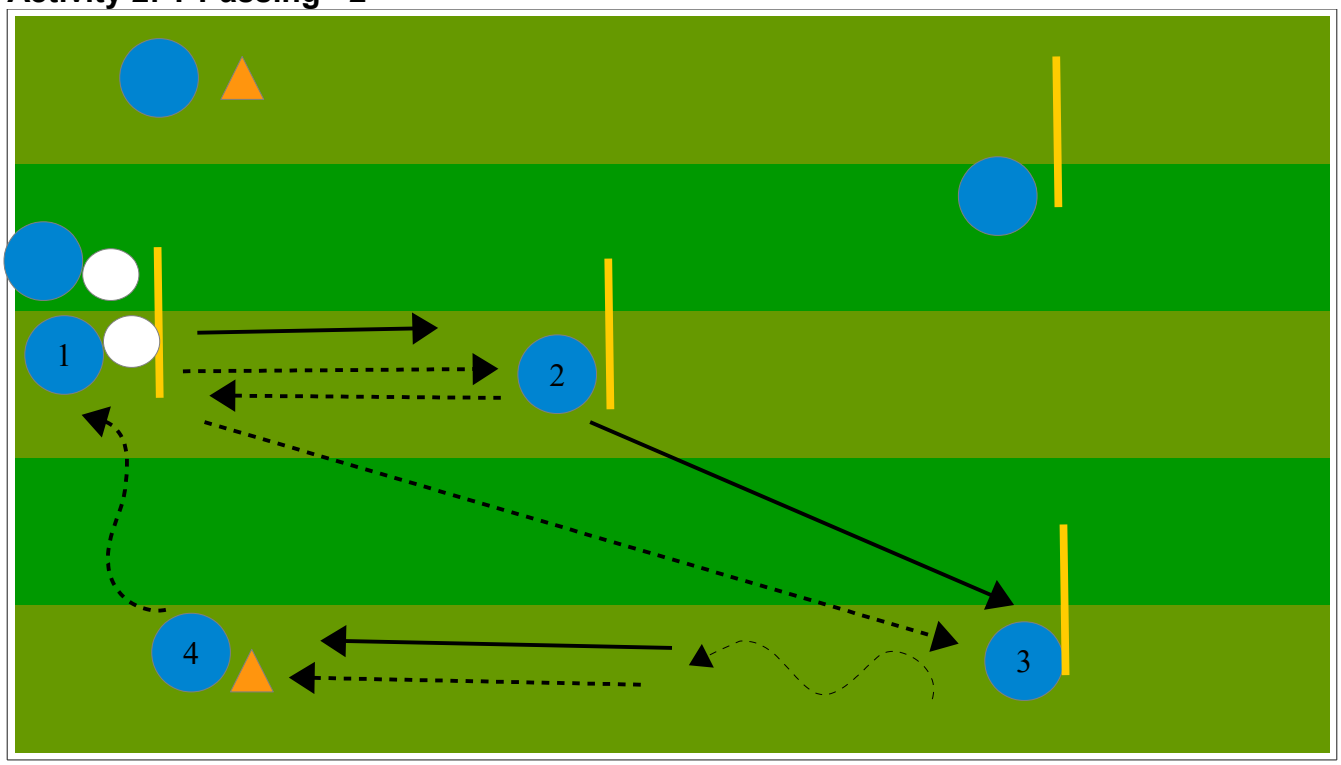
Player 1 passes to player 2, player 1 follows their pass.
Player 2 takes a turn to their left and passes to player 3, player 2 follows their pass.
Player 3 dribbles and passes to player 4, player 3 follows their pass
Player 4 goes to the start

The next round goes in the opposite direction.

Coaching Points:

- Strong passes
- Check over your shoulder before you receive the pass
- Protect the ball on the turn with your body
- Get your head up to find your target

Activity 2: Y Passing - 2



Setup: Set up agility poles or cones in a “Y” shape, each 10 – 15 yd apart.
Set up cones to either side of the staring spot.

Time: 10-15 minutes
Equipment: Agility poles, cones
Description:
Put a player on each pole, with 2 at the staring pole. Put a player at each cone.

Player 1 passes to Player 2,
Player 2 plays a 1 touch pass back to player 1,
Player 1 make a long pass to player 3,
Player 3 dribbles and passes to player 4,
Player 4 goes to the start
Player 1 goes to player 2's spot, player 2 goes to player 3's spot, player 3 goes to player 4s spot

The next round goes in the opposite direction.

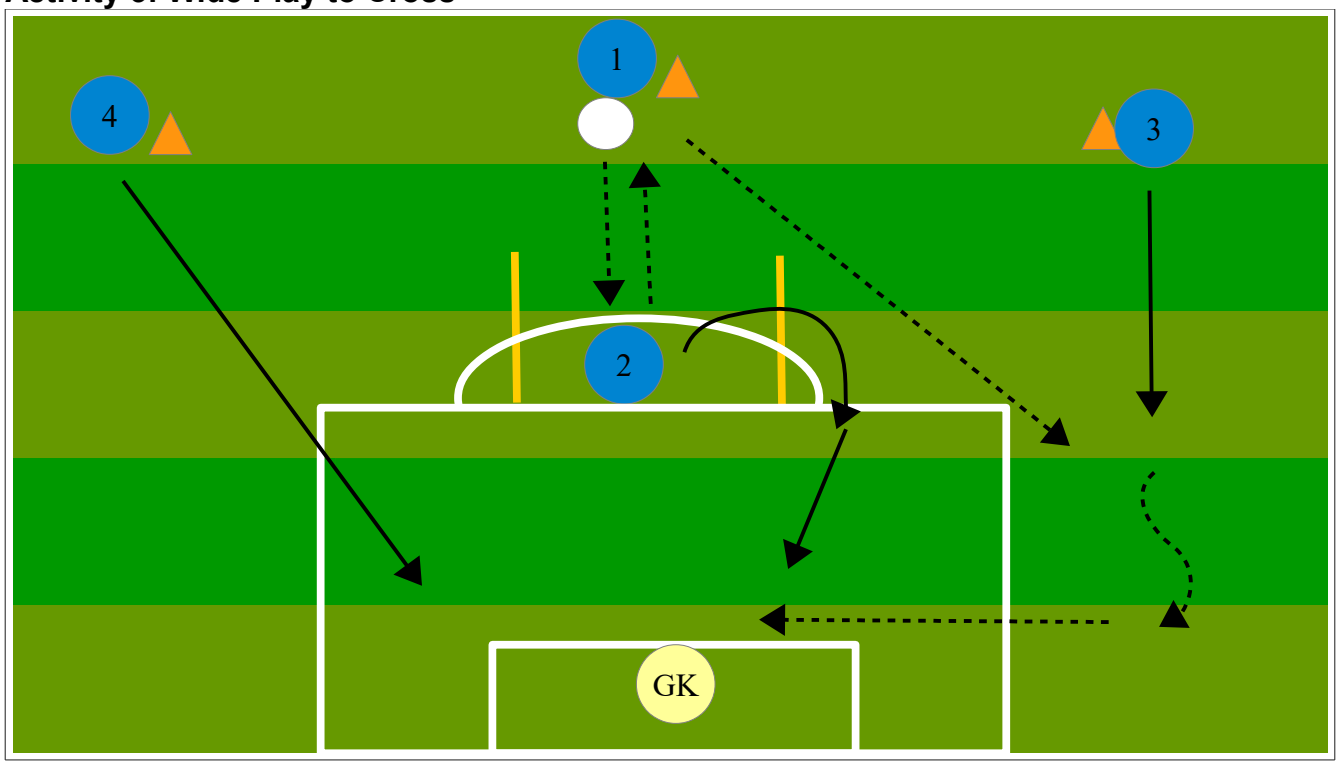
Coaching Points:

- Strong passes
- Protect the ball on the turn with your body
- Get your head up to find your target

Progressions:

- Player 2 goes around their “defender” always facing the ball
- Add a give and go between players 2 and 3
- Add a passive defender to player 2

Activity 3: Wide Play to Cross



Setup: This activity should be played in a Goal area.
Put 2 agility poles or cones on the edge of the penalty box 3 – 4 yd apart
Put a starting cone in the middle with 2 wide cones to either side

Time: 10-15 minutes
Equipment: Agility poles and cones

Description:
Player 1 passes to player 2
Player 2 passes to player 1
Player 1 has to make a decision, to play a pass out wide to the right or left
If player 1 plays it out wide to player 3, player 3 runs out wide takes a touch to bring the ball under control and puts in a cross.

When the ball is played out wide, player 2 makes a looping run around the defender to the same side the ball is played to and runs toward the front post.

The player on the the opposite side makes a run to the back post

Switch players around and make sure that the ball gets played to both sides.
Coaching Points:

- Strong passes

Progressions:

1. Add 2 defenders who come from either side of the goal posts and defend as soon as the ball is played out wide.