



# *WYSA Training Plans for Travel Coaches*

## Passing Patterns



John Bavota  
Director of Coaching

[Directorofcoaching@wilmingtonyouthsoccer.org](mailto:Directorofcoaching@wilmingtonyouthsoccer.org)



*“The Secret Is In The Details”...*

*“What I mean by details is as follows; **firmness of the pass, proper timing and movement of the receiving player, proper body position of the player receiving the ball, proper technique of the passer and receiver, eye contact with receiver before passing the ball, using correct passing and receiving surface, establishing a rhythm of play with teammates, executing the drill at a challenging level and always remaining focused.**”*

*DiBernardo, Marcus. Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus (Kindle Locations 53-54). . Kindle Edition.*

## Passing Patterns



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2018

### Passing Patterns

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star

*\*\*Passing patterns are designed patterns that players execute in a pre-set order. The most important thing to remember when training passing patterns is that the secret is in the details.*

#### **Focus:**

- *Correct technique and strength of the pass.*
- *Proper timing and movement of the player.*
- *Body position of the player receiving the ball.*
- *Technique of the passer and receiver.*
- *Eye contact with receiver before passing the ball.*
- *Using correct passing and receiving surface.*
- *Establishing a rhythm of play with teammates.*

## Pattern #1 - Line

Five or Six Players

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



### Progression 1: Dribble

- Players dribble to each cone and lay off to next player. Player follows pass.
- Change rotation when necessary.



### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Player follows pass.
- Change rotation when necessary.



### Progression 3: Wall Pass

- Players connect a wall pass with next player. Player follows pass.
- Change rotation when necessary.

## Pattern #2 - Triangle

Five or Six Players

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



### Progression 1: Dribble

- Players dribble to each cone and lay off to next player. Player follows pass.
- Change rotation when necessary.



### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Player follows pass.
- Change rotation when necessary.



### Progression 3: Wall Pass

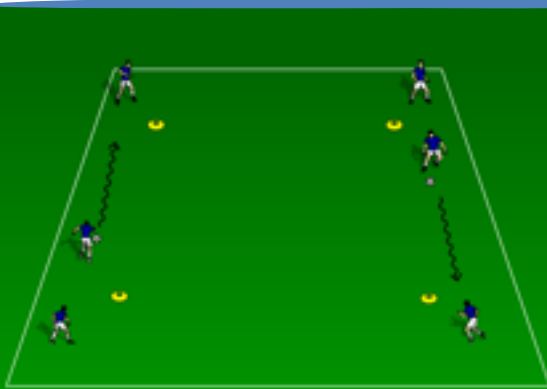
- Players connect a wall pass with next player. Player follows pass.
- Change rotation when necessary.

## Pattern #3 - Box

Five or Six Players

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



© Copyright www.academyssoccercoach.co.uk 2018

### Progression 1: Dribble

- Ball starts on two corners.
- Players dribble to each cone and lay off to next player. Player follows pass.
- Change rotation when necessary.



© Copyright www.academyssoccercoach.co.uk 2018

### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Place cone for passing zone. Player follows pass.
- Change rotation when necessary.



© Copyright www.academyssoccercoach.co.uk 2018

### Progression 3: Wall Pass

- Players connect a wall pass with next player. Player follows pass.
- Change rotation when necessary.

## Pattern #4 - Diamond

Five or Six Players

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



### Progression 1: Dribble

- Balls start on two sides.
- Players dribble to each cone and lay off to next player. Player follows pass.
- Change rotation when necessary.



### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Player follows pass.
- Change rotation when necessary.



### Progression 3: Wall Pass

- Players connect a wall pass with next player. Player follows pass.
- Change rotation when necessary.



Six or Eight Players.

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



### Progression 1: Dribble

- Players dribble to each cone and lay off to next player. Player follows pass.
- Middle player alternates receiving and turning.
- Outside players dribbles to start.
- Change rotation when necessary.



### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Player follows pass.
- Outside player dribbles to start.
- Change rotation when necessary.



### Progression 3: Wall Pass

- Players connect a wall pass with next player. Player follows pass.
- Middle player becomes support for outside player.
- Outside player dribbles to start.
- Change rotation when necessary.



## Pattern #6 - Star

Six or eight Players

Duration 1:30-2:00 minutes each round w/ 1:00 Rest.

Place Cones 5-15 yards apart.



### Progression 1: Dribble

- Balls start on cone 1. Continue pattern 1,2,3,4,5, Restart.
- Players dribble to each cone and lay off to next player. Player follows pass.
- Change rotation when necessary.



### Progression 2: Two-Touch Passing

- Players work passing and receiving with next player. Player follows pass.
- Change rotation when necessary.



### Progression 3: Wall Pass

- Players connect a wall pass with next player. Player follows pass.
- Change rotation when necessary.