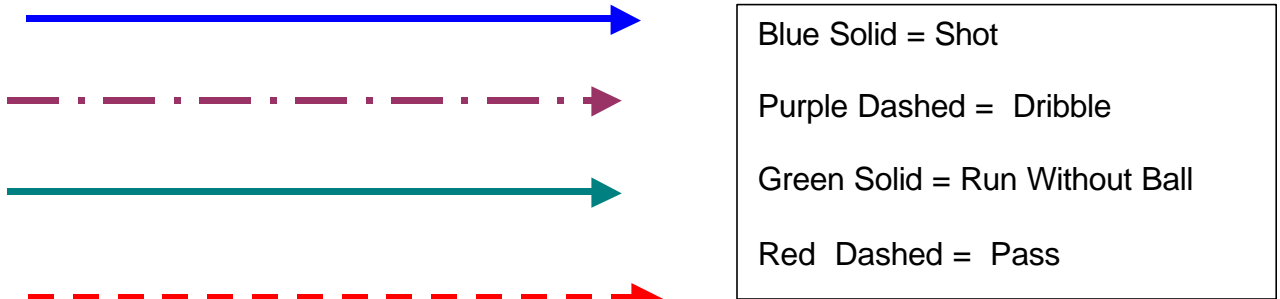


Passing Patterns

Basic Pass/ Receive Pattern U10: Pass and Move

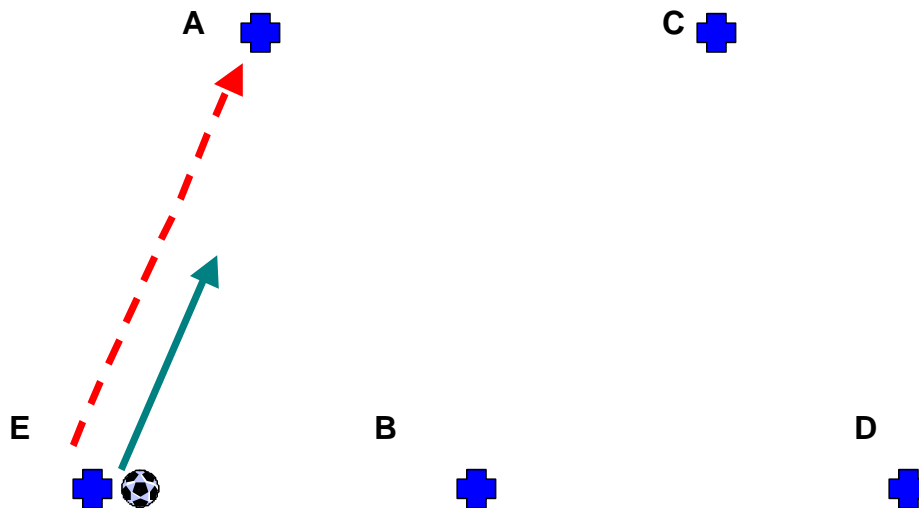
The following convention is made.



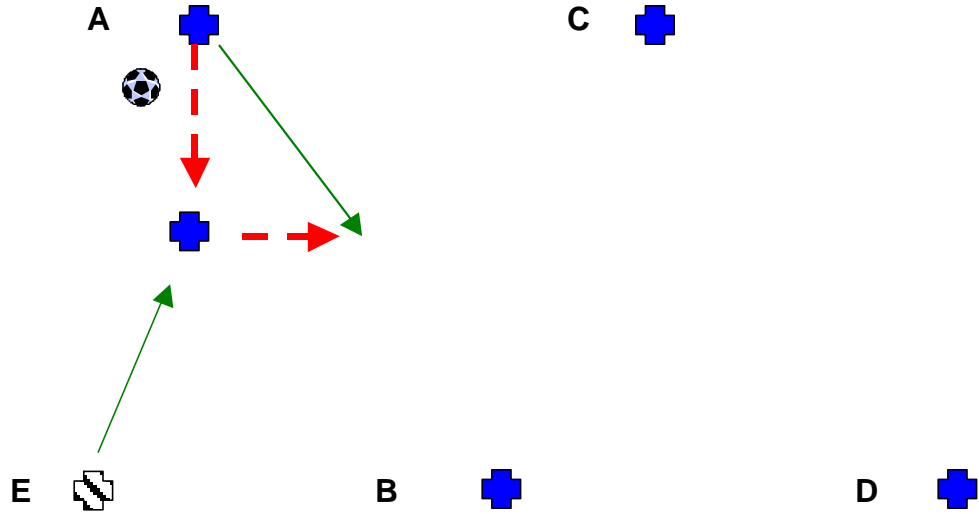
This is a no-pressure passing pattern that incorporates checking back, laying off in a one-two and movement

Set Up

Set up players as shown with a distance of about 20 yds between each

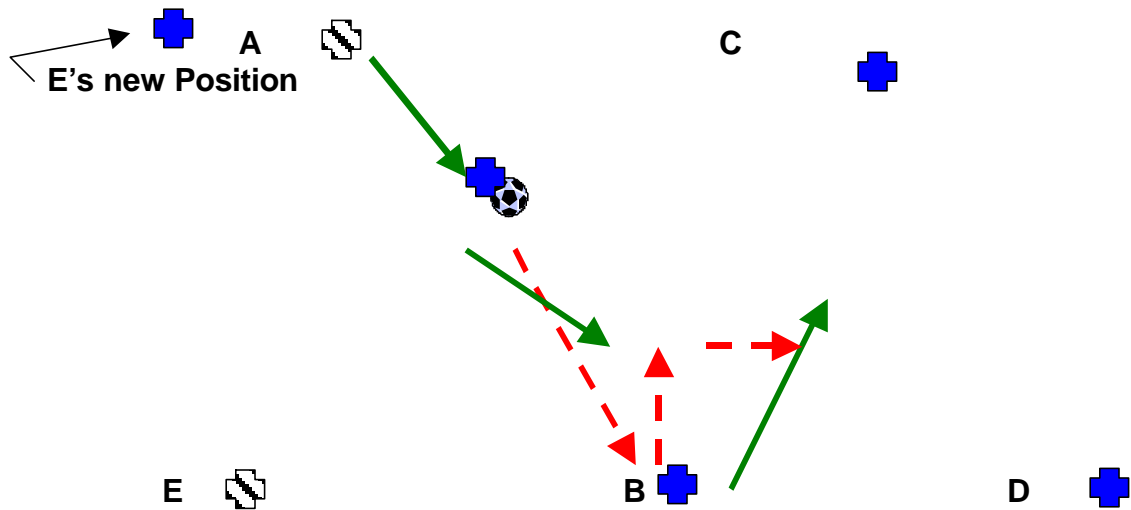


Ball starts at E. Player E makes a pass to player A. Player E then check diagonally to Player A



Player A receives and hits Player E checking. Player A then immediately runs towards Player B. Player E lays a 1-2 off to A.

A then re-starts the sequence by passing to B, checking to B, receiving a one touch back from B as shown below.



B then re-starts the sequence again, hitting C, checking to C, receiving a one touch from C and then laying the ball back off.

The last player ends up with the ball and no one to pass to so he or she dribbles around the outside past position A and back to the start at position E where they can restart the sequence.

Now it probably is a good idea to have two players or more at position E with balls. That will minimize the standing around and always have a ball at the start of the line.