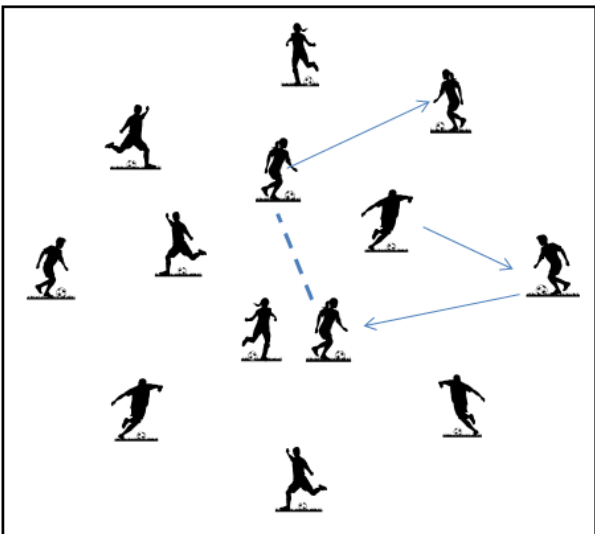




# Inside Outside Passing

## Training Plan

<b>Title:</b>	Inside Outside Passing
<b>Objectives:</b>	1. Improve control and pass
<b>Age range:</b>	U6 – U10
<b>No. of Players:</b>	Min 8 Max 20
<b>Time:</b>	10 – 15mins
<b>Organisation:</b>	<p>Half as many balls as players i.e. 10players / 5 balls</p> <p>Arrange half players in a circle of 10 – 20m in diameter.</p> <p>Larger areas require more hard work, smaller areas require more skill.</p> <p>Half the players are equally spaced around the edge of the circle with a ball. The other half work inside the circle.</p> <p>On your command, the players in the circle run to a player on the outside, receive a pass and pass back.</p> <p>Players then run quickly to another player on the outside and repeat.</p> <p>Play for a minute and then swap roles. Give each team two or three turns as an inside and outside player.</p>
<b>Drill:</b>	
<b>Coaching Points:</b>	<p>Pass with inside of foot for accuracy.</p> <p>First touch to control.</p> <p>Communicate – inside players ask for the pass.</p> <p>Awareness – outside players wait for the call.</p>
<b>Progression:</b>	<p>One touch pass for inside players.</p> <p>For older more capable players - Outside players pick ball up and pass to inside players to control with body (chest / head / thigh etc) before returning to thrower.</p>