







## THE CSYS ONLINE COACHING CLINIC

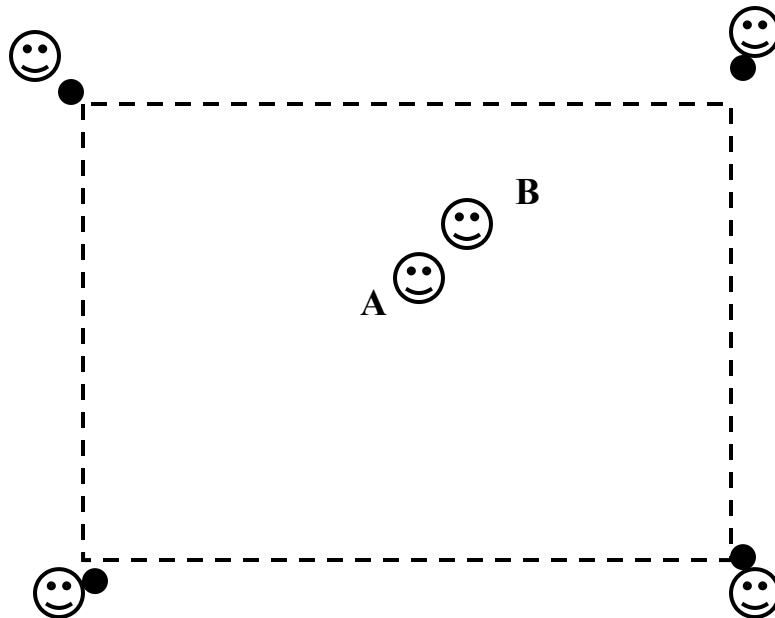
**Drill:** 6  
**Theme:** Passing  
**Focus:** Passing and Receiving with Pressure  
**Age Category:** U12 and older

### Passing and Receiving with Pressure

**LEGEND:**

-  = Cones
-  = Dribble with ball
-  = Passing ball
-  = Running without ball
-  = Ball
-  = players

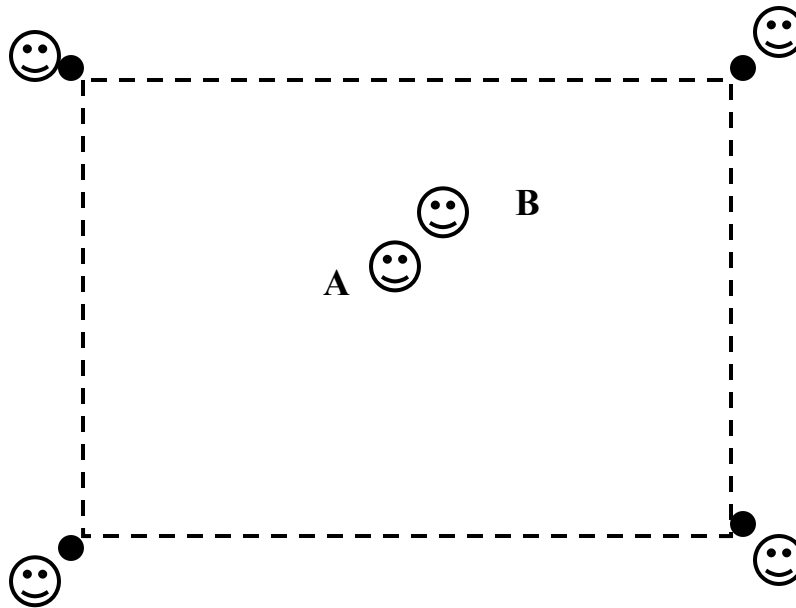
### Drill 1 – Warm up



## CSYS COACHING TIPS

- 1) Start your drill with four (4) players (servers) with balls at the corners of a 10 yd. x 10 yd grid. Set up two or three grids depending on the number of players at your practice.
- 2) Two (2) players are in the center of the grid, players A & B.
- 3) Player A attempts to receive as many passes as possible from the servers. Player A earns 1 point for receiving a pass from the server and returning it to the server.
- 4) Player B attempts to steal the ball and not allow passes to Player A. If Player B steals the ball he returns it to the receiver and Player A continues trying to complete passes.
- 5) After about 1 minute switch roles, Player B receives passes and Player A defends.
- 6) After another minute switch Players A & B with two of the servers.
- 7) After every player has had a turn move to the next progression.

### Drill 2 – Progression 1



- 1) Same set-up as the warm-up drill.
- 2) Now, if Player B steals the ball, he becomes the receiver and Player A becomes the defender.

## Drill 3 – Progression 2

- 1) Same set up as previous drills, but increase the size of the grid to 15 yd. x 15 yd.
- 2) Add four servers without balls. Now four servers have a ball and four don't.
- 3) Player A must receive a pass from a server and return it to a server without a ball.
- 4) Same rule as Drill 2, if Player B steals the ball he becomes the receiver.
- 5) Another option is to make it team play, by giving colored pinnies to the two teams and Player A must receive and return to a teammate.

