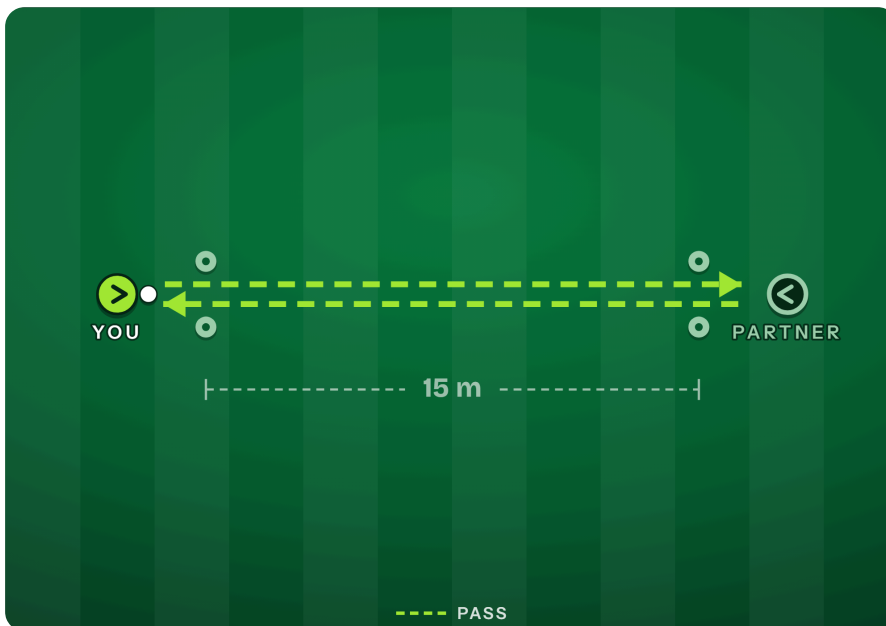




The driven pass: low and firm

TECHNICAL & TACTICAL · PASSING · 2 PLAYERS (YOU AND A PARTNER) · AGE 12+



Set up

A partner and a ball

4 cones

Two 2 m gates

15 m between gates

Dose

4 x 10 passes, 1 min rest

Switch feet every set

4 x 10, a different foot each set: a Football Reach target, not an FA rule. Your 20 weaker-foot passes count toward the plan's 200.

What it trains

Strike a firm pass along the ground over 15–20 m. England Football describes the driven pass as striking through the middle of the ball with your laces or instep: a fast pass that can thread through small gaps over longer distances.

How it works

- 1 Warm up first. On flat grass, set two 2 m gates (2 cones each) 15 m apart. Use a size 4 ball at U12–U13 and a size 5 from U14.
- 2 Stand just behind one gate each, with the ball at your feet.
- 3 Strike the ball firmly along the ground with your laces, through your partner's gate.
- 4 Your partner stops it and drives it back through your gate. Stop it and go again.
- 5 Do 4 sets of 10 passes, a different foot each set, with 1 minute of rest between sets.

Coaching points

- 1 **Stay on the grass**
Keep the ball on the grass from your foot to your partner's gate. If it bounces or lifts, keep your body over the ball and strike a little softer.
- 2 **Hit through the middle**
Plant your standing foot beside the ball, pointing at the gate, then strike through the middle of the ball with your laces.

× **Not this:** Leaning back or striking under the ball. The pass lifts and bounces instead of running along the grass.

HARDER

Move the gates to 20 m apart once 8 of 10 passes go through. Then shrink your partner's gate to 1 m, or play every pass first time.

EASIER

Set the gates 10 m apart and strike a little softer until the ball stays on the grass.

Safety

- Flat, dry grass with clear space behind both gates, never a road or a driveway.
- Check nobody is walking behind the gates before you strike.
- Passes along the ground only, nothing lifted into the air.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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MY NOTES