



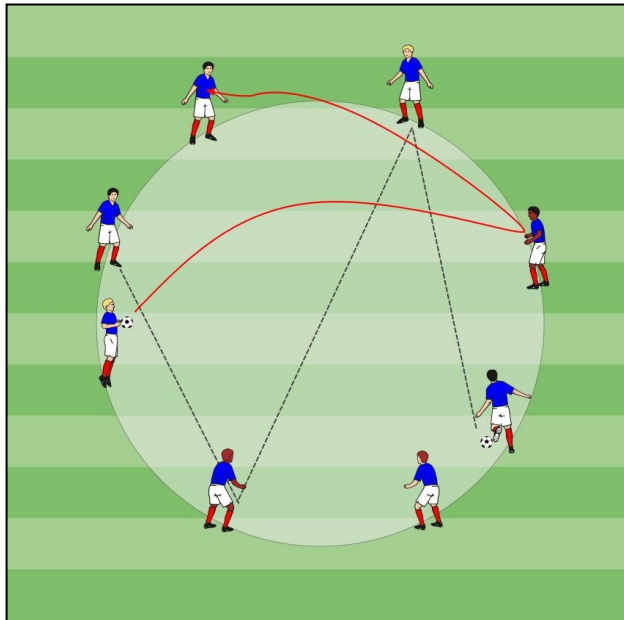
Kentucky Youth Soccer Association

Lesson Plans – Cognitive Passing Activities



Cognitive passing activities are used to help improve a player's problem solving skills while performing multiple tasks or complex passing activities. The passing patterns will improve the individual player's soccer IQ and also see an improvement in teams technical passing skills while to establish a better rhythm in maintaining possession.

Passing Activities



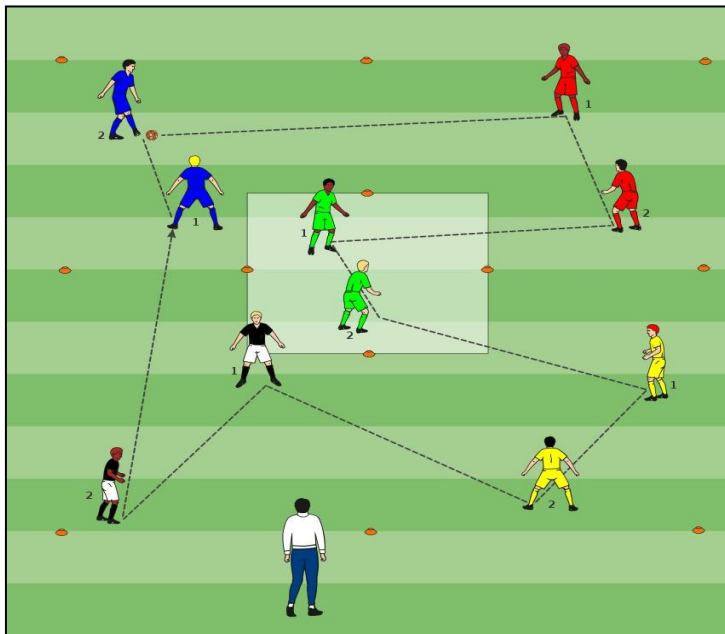
- * Form a circle with anything from 8 to 14 players
- * Players pass one soccer ball around on the ground, playing each pass one touch
- * Another ball is thrown around in the area, players must throw and catch the ball using both hands
- * There is no passing pattern, but encourage players not to pass or throw directly to the person that is next to them

Coaching Points

- * Balls need to be moved around quickly
- * Players need to have eyes up and scanning the area
- * Be ready to receive the ball

Progression

- * Add extra balls for example, 2 throwing, 1 passing or 2 passing, 1 throwing
- * Add a player in the middle to cut out the passes on the ground



- * Create five squares with two players in each square
- * Each square is allocated a different colored vest
- * The partners in the square number themselves 1 and 2.
- * Coach provides a color sequence and the players have to pass the ball around in that sequence, with player one always receiving the pass in and player 2 always passing the ball out.

Coaching Points

- * Passes are played one touch
- * Body needs to be ready to receive and make the pass

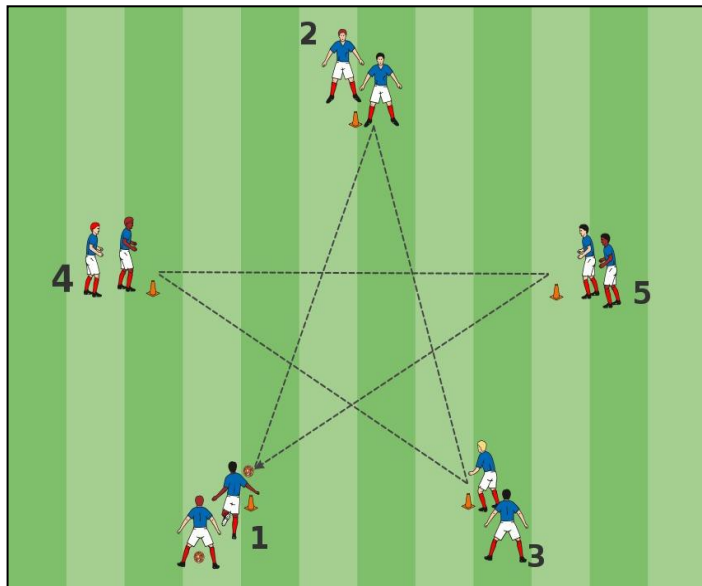
Progression

- * Have multiple balls being passed around
- * Coach can change up the color sequence during the passing pattern.



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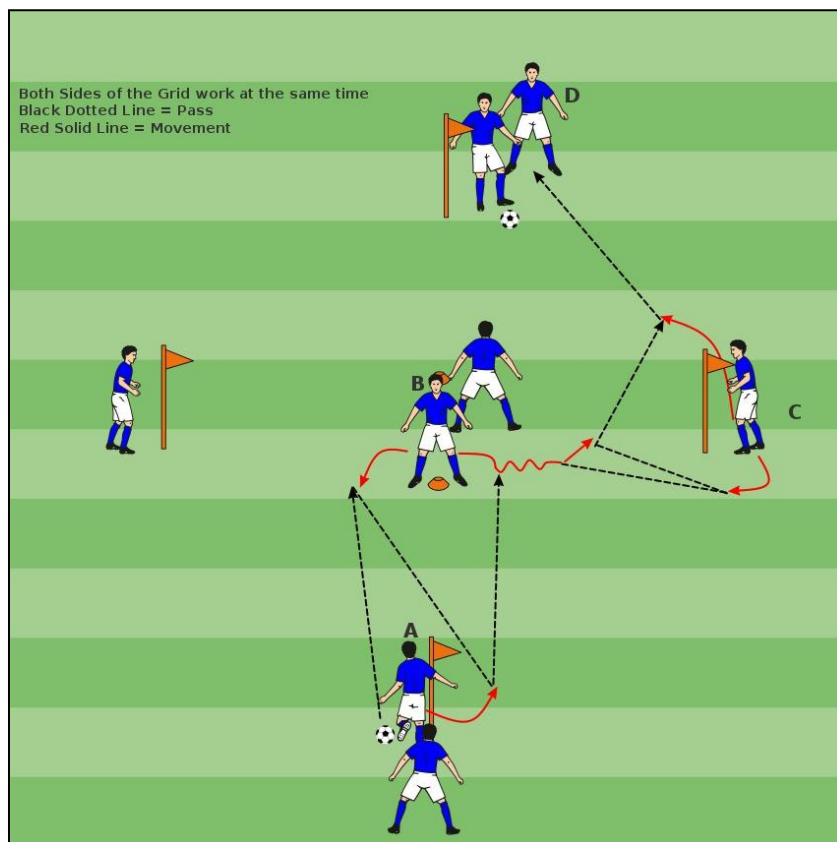
- * Create a star with each pass taking place over 12-15 yards.
- * Three players on each cone.
- * Players follow their pass, passing in the sequence as shown in the diagram, 1 to 2, 2 to 3, 3 to 4 and so on.
- * At least two balls should be being passed around at the same time.

Coaching Points

- * Touch the ball with the inside of the foot, pass with the inside of the foot
- * Eyes up to avoid hitting the runner with the pass, timing of the pass
- * Receive the ball in front of the cone
- * If a bad pass occurs, the player that made the error must retrieve the ball.

Progression

- * Add a third ball



- * Create a diamond with two cones in the middle. The flags/poles are about 10-12 yards from the middle
- * Player A passes to Player B who bounces off the cone
- * Player B passes back to Player A who bounces off the pole and passes back to Player B
- * Player B takes a touch, opens up their hips and plays to player C. Who has bounced off the pole
- * Player C plays back to player B. Then bounces off the other side of the pole to receive the ball back from B
- * Player C passes to D, continue pattern
- * Players follow their pass to the next flag/cone

Coaching Points

- * Prepare body to play one touch
- * Quick step to move/bounce off the pole/cone/flag
- * Weight of pass

Progression

- * Add a gate for the long pass on the outside to be played through
- * Remove all cones

For more Cognitive Passing Patterns, check out Marcus DiBernado's website, [click here](#)