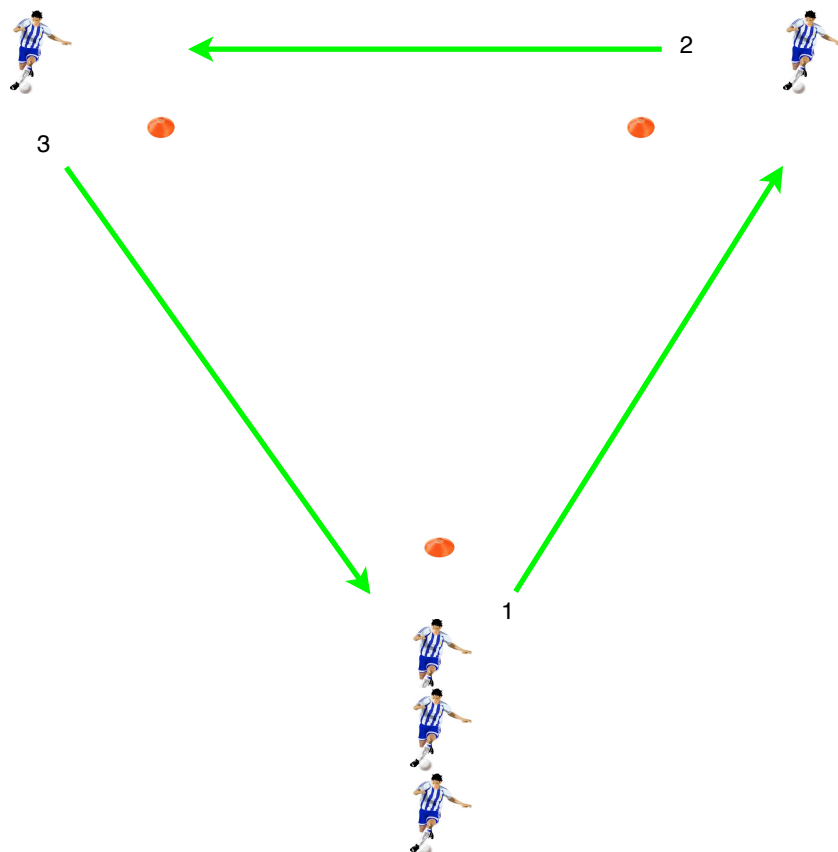




TAOS SOCCER ACADEMY FUNCTIONAL SKILLS TRAINING



Technical Skills Director: Michael Hensley



Passing Pattern 1

Two Touch Turning in a Triangle:

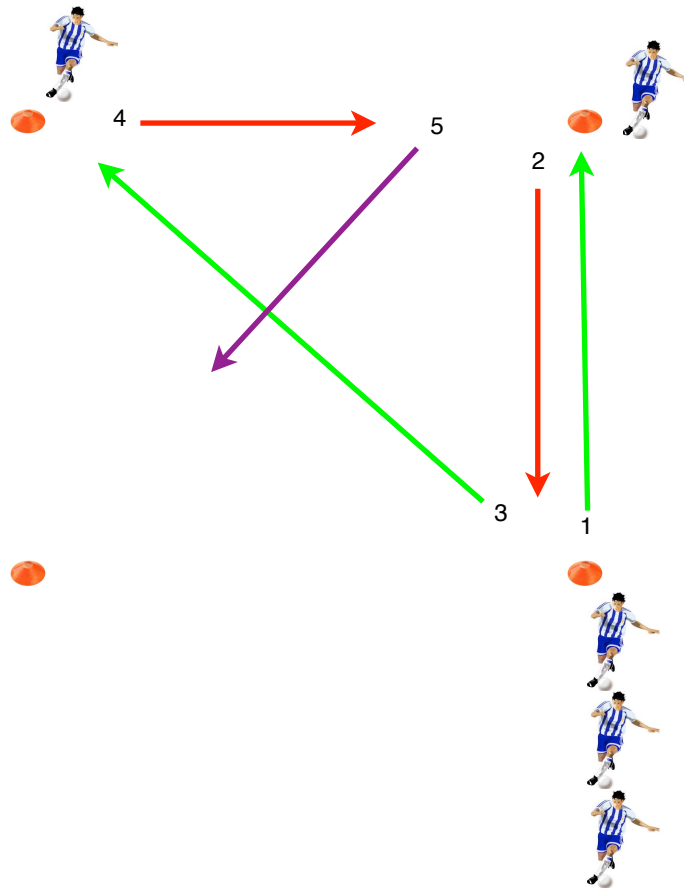
(Each player moves up a cone - Repeat - Three Cones, One Ball, 4-5 Players per group)

- Inside Right Control, Pass with Inside Right
- Inside Left Control, Pass with Inside Left
- Outside Right Control, Pass with Inside Right
- Outside Left Control, Pass with Inside Left
- Inside Left Behind Standing Leg, Pass with Right
- Inside Right Behind Standing Leg, Pass with Left

Advanced: Two groups on the same grid going in opposite directions



TAOS SOCCER ACADEMY
U14 FUNCTIONAL SKILLS TRAINING
TECHNICAL SKILLS DIRECTOR
Michael Hensley



Passing Pattern 2

Long, Drop, Diagonal, Drop, Split
(Each player moves up a cone - Repeat - Four Cones, One Ball, 4-6 Players per group)

Advanced: Two groups on the same grid going in opposite directions