



Cincinnati United/CUP - Bobby Puppione @bobbypup -

bobbypuppione@yahoo.com

Passing Pattern adapted from watching University of Virginia Women's Soccer Warm-up. (@UVaWSoccer)

Notes: I received permission to write it up - thanks coach Steve Swanson. I didn't get to see the entire warm-up so it may be missing some of the variations. The University of Virginia Women's team is fun to watch. Pattern looks confusing but it has many variations and is easy to pick up. Ask if questions.

#### Description:

- 6 players, 4 cones, 1 ball, gates are 25-30 yards apart (distance can vary)
- A plays (#1 white dash line) to B. B plays the ball (#2) back to A who is joining the play. A plays (#3) to C while B overlaps (#4 red line) C. C lays off (#5) to B. B plays (#6) to D who created space to receive pass in middle. Sequence now repeats with other side. D plays (#7) to E. E plays (#8) to D who is joining the play. D plays (#9) to F while E overlaps (#10 red line) F. F lays off (#11) to E. E plays in to the middle to B who starts the sequence on the opposite side.
- Rotation: A goes to where C was in gate. C goes to where B was. B goes to middle. D goes to where F was in gate. F goes to where E was. E goes to middle.
- Be sure to work both sides of gate.

#### Progression:

- Part 1 (right side of picture): Starts the same but adds a middle combination. A plays (#1 white dash line) to B. B plays the ball (#2) back to A who is joining the play. A plays (#3) to C while B overlaps (#4 red line) C. C lays off (#5) to B. B plays (#6) to D who created space to receive pass in middle. D lays (#8) to B who joined in middle (orange line #7). B plays (#9) ball to E for sequence to repeat again at other gate. All players rotate the same as before.
- Part 2: vary the distance
- Part 3: Make passes #1, #6, and #7 be flighted/driven balls
- Part 4: add a passive defender in middle to combine around

#### Coaching Points:

- quality of passing/receiving -- weight of pass, correct foot, lay offs
- timing of runs
- performing at game speed
- distance and angles of support
- creating space to receive pass in middle and ends
- communication