



Creativity and Passing

Duration: 60 min | **Focus:** Training for creativity and passing skills | **Level:** Medium

Key Focus Area

Improve passing and through balls

Training Plan

Vision Passing Drill

Duration: approx. 10–15 min

Scan before receiving, then play quick accurate passes into marked zones.

Third Man Runs

Duration: approx. 10–15 min

Simulate wall passes and off-the-ball movement. Train anticipation and timing.

Weighted Pass Practice

Duration: approx. 10–15 min

Deliver different pass types (ground, lob, driven) to targets. Focus on accuracy and weight.

Split Line Passing

Duration: approx. 10–15 min

Try to break imaginary lines (cones) with direct passes. Encourages vertical creativity.

Free Play Setup

Duration: approx. 10–15 min

Set up open game with constraint: only one-touch or through passes allowed.

