

Passing & Receiving #3

Drill Introduction

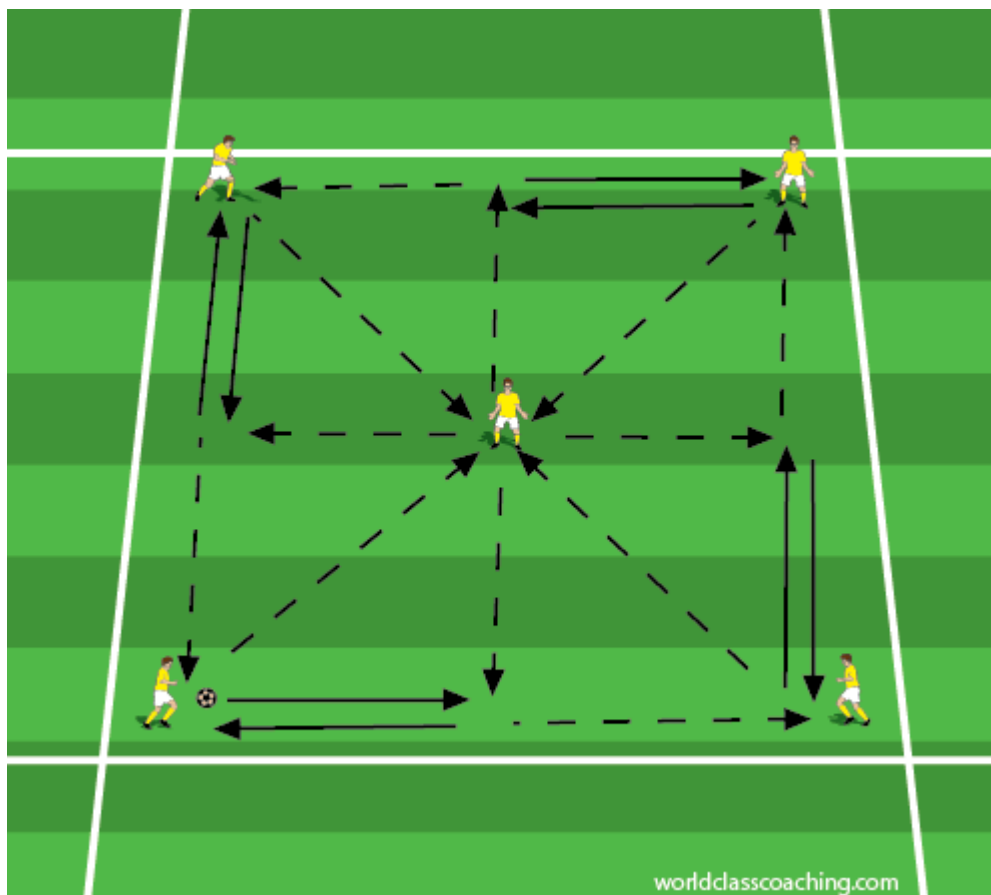
Place a player or two in the middle of the grid to work on one-touch combination play. This is a very fast-moving drill and requires focus and first touch to make it work effectively. It is a great drill for developing technical speed with players that already have a solid technical base.

Description

The set up of this drill is very easy. Create a grid that is ten yards by ten yards. It would be recommended that you make it bigger for kids that need more time, but don't go any smaller. Place a cone in the exact middle of the grid. Place one player per ball in the middle of the grid. I would suggest beginning with just one ball and one player in the middle. Place two players on each of the cones outside facing in towards the center of the grid. Place a soccer ball on one of the cones with one of the players to start. The drill begins with the player with the ball passing to the central player then advancing halfway between their cone and the next cone. The middle player makes a one-touch pass back out to the player halfway. The player receives the ball and passes to the player on the next cone. The drill continues the same around the entire grid. Encourage players to pass and play the ball quickly. The drill should be continuous. The coach should interject to make technical and tactical corrections. Some points to observe would be the timing of the checks made by the outside players, the timing of passes, making sure the pass is played to the appropriate foot so that the drill can continue and flow, faking with the hips in the opposite direction so that the receiving player can get used to being deceptive in passing and receiving, and so on.

Recommended Duration

Be sure to switch sides so players can work on their right foot and left foot equally.



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