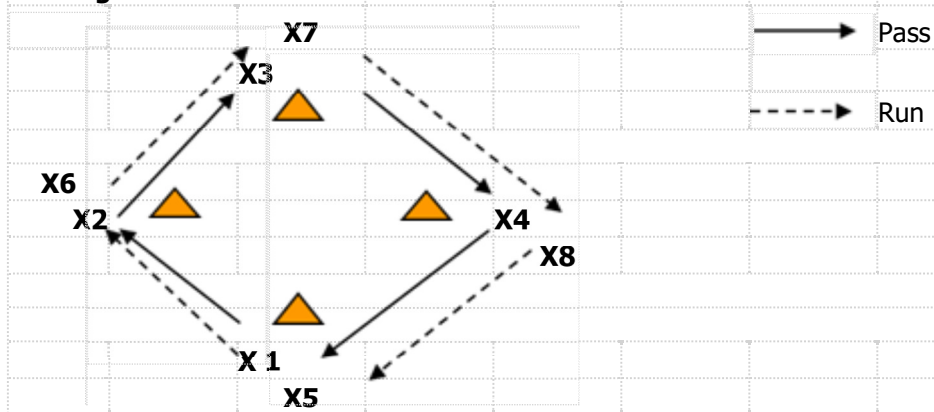


Passing Drill One

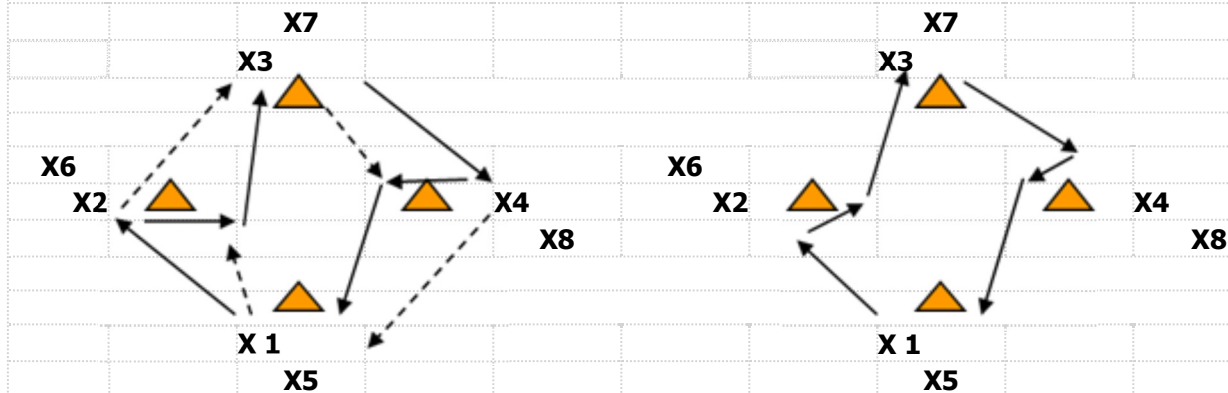


X1 passes to X2's left foot, X2 opens up with his left foot and passes to X3 with his left foot. X3 then opens up using his left foot and passes to X4 (This sequence of passing continues for 3-4 mins). The players then follow there pass. Do exactly the same using your right foot only.

Coaching Points

- Quality of the pass. (Detail make sure the pass goes to the players correct foot)
- Weight of the pass. (Make sure it gets there, Keep the pass on the grass)
- Movement before you receive the ball. (Away then back)
- First touch to go forward. (Take the ball away from the defender/cone)
- Change of pace to the next cone

Progression On The Single Diamond



X1 passes using his left foot to X2, X2 then sets the ball using his left foot inside for X1 to run onto and pass the ball through to X7 using his right foot. X7 would then continue the drill passing to X8 who would then set the ball to X7 to run onto and play through to X4. X3 & X4 start the same time as X1 & X2 (two balls working) Work for 3/4 minutes then change to work the right foot control, passing and sets, and

