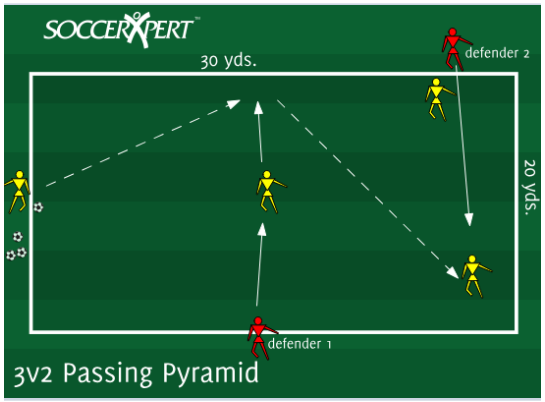

Drill Quick Glance

Age: 9+	**Field:** 20X30
Players: 6+	**Time:** 20 MINS.
Difficulty: MEDIUM	**Focus:** POSSESSION
Keeper: NO	**Type:** Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

3v2 Passing Pyramid

Objective:
This drill teaches players how to build attacks from the back in an organized way that mirrors real game structure. The pyramid shape represents how teams naturally position themselves with defenders deep, midfielders in the middle, and forwards high. Players learn to connect passes through different lines of the team while maintaining proper spacing and support angles. The progression from back to front develops patience in possession and helps players understand their role in the build up phase. When opponents enter to apply pressure, players must make quicker decisions while staying calm and trusting their teammates. Using the full width of the area teaches players not to bunch up in the middle where defending is easier. This drill builds the foundation for how your team will play out from the back in actual games.

Setup

- Mark out a rectangular area measuring 20x30 meters using cones
- Set up players in a pyramid formation with one defender at the base, one midfielder in the middle, and two forwards at the top
- Start with the ball at the defender's feet at the base of the pyramid
- Position two opponents outside the designated pyramid area ready to enter
- Keep extra balls near the defender position to restart play quickly
- Adjust the grid size based on age and skill level of your players

Instructions

1. The drill begins with the defender in possession at the base of the pyramid
2. The defender plays a short, controlled pass forward to the midfielder
3. The midfielder receives and looks to pass to one of the two forwards at the top
4. Forwards work to get open and provide good angles for the midfielder to find them
5. Once the ball reaches a forward, they look to play out wide or switch the play to the other forward
6. After the first pass or two, the two opponents enter the area to apply defensive pressure
7. The team must maintain possession using combination passes and movement
8. Players should use the full width of the area to stretch the defense
9. If possession is lost, reset with the defender at the base
10. Rotate positions every few minutes so players experience different roles in the pyramid

Coaching Points

- Build from the back with short, accurate passes rather than trying to skip lines with long balls
- Pass to your teammate's feet so they can control it cleanly under pressure
- Before receiving the ball, scan to see where your next pass will go
- Don't just look at the current pass, think one or two passes ahead
- Use the full width of the area to spread out defenders and create more space
- Avoid crowding the middle where it's easy for defenders to win the ball
- Keep the ball positioned between you and the opponent when building
- The midfielder must show for the ball and create a clear passing angle from the defender
- Forwards need to check away then come back to the ball to lose their marker
- Body shape when receiving should be open to see the whole field and next options
- Communication between lines helps players know when support is available

Variations

- Start with no opponents, then add two defenders who enter after the second pass
- Create a target zone near the top of the area that forwards must play into for a point
- Change the pyramid structure to 2-1-2 or other formations your team uses
- Use a coach signal to increase the required passing speed as players improve
- Limit certain players to one or two touches to speed up build up play
- Award points for successfully playing from defender through all three lines
- Add small goals at the top that forwards can score on after receiving
- Require the ball to switch from one side to the other before playing forward
- Make opponents start closer to increase immediate pressure on the first pass
- Add a fourth player as a second defender to work on different shapes
- Designate specific passing combinations that must be completed before playing forward