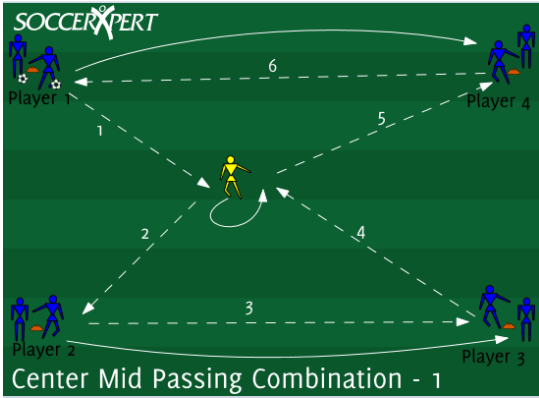




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 6+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests

Center Mid Passing Combination 1

Objective:
This is a great combination passing drill that will help focus on combination play and playing diagonal balls.

Setup

1. Set up a grid approximately 20X20 yards. The size of the grid can be adjusted based on the age and skill level of the players.
2. Place a midfield player inside the grid.
3. The remaining players will split into even lines on the four corners of the grid.

Instructions

1. Player 1 plays a ball into the central player and starts his run down the sideline to the back of the line.
2. The central player plays a first time ball into Player 2.
3. Player 2 plays a ball into Player 3 and sprints down the sideline to the back of the line.
4. Player 3 passes to the central player and makes a run down the sideline to the back of the line.
5. The central player plays a first time ball into player 4 who plays a ball into Player 1 and sprints to the end of the line.
6. The play continues.

Coaching Points

- Focus on passing weight, accuracy, timing, and movement.
- Players should communicate to make the movement flow.
- Players should get into a rhythm.

Variations

- After Player 1 and Player 3 passes into the middle player, have them step in to become the middle player.