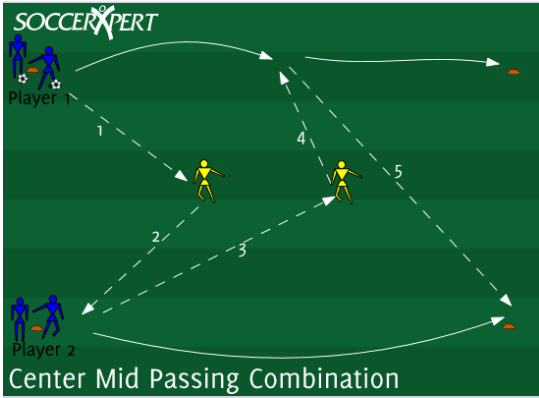




Drill Quick Glance

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 2

Objective:
This combination passing drill focuses on center mid play and playing diagonal balls in the direction they are facing.

Setup

1. Set up a grid approximately 20X35 yards. The size of the grid can be adjusted based on the age and skill level of the players.
2. Place two central mid players inside the grid.
3. The remaining players will split into two even lines on one end of the grid.

Instructions

1. Player 1 plays a ball into the first central midfielder (CM1) and starts his run down the sideline.
2. CM 1 plays a first time ball into Player 2.
3. Player 2 plays a ball into the 2nd center midfielder (CM2) and starts his run down the sideline towards the cone.
4. CM 2 lays off a ball to Player 1.
5. Player 1 plays a diagonal ball into space (near the cone) for the run of Player 2.
6. Players jog around the outside of the grid back to the starting point.

Coaching Points

- Focus on timing. This means the weight and accuracy of the pass must be precise, the runs must be timed correctly and players should play in 1-touch.
- Players must get into the rhythm of the game and passes.

Variations

- When players get to the end, using the same group and ball, reverse the same pattern and return to the starting point.