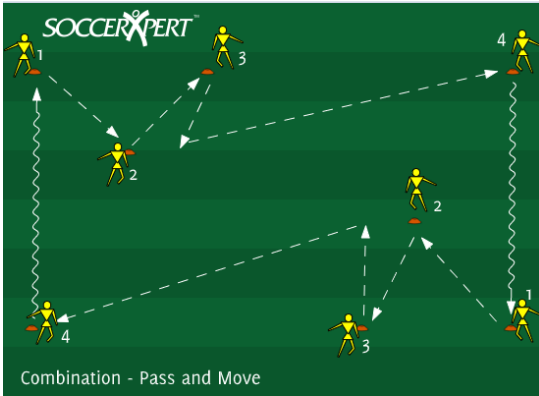




Combination - Pass and Move

Objective:

This passing and moving combination soccer drill focuses on crisp, clean passing, timing, movement off the ball, and the speed of play.

Setup

1. Place a cone at the four corners of a grid approximately 30x20 yards. Adjust the size of the grid based on age, skill, and length of combination play.
2. Place a cone on the about 10 yards from two diagonal corners as shown in the diagram.
3. Stagger a cone about 7 yards from the cone on the side on each corner as shown in the diagram.
4. Have a player at each cone with the balls starting in the two corners.

Instructions

1. Player 1 passes to Player 2 and moves to Player 2's cone.
2. Player 2 passes to Player 3.
3. Player 3 passes back to Player 2.
4. Player 3 passes to Player 4.
5. Player 2 moves to Player 3's cone.
6. Player 3 moves to Player 4's cone.
7. Player 4 dribbles with speed to the other Player 1's cone.
8. The drill repeats.

Coaching Points

- Focus on crisp, clean passes.
- Movement off the ball must be timed with the pass.
- The drill should flow with a continuous passing pattern.
- Focus on speeding up the combination play.

Variations

- Switch directions of the play to work on different angles and passes.
- Same as above, except play a long ball to player 1 instead of dribbling to them.

Drill Quick Glance

Age: 9+	Field: 20X30
Players: 8+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls