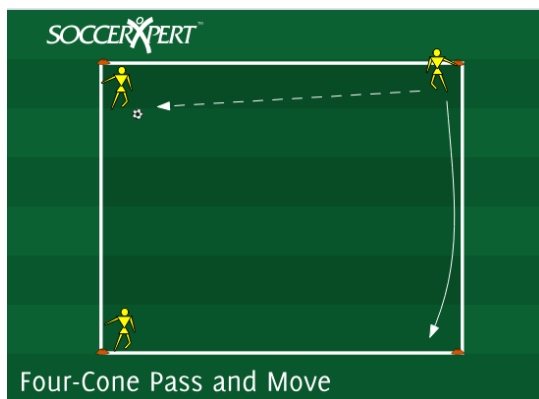




Drill Quick Glance

Age: 9+	Field: 12X12
Players: 3	Time: 10 MINS.
Difficulty: EASY	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Four-Cone Passing Drill

Objective:

This four-cone passing drill focuses on soccer passing technique and movement after the pass. This is a great passing warm-up drill or a good start to a passing session.

Setup

1. Create a 12X12 yard grid using cones.
2. Have three players start on one of the four cones, leaving one empty.
3. One player starts with the ball.

Instructions

1. As players pass the ball to one of the other two teammates, the passing player moves to the open cone.
2. As the player moves to the open cone, his cone becomes open and available for the next passer.
3. Play continues for 2 minutes.

Coaching Points

- Good passing technique
- Crisp passes
- Good weight of passes
- Movement immediately after the pass
- Play in 2-touch

Variations

- Increase or decrease the size of the field
- Limit the touches to 1-touch passing
- Add a combination or 1-2 pass