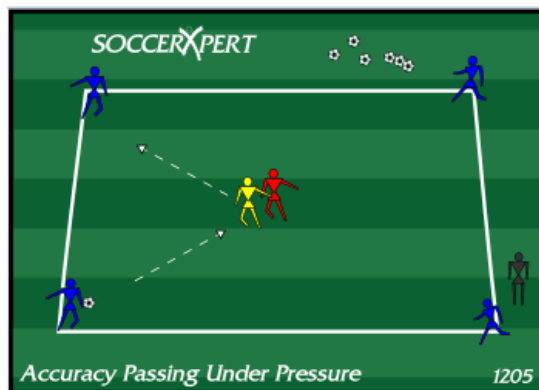




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 6	Time: 10 mins.
Difficulty: MEDIUM	Focus: FITNESS
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Accuracy Passing Under Pressure

Objective:

This drill focuses on accurately passing under pressure, agility, and fitness.

Setup

1. Set up a field that is 20X20 yards.
2. Four players should be in each of the corners with the remaining two players in the middle of the grid.
3. One of the two players work while the other person rests with their hands on their knees.
4. Two balls are used and the ball starts in opposite corners.

Instructions

1. Player 1 passes the ball towards the player resting.
2. The working player jumps over the player resting and receives the ball and knocks it to the player to his right.
3. As soon as the working players passes the ball back, the player on the other side of the grid plays a ball towards the resting player and the working player jumps him again, receives the ball and passes to the player on his right.
4. The play continues in this manner.
5. Each player should work for 60 seconds.
6. Rotate all players.

Coaching Points

- Good first touch
- Good work rate
- Accurate passes

Variations

- Play 1 or 2 touch
- Use inside and outside of foot
- Move close and serve with their hands for volleys