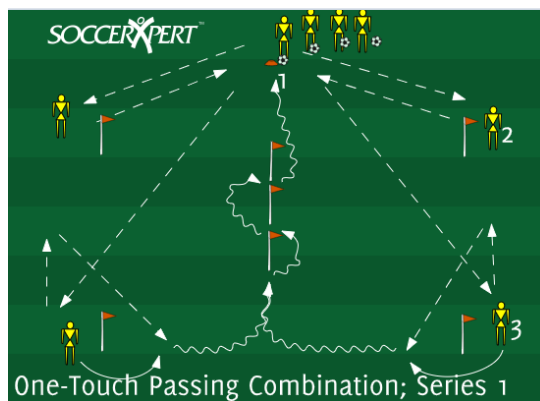




Drill Quick Glance

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

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks

One-Touch Passing Combination with a Dribble; Series 1

Objective:

This is the first series to a great one-touch passing combination warmup drill with a light dribble. This is a passing pattern drill that focuses on one-touch passing, receiving, movement off the ball with touches on the ball.

Setup

1. With cones or training sticks, create a grid approximately 20x20 yards.
2. Place two to three training sticks down the middle of the grid.
3. Place a starting cone about 5 yards from the grid in the middle of the grid.
4. Start a player at each of the 4 corners of the grid.
5. The remaining players will line up behind the start cone; each with a ball.

Instructions

1. This is the first series of the one-touch passing combination.
2. Player 1 passes to player 2.
3. Player 2 returns the pass to player 1.
4. Player 1 then passes to player 3.
5. Player 3 passes to player 2.
6. Player 3 runs around the other side of the training stick and player 2 passes to player 3.
7. Player 3 receives the pass and dribbles in-and-out of the training sticks set up in the center of the field.
8. Player 3 returns to the back of the line.
9. Player 1 takes player 2's starting position.
10. Player 2 takes player 3's starting position.
11. The play continues on the other side of the grid in the same combination and movement.

Coaching Points

- Passes must be precise and to the feet of the receiving player.
- Good movement off the ball to create space and time the passes.
- Play in one-touch if possible. Slowing the drill to two-touches will allow players to get familiar with the pattern, and pace of the passes.
- If a bad pass is given, adjust accordingly and continue the drill.

Variations

- Play in two-touch passes for beginners.
- Follow this drill up with: One-Touch Passing Combination with a Dribble; Series 2