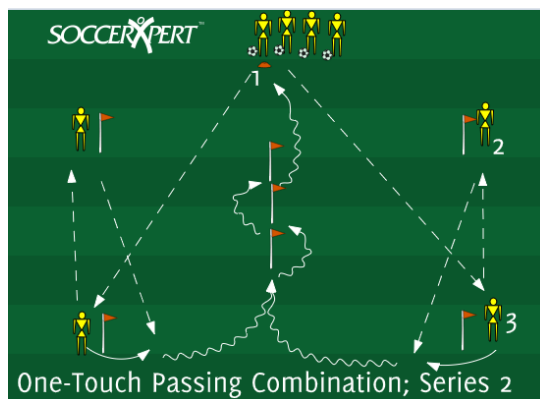




Drill Quick Glance

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 2

Objective:

This is the second series to a fast-paced one-touch passing combination warmup drill with a light dribble at the end.

Setup

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

Instructions

1. This is the second series of this one-touch passing combination drill.
2. Player 1 passes to player 3.
3. Player 3 passes to player 2.
4. Player 2 passes to player 3 on the other side of the training stick.
5. Player 3 makes a run around the training stick and receives the pass.
6. Player 3 receives the pass and dribbles in-and-out of the training sticks set up in the middle of the field.
7. Player 3 returns to the back of the line.
8. Player 1 takes player 2's starting position.
9. Player 2 takes player 3's starting position.
10. The combination play continues on the other side of the grid in the same pattern 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.
- Another combination: One-Touch Passing Combination with a Dribble; Series 1