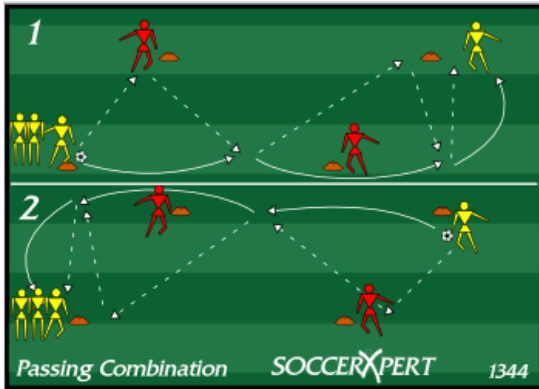




Drill Quick Glance

Age: 9+	Field: 10X20
Players: 6+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Passing Combination | 1-2 | Wall Pass | One-Two

Objective:

This soccer passing and combination drill focuses on passing and receiving ground balls and performing a one-two (1-2) and a wall pass around the defender.

Setup

1. Stagger the cones in the shape of a parallelogram about 10 yards deep and 20 yards long.
2. Have a player at each of the two inside cones that will not be a passer.
3. The red players are the stationary passers.
4. See the soccer drill diagram for the layout.

Instructions

1. The first player in line plays a one-two (1-2) combination pass with the player at the cone nearest his side.
2. He then plays a one-two (1-2) combination with the player farthest from him around the 2nd middle player.
3. He then returns the ball back to this player who follows the same format in the opposite direction.
4. The yellow players are the only players the rotate positions with each turn.
5. Switch out the red players as needed every 5 minutes or as desired.
6. The soccer drill diagram displays the pattern.

Coaching Points

- Focus on clean, crisp passing.
- 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

- Play every pass 1-touch.
- Expand the distance between cones and play longer balls in the air.