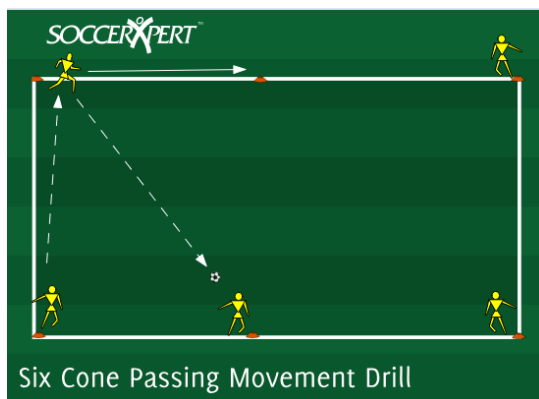




Drill Quick Glance

Age: 9+	Field: 15X25
Players: 5+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Six-Cone Passing Drill

Objective:

The six-cone passing drill focuses on passing, awareness, and movement after the pass. This is a great warmup or to focus on passing technique and movement after the pass.

Setup

1. Create a 15 X 25-yard rectangle using six cones.
2. Have five players start on one of the six cones, leaving one empty.
3. One player starts with the ball.

Instructions

1. As players pass the ball, they must move to the open cone.
2. As the passing 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