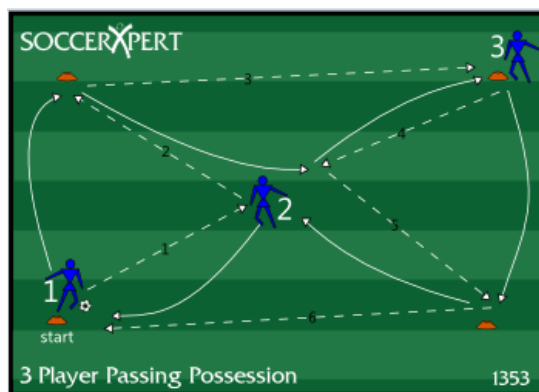




Drill Quick Glance

Age: 9+	Field: 10X20
Players: 3	Time: 10 MINS.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers

Three Person Passing Combination

Objective:

This passing combination drill that involves three players at a time. The combination sequence that will help perfect passing, combination play, movement off the ball, and will help improve player's fitness level.

Setup

1. Create a grid approximately 10X20 yards.
2. Two players start on the corner cone opposite each other.
3. One player starts in the center of the grid.

Instructions

1. Player 1 starts the play by passing to the central player (Player 2).
2. Player 1 moves to the cone to his side and receives the ball back from player 2.
3. After returning the ball to player 1, player 2 moves to player 1's original starting position at the cone.
4. Player 1 plays a long ball to Player 3 and moves into the center of the grid to become the new central player.
5. Player 3 plays into Player 1 who returns the ball to player 3 at the cone placed 10 yards away.
6. Player 1 now takes the starting position of Player 3 while Player 3 plays a long ball down to the starting position and Player 3 becomes the central player.
7. The pattern is repeated.

Coaching Points

- Focus on the quality of passes such as weight, pace, accuracy.
- A well-timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the drill easier.
- Players must concentrate on making the correct runs off the ball.

Variations

- Switch and go the other direction so that players are used to playing from different angles.