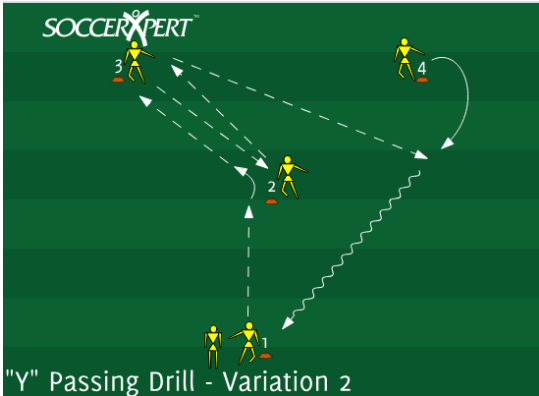




"Y" Passing Drill - Variation 2

Drill Quick Glance

Age: 9+	Field: 15X20
Players: 5+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: COMBINATION
Keeper: NO	Type: Team
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Equipment

Disc Cones/Markers | Soccer Balls

Y Passing Drill - Variation 2

Objective:
Develops passing accuracy, movement off the ball, and one-two combination play. Encourages quick decision-making, communication, and proper body positioning for receiving and distributing the ball.

Setup

1. Use four cones to form a "Y" shape.
2. Base cone (#1) is 15 yards from the center cone (#2).
3. Top cones (#3 and #4) are 10 yards from the center cone.
4. Assign 5-6 players per setup, with one player at each cone and extra players lined up at cone #1.
5. Use two balls per Y formation to maintain tempo.

Instructions

1. Player 1 (at base) passes to Player 2 (center).
2. Player 2 receives with an open body and passes to Player 3 (top left).
3. Player 3 plays a quick one-two with Player 2.
4. After receiving the return pass, Player 3 switches the play across the Y to Player 4 (top right).
5. Player 4 dribbles quickly back to cone #1 and passes to the next player in line.
6. Players rotate positions in the following order: Player 1 moves to player 2's spot. Player 2 moves to the opposite corner they play into. For example, if player 2 plays into player 3, player 2 moves to player 4's spot and player 3 stays.
7. The sequence repeats with Player 1 passing to Player 2, but this time Player 2 plays to Player 4.
8. Player 4 performs a one-two with Player 2, then switches play to Player 3.
9. The drill continues in this alternating pattern.

Coaching Points

- Emphasize quick one-two passing to maintain tempo.
- Encourage players to receive on the back foot and open their body to play forward.
- Focus on accurate and well-weighted passes to keep the drill fluid.
- Players should scan the field before receiving to anticipate the next pass.
- Reinforce speed in dribbling and transition to maintain high intensity.

Variations

- Add a passive defender at cone #2 to create pressure on Player 2's first touch.
- Require one-touch passing for advanced players to increase speed of play.
- Add a time constraint for each cycle to challenge reaction time.