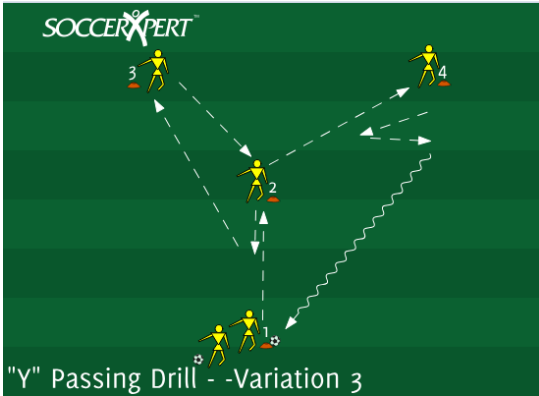




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 6+	Time: 15 mins.
Difficulty: MEDIUM	Focus: PASSING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Y Passing Drill - Variation 3

Objective:
Develops players' ability to execute quick one-two passes, play accurate long balls, and transition into new positions efficiently. Encourages decision-making and proper body positioning for receiving and distributing passes.

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. One ball in play at a time.

Instructions

1. Player 1 (at base) starts with a one-two combination with Player 2 (center).
2. After receiving the return pass, Player 1 plays a long ball to Player 3 (top left).
3. Player 3 plays a pass to Player 2, who opens up and switches play to Player 4 (top right).
4. Player 4 plays a one-two combination with Player 2.
5. Player 4 dribbles at speed back to cone #1 and passes to the next player in line.
6. Players rotate positions in the following order:
 - o Player 1 moves to Player 2's spot.
 - o Player 2 moves to Player 4's spot.
 - o Player 3 stays in the same position.
7. The sequence repeats in the opposite direction, alternating play between both sides.

Coaching Points

- Focus on the accuracy and weight of the long pass.
- Ensure players check their shoulders before receiving to open up properly.
- Encourage crisp, quick passing to maintain the flow of play.
- Reinforce proper timing of movement to support teammates.
- Stress the importance of scanning the field before playing the next pass.

Variations

- Set up multiple groups and race to complete the entire cycle two series.
- Require one-touch passing for advanced players.
- Increase the passing distance to challenge long ball accuracy.