

Objective of the Practice:

This is a good attacking exercise that emphasizes disciplined passing and movement. It develops good passing techniques, good movement and first touch.

Field Preparation

- ☐ 10 Players (7 v 3)
- ☐ Circle approximately 20 yards in diameter.
- ☐ Supply of Balls and Cones
- ☐ Colored Bibs
- ☐ Four Full Size Goals plus 4 Goalkeepers

Coaching Points

Place six cones equally distance around the circle perimeter. Place one player between each cone. These players are restricted to moving on the line and in between their cones. Position one receiver and three defenders inside the circle. The object is for the seven player to maintain possession of the ball and achieve 10 consecutive passes. Start with unlimited touch then develop to "two touch", then "one touch" passing. If the defenders win the ball they must try and keep the ball away from the center player. If they get 8 passes they score a point.

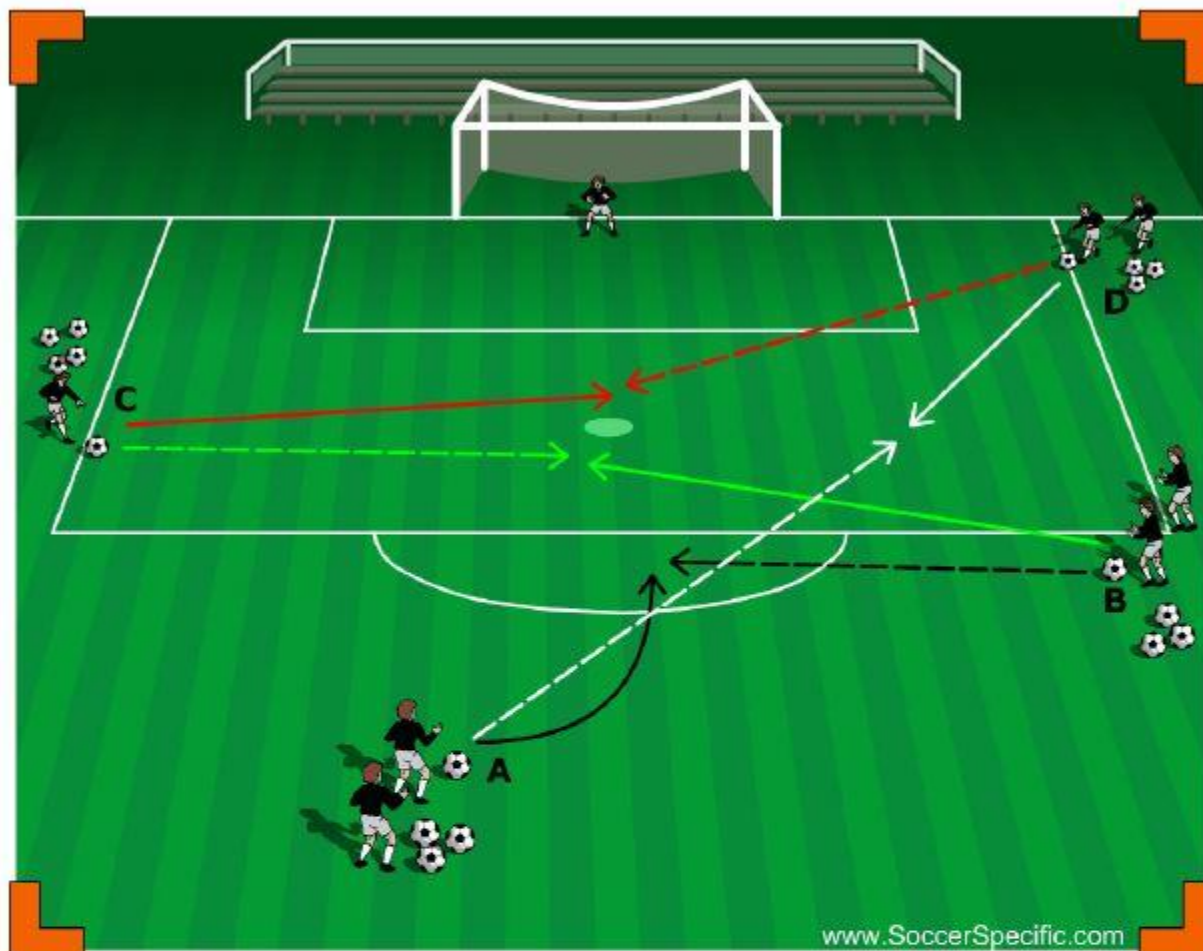
Focus On:

- ☐ Quick exchange of the ball, quality passing.
- ☐ High pressure defending. ☐ Communication.

Build up and pass



Build up and Pass II - Uefa - Two groups alternate passing sequence to goal.



Drill Name: _____

Set up :

Players in equal lines spread around the PA as shown. Good supply of balls at each line.

Instructions:

Matching runs and passes lead to shot on goal. B passes to A, who shoots. C passes to B, who shoots. D passes to C, who shoots. A passes to D, who turns and shoots. Players go to end of the line which passed to them.

Coaching Points:

Body shape to hit ball first time.
Accuracy/Finesse combined with power
Striking Technique