

TRAIN LIKE A PRO

The Time Glass Passing Drill

This passing exercise requires the players to think about passing and moving to a different position after each pass.



6



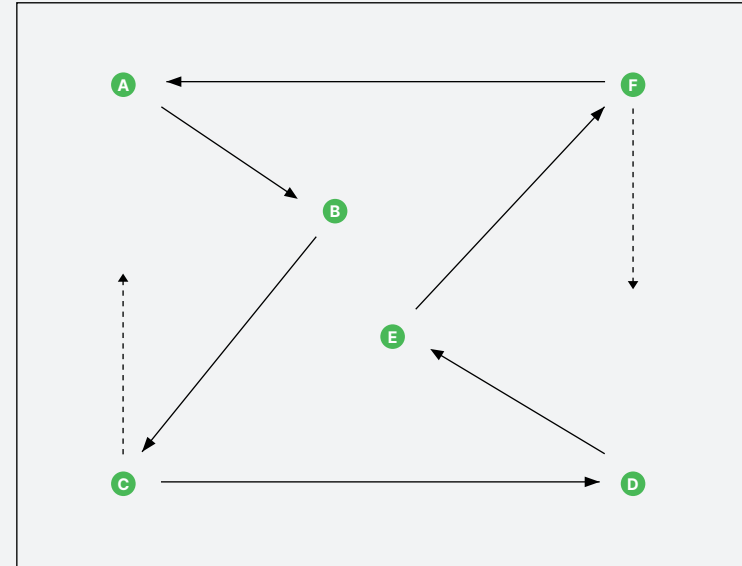
10-15 min



Any level

Summary

- Think about the weight on pass
- Movement after each pass to be quick
- Using different sides of the foot
- Confidence in quick and weighted longer passes



Description

The ball starts with a short pass from **Player A** to **Player B**, who then plays diagonal and back to the **Player C** on the opposite side of the rectangle.

This player then plays a combination with **Player D**.

Watch the movement of all players carefully. There are two opposing triangles where the players move around. This adds a little bit of complexity to the drill.

→ Passing

- - - - -> Running