

TRAIN LIKE A PRO

Pass in, Pass Out (1)

A great drill to start training. Lots of technical aspects, including receiving, short passing and body shape to receive are worked on here.

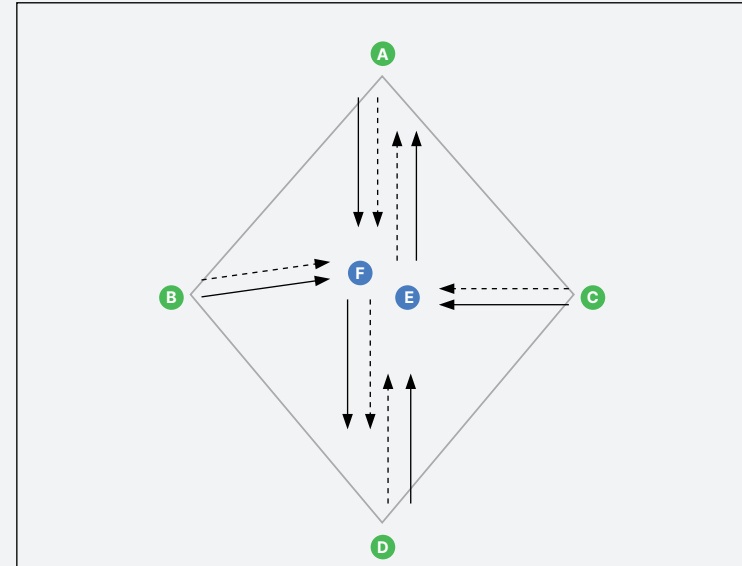
6-10

10-15 min

Any level

Summary

- Quick short passing
- Good body shape to receive
- Know where the pass is coming from early
- Good first touch to play on the second touch



Description

Set up a 10m x 10m diamond with 4 players on the points and two in the middle. The 2 balls will start at opposite points of the diamond. The exercise starts by the players play the ball into the central players. Both central players will receive and then play to their right. All players will follow their pass and take up new positions. Keep a good flow in the drill. Encourage the players to arrive in the middle early so they can orientate and receive the ball in a good position.

→ Passing

- - - - -> Running