



Drill Name: Inside Outside Passing

Set up :

Pass & Receive by Numbers. Organize into 4 teams of 4 players. Players are numbered 1, 2, 3, & 4. Each team with a ball. Two teams working inside a 20 x 20 yard working area & two teams working on the outside.

Instructions:

Player 1 always shows to receive a pass from the outside. Player 4 always passes out. Progress by challenging the players to 'split' their opponents with the pass. Progress to 2 touch then 1 touch. Switch groups from inside to outside.

Coaching Points:

Eye contact/communication, Accuracy of pass, Pace/Weight/Timing of pass, 1st touch control, movement off ball