



Drill Name: Short & Long Pass

Set up :

Pass & Support by Numbers. Organize into 2 groups of 6 players. Each group works in a 10 x 50 yard area with smaller 10 x 10 areas marked at each end. Each player is given a number 1-6. One group works while the other stretches. Intervals of 2 minutes.

Instructions:

Pass in sequence - 1 passes to 2, 2 passes to 3, & so on. Progress - After laying the ball off, players spin out making runs (#1-5 as shown) to the opposite end of the working area for long ball from the last player to receive (#6 as shown). Repeat in the opposite direction but now #1 plays long & #2 is first player to spin out.

Coaching Points:

Eye contact/Communication, Support the ball, 1st touch control, Pace/Weight/Timing of passes, Part of foot & ball, Support the man