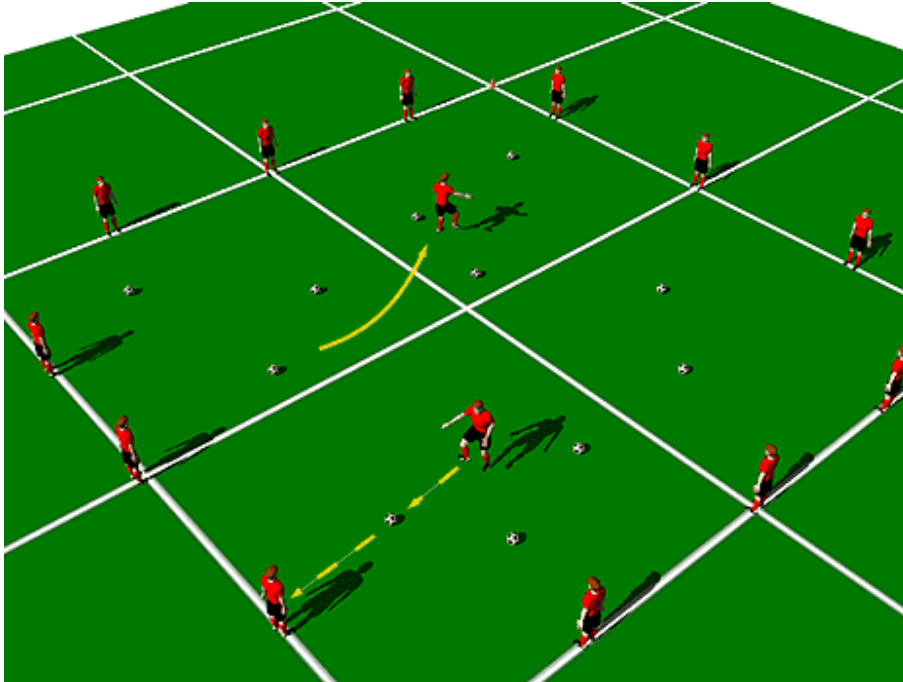


PASSING



This football training practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

Two players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls are scattered inside the grid. On the coach’s command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

Players taking part in this football training exercise must work at full speed and concentrate on quality passing. Outside players should be constantly talking and alert for passes.

Football training tip:

Rotate two middle players every two minutes.