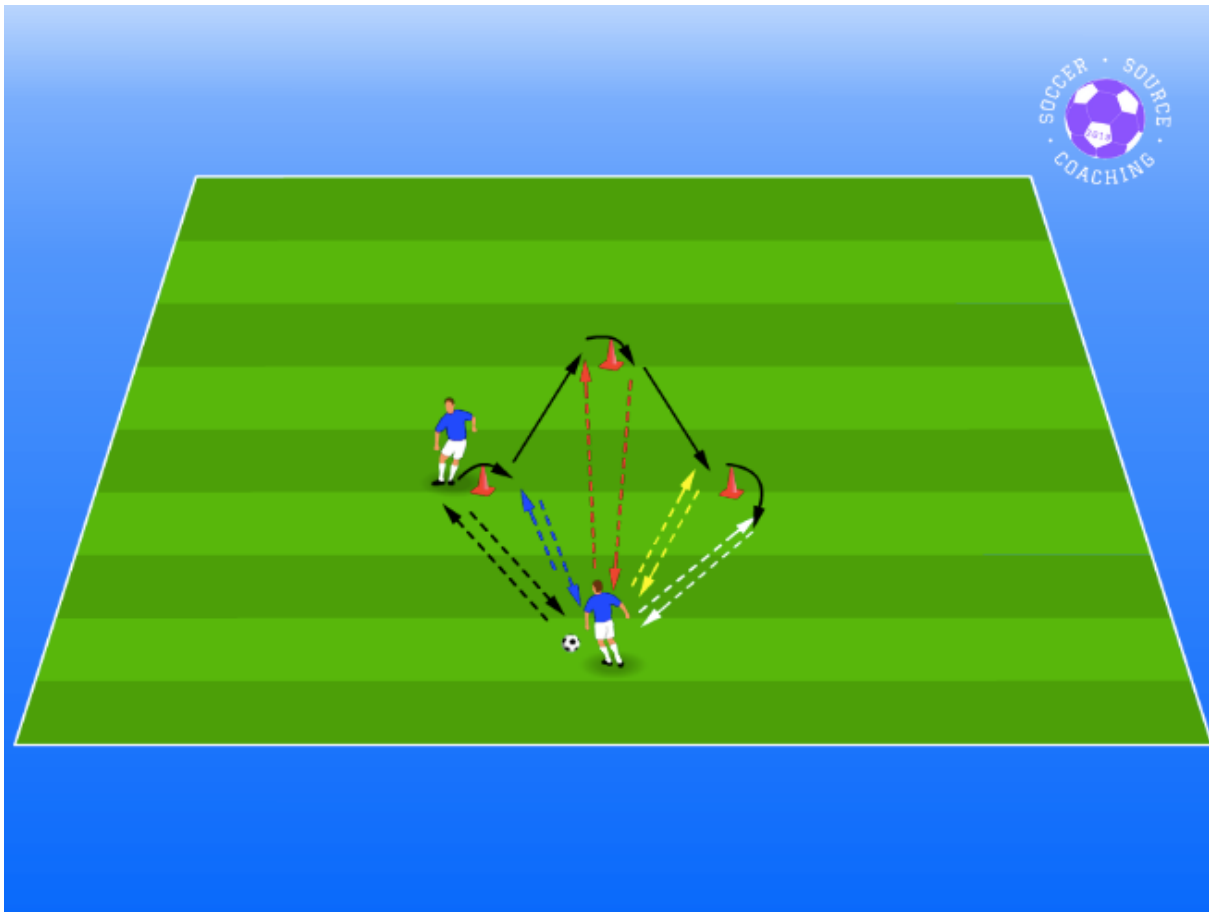


Passing in a pairs repetition drill



How it works

Place your 3 cones into a triangle shape with the feed player starting with the ball at the base of the triangle.

The passing player will start on the first cone and play 2 one touch passes on either side of the cone back to the feeder player.

The passing player will then shuffle back to the furthest cone and take a touch around the cone and pass the ball back.

Finally, they will play 2, 1 touch passes around the final cone of the triangle.

Coaching points

- Use the inside of your foot to pass the ball
- The foot furthest away from the ball should be the foot you are controlling the ball with (the back foot)
- Remain on your toes to quickly adjust your body to the passes

Purpose

The purpose of this drill is to improve your first touch and 1 touch passing

Set up

- 3 cones
- 1 soccer ball
- 2 players (feeder player, passing player)

Questions

- Which part of your foot should you use to pass the ball with?
- Which foot is your back foot?
- How should you be ready to receive the pass?

Beginner