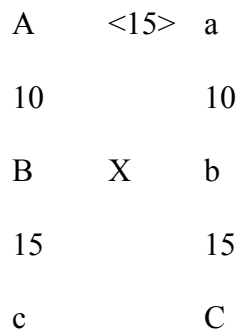


One Touch Passing in a Square

1. Basic drill
 - a. 3 cones (variable distance): forward, back, diagonal, lateral then into the path of the last player
2. Shorter distances
3. Clockwise passing: play ball with left foot whenever possible
4. Longer distances
 - a. Add checking away before ball played to you
5. Combination with shot at goal
6. Change of starting position
 - a. Last pass to goal might be a through ball or lateral ball across edge of area
 - b. Re-emphasize checking away before receiving
7. Competitive game
 - a. Make lines behind which shots must be taken
 - b. Emphasize precision over speed
 - c. Organize so both teams shooters are near one another

One Touch Passing in a Figure-8

1. Basic drill, including running with the ball



A-B-A-C then dribble to line a

2. Throwing the ball to familiarize players with sequence of passes
3. Two touch or one touch passing
4. Correction and tips
 - a. introduce checking away
 - b. absolutely accurate passing
 - c. suiting the pace of the pass to the situation
 - d. using both feet
 - e. checking away and coordinated running
 - f. good communication
5. Passing and running at speed
6. Double wall pass
 - i. A-B-A-C-B-C
7. Scoring on mini-goal at the end of sequence
8. Wall pass and double pass
 - i. A-B-A-C-B-C against b defending to mini goals

9. Decision making: last player can choose between double pass or running with ball
10. Additional central player
 - i. A-B-A-X-B-C-X-C
11. Skipping a line
 - i. A-X-B-C-X-C
12. Skipping the central player
 - i. A-B-A-C-X-C
13. Double pass and wall pass
 - i. A-X-A (against B 'defending')-C-X-C
14. Two double passes
 - i. Sequence as above with both B and b 'defending'
15. Shooting at one full sized goal

Y Drill

1. Basic drill
 - a.

A	B
C	
D	

D-C-D-B-C-B alternating with D-C-D-A-C-A
2. Continuous drill
 - a. A or B pass back to start (D) instead of running with ball to start
 - b. Introduce checking away
3. Shooting at goal
 - a. Goal placed at top of diagram
4. Forward passing/crossing
 - a. Strikers cross runs after either A or B is played, with C putting ball into path of forward not receiving initial pass
5. Passing via a third player
 - a. D-C-D-B-C-A (or D-C-D-A-C-B) after both A and B checked back initially
6. Double pass
 - a. D-C-D the C 'defends' -B-D-A (who had checked back as well)
 - b. D can play wall to A or B against defensive pressure
7. Overlapping
 - a. D-C-D-B-C-B-A-C (overlapping)

Brazilian Combinations

1. Basic Drill
 - a.

B	A	C
D		
E		

E-D-E-C-D-A-B to shoot
2. Skipping a line

- a. E-D-E-A-C-B to shoot
- 3. Double pass at the start
 - a. E-D-E (D now 'defending')-C-E-A-B to shoot
 - b. Both B and C check back, giving E 2 options against pressure
- 4. Create space/crossing
 - a. Same as 3, but with B passing to C for shot at the end of the sequence