



Dimensions: 25 x 25 yard square. Half of the players spread out around the outside of the area. The remaining players remain inside the area each with a ball at their feet.

How to: Players on the inside must dribble around looking for a free player on the outside and pass to them, the player on the outside must now look to make a 1-2 with the player in the middle bringing themselves into play and moving the person who was in the middle to the outside.

There are three passes in total.

When the sequence is complete and the person on the outside now occupies the ball in the middle the drill continues.

Notes:

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Coaching Points: Create an angle; the pairs should look to create a triangle when they pass. Exaggerate the angle by stepping off to the side after the first pass, this will allow you to open your body for the return ball and complete the move easily with a comfortable pass in front of your team mate.

Work together, look after your pass- Ensure passes are not only accurate, but weighted well.

