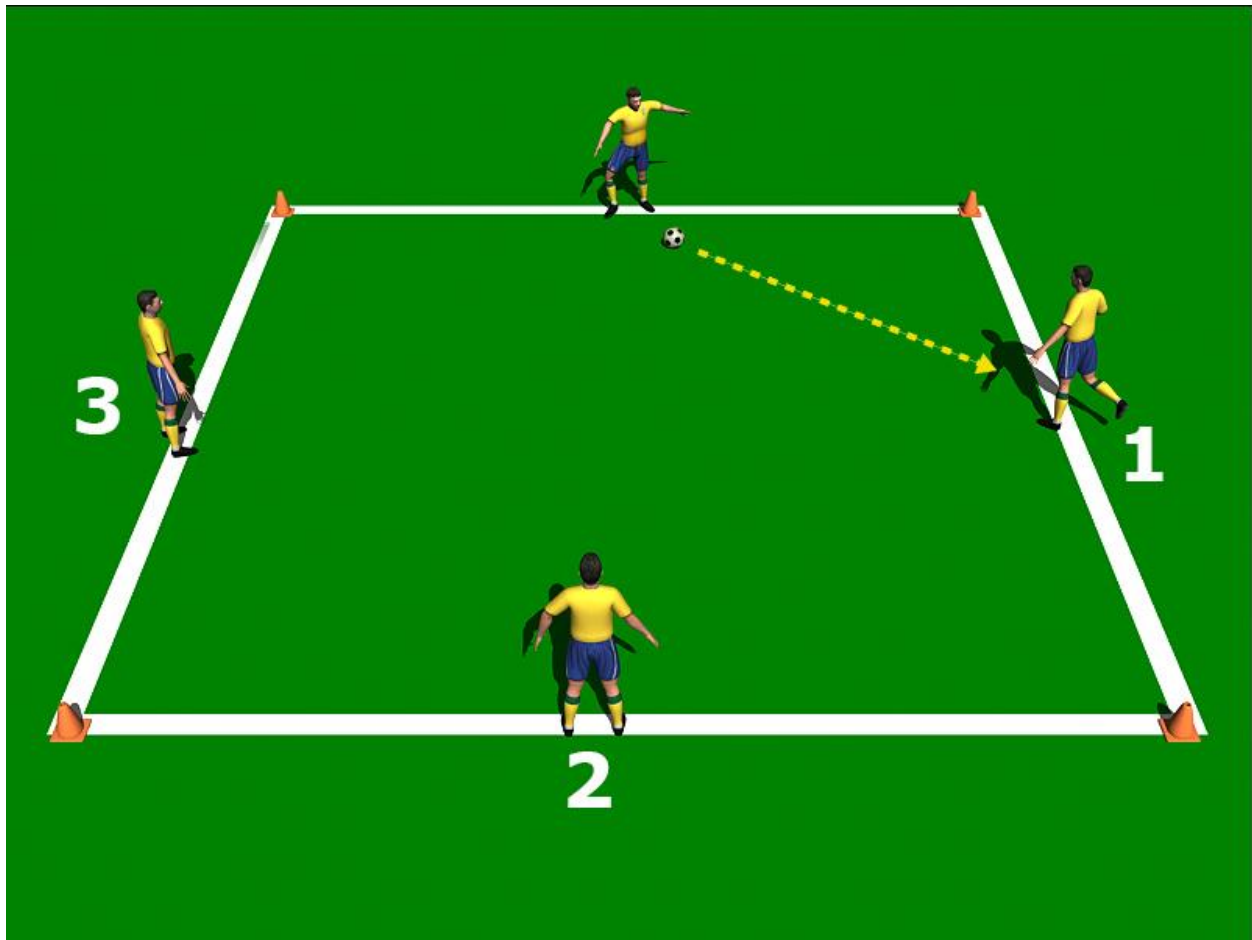


Numbers Passing Drill



Exercise Objectives:

This drill will improve each players' "quick decision making" when passing the ball. It is a challenging drill, especially for younger players.

Coaching Pointers:

Divide your team into groups of four and position one on each side of the square (see video above). To start the exercise, one player is the "receiving player" and the other players pass to him. The three passing players are numbered (1,2 and 3). When a passing player passes the ball, he must shout out "1,2 or 3. The receiver must then play the ball the number called. The drill should be at a high tempo to challenge the player. Play "one touch" whenever possible.

Focus on:

Speed of thought, Quality passes, Loud communication

Field Preparation

Area approximately 10 x 10 yards, Groups of four, Balls and Cones

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