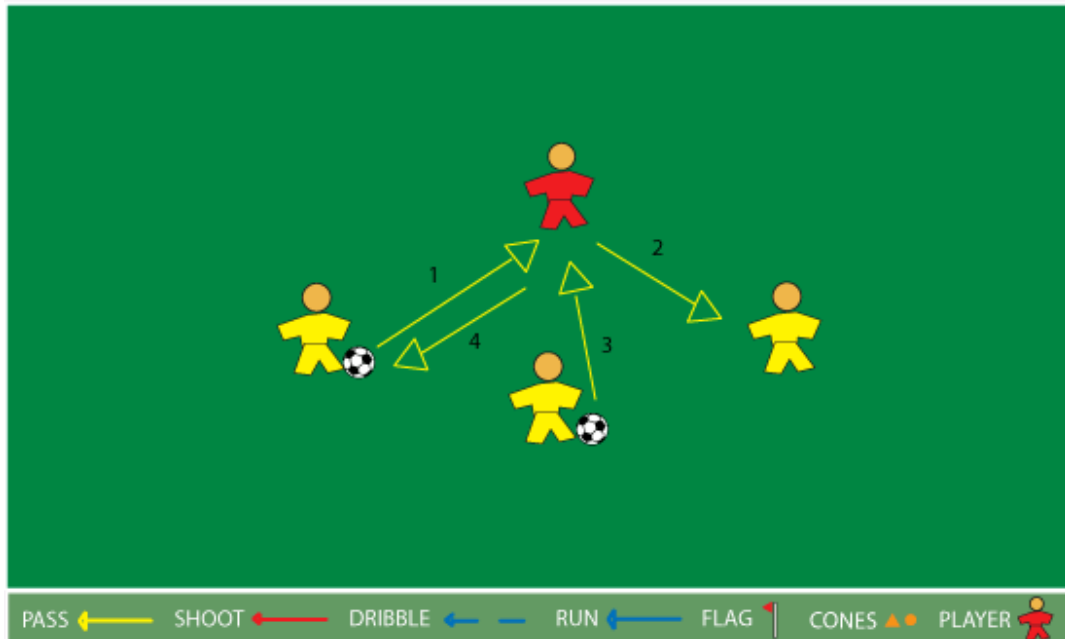


Passing Quad



Steps:

1. The drill starts with 4 players in a quasi diamond shape (see diagram). The red player in the diagram is to be worked by the 3 yellow players for 10-15 passes before rotating positions. Two yellow players start with a ball while one is left open.
2. The objective of the drill is for the red player to pass the ball to the open yellow player which will change with each pass.
3. In the diagram you can see the first part of the passing sequence that the red player must achieve. The first yellow player passes the ball into the red player (#1) who then passes to the open yellow player (#2). The second yellow player then passes the next ball into the red player (#3) who then passes to the open yellow player (#4).
4. Continue for 10-15 passes then rotate player clockwise.

Setup:

- 4 players.
- 2 balls.
- 10 x 10 grid.

Variations:

This drill has endless variations for the red player. Ball on the ground: one touch, two touch (any trap), two touch (same foot), two touch (both feet), and two touch (specific trap). Ball in the air: one touch (feet), headers, two touch (any trap and pass), two touch (head only), and two touch (specific trap and pass). Be creative and you create a challenging drill for your players.

For advanced players you can increase the difficulty of this drill by allowing the yellow players to pass the ball before the red player makes the next pass to the open player.

Tips:

The red player should know who he/she is passing to before receiving the ball by looking to see where the open player is. This will work on a players vision and decision making.

Review the basic passing and trapping techniques in our drills archive. This drill works on the fundamentals and coaches should reinforce good passing and trapping habits.