



**Drill Name:** 3 Man One Touch Passing

**Set up :**

10 x 10 yard grid.

3 players per grid with two balls.

The players are positioned as shown: one player at each end with a ball, one player in the middle.

**Instructions:**

The middle player (A) must receive a pass from (B), pass it back to (B) with one touch before quickly changing direction to receive a pass from (C). Play is continuous for 20 – 30 seconds. The middle player must not stand in the middle of the grid and simply turn around each time – he must go towards the ball to receive the pass. This will encourage players to move towards the ball in game situations. Rotate the middle player after each round of play

Progressions:

1. Introduce a competition format – first group with 20 successful passes wins.

**Coaching Points:**

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.
- Move towards the ball – don't stand still.