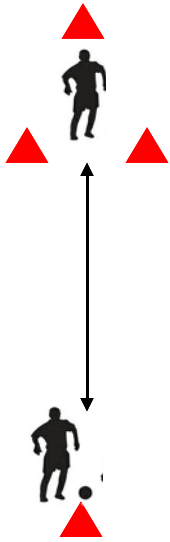


Passing

Simple short passing of the ball, emphasising a good first touch

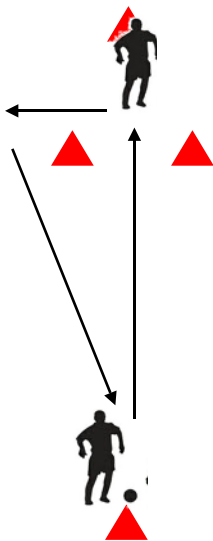


Start of with simple passing back and forward with the side of the foot

Control with the side of the foot and pass with the side of the foot

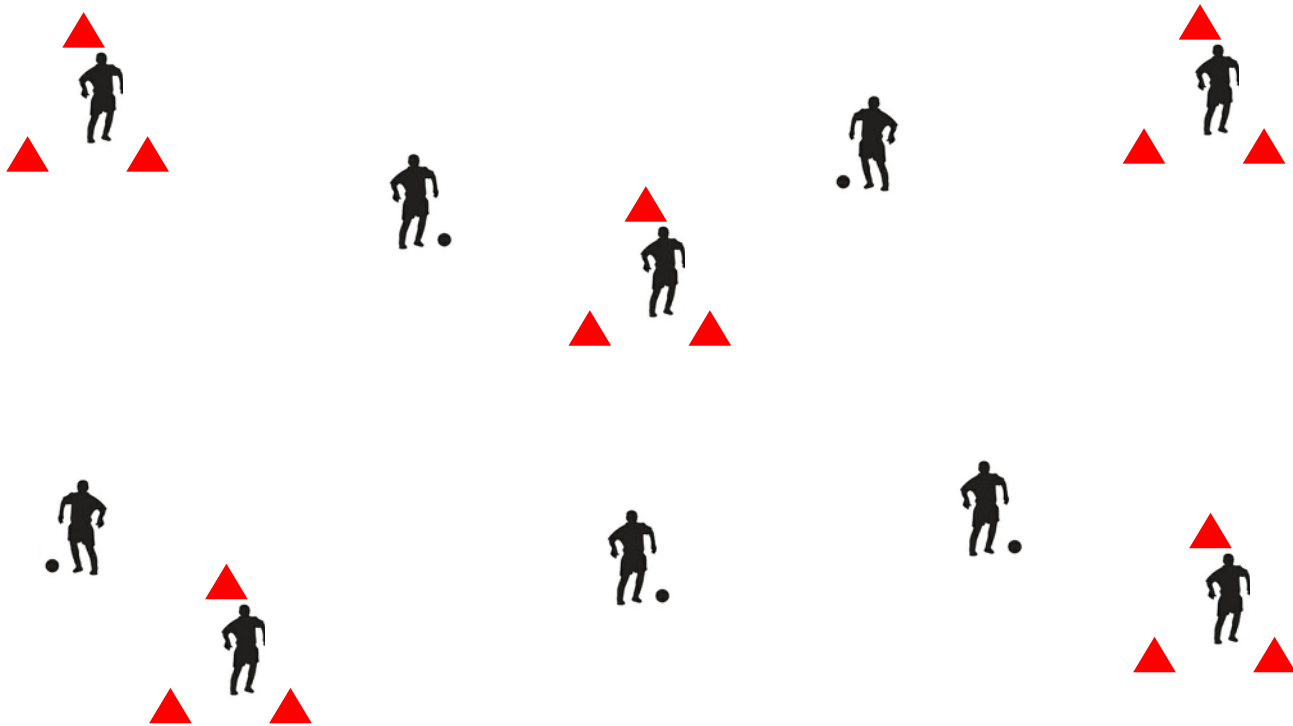
Get the ball out from under your feet with your first touch

Be on your toes, ready for the ball



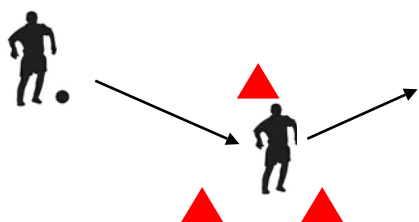
Move the practice on by getting the player to change the direction of the ball with their first touch.

So they can either use the inside or the outside of their foot to move the ball to the side with their first touch



Half your squad stand inside one of the triangles, half are outside with a ball.

Players with a ball move around and pass the ball to someone in a triangle. With a good first touch they move out of the triangle and the passer takes their place in the triangle.



Move the drill on by asking the players to come out of the triangle in a different direction