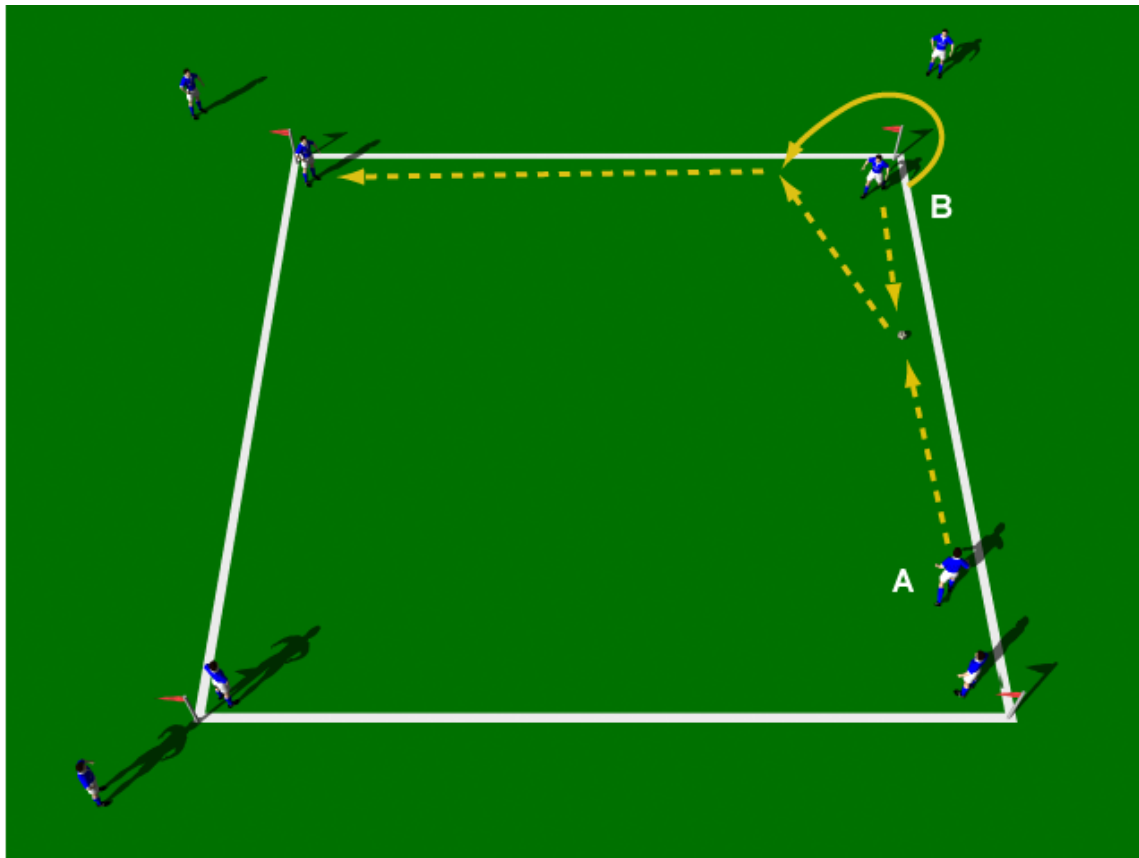


Belgium Give and Go Passing Drill



Objective of the Practice:

This practice is a progression from the Passing Square - Two Touch Drill. It is a great group practice to develop short range passing techniques.

Coaching Pointers:

Place 2-3 players at each flag pole. Start with one ball. Player "A" starts the practice by passing to player "B" and he follows his pass. Player "B" passes the ball back to player "A", spins around the flag pole and receives a one touch return pass from player "A". Player "B" then repeats the movements by passing to player "C" and he follows his pass. Player "C" passes the ball back to player "B", spins around the flag pole and receive a one touch return pass from player "B". The practice is repeated around the square in this manner. Players should time their runs. Don't get ahead of the ball!

Progression:

A second ball should be added as soon as the players have established a good tempo.

Change direction of the drill and work on opposite foot.

Coach should develop a high tempo rhythm as quickly as possible.

Players must constantly be moving and communicating with each other.

Passes should be quality followed with explosive runs into space.