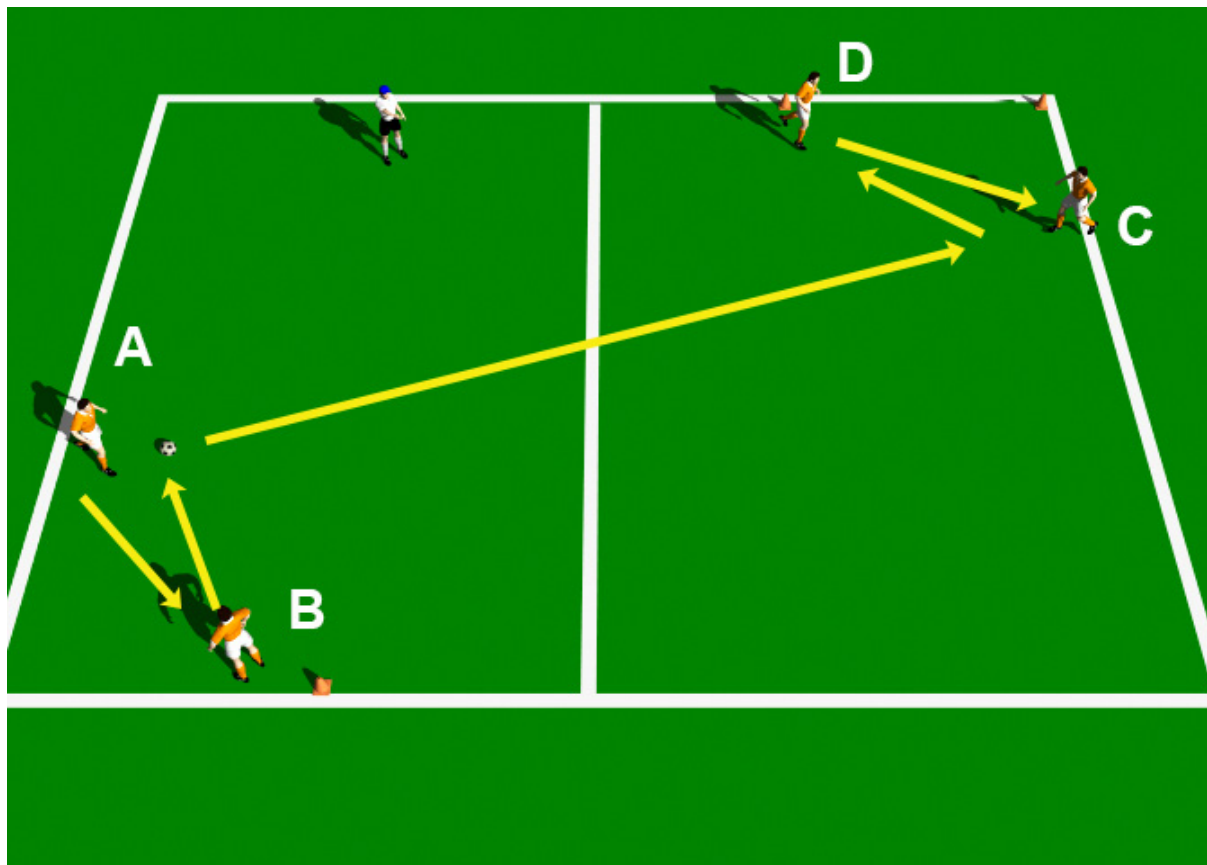


## Chelsea Set Pass Drill



### **Exercise Objectives:**

This practice places an emphasis on quality ground passing and “setting” the ball for a pass.

### **Coaching Pointers:**

Divide players into fours, with one ball between four. In an area approximately 10x20 yards, two players are positioned at each end. The exercise begins with player “A” passing the ball to player “B”. Player “B” give a “set” pass for player “A” to pass to player “C”. Player “C” passes to player “D”, who lays a “set” pass for player “C” to pass to player “A”. The sequence is then repeated. Rotate roles of players frequently.

### **Field Preparation:**

Entire Group divided into groups of four.

10 x 20 Yard squares.

Cones, Balls.