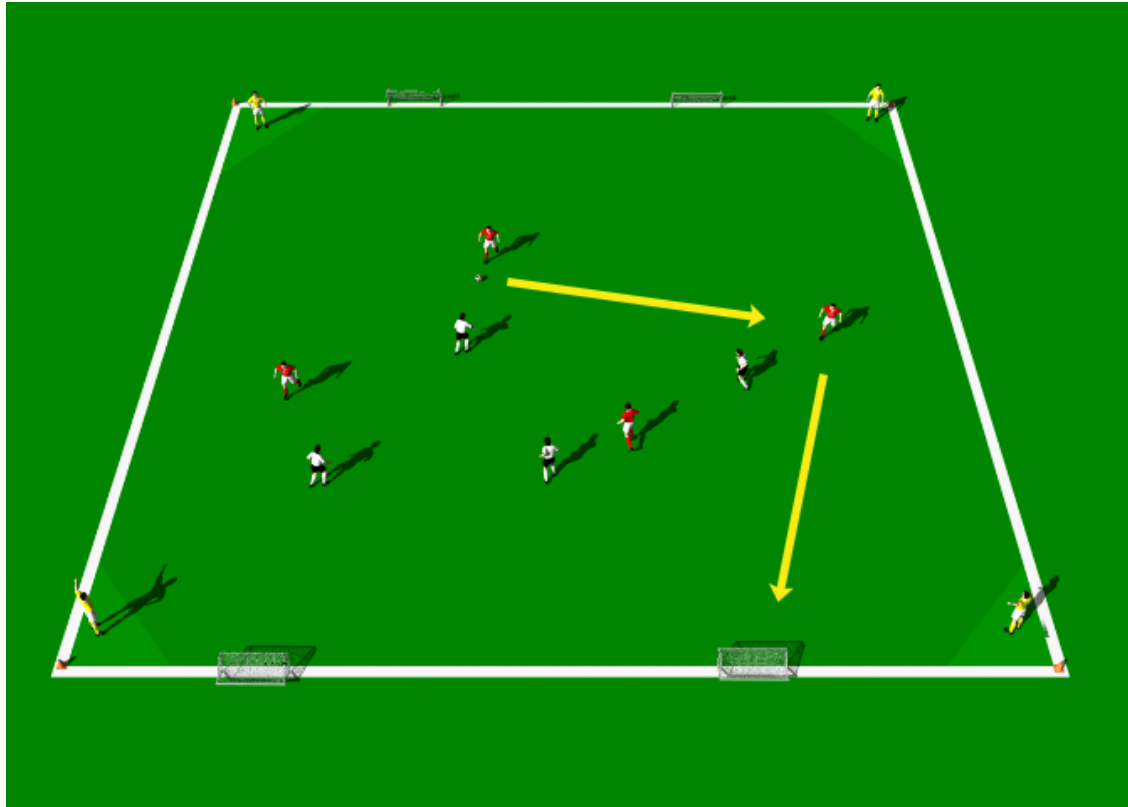


Forward Passing Drill



Objectives:

This is a great passing exercise to develop penetration, forward running and forward thinking.

Coaching Points

Position two teams of four players inside the field. Position a target player in each corner (as in the diagram above). The objective of the game is for the team in possession to score in the small goals with as few passes as possible. Players should be challenged to be “forward thinking” in their passes and “forward thinking” in their runs off the ball.

The team in possession of the ball can use the corner “target players” whenever needed. The target players are restricted to the corners of the field.

Rotate teams regularly.

Field Preparation

- ★ 12 players.
- ★ Area 30 by 30 yards
- ★ 4 Small Goals.
- ★ Supply of Balls and Cones
- ★ Colored Bibs