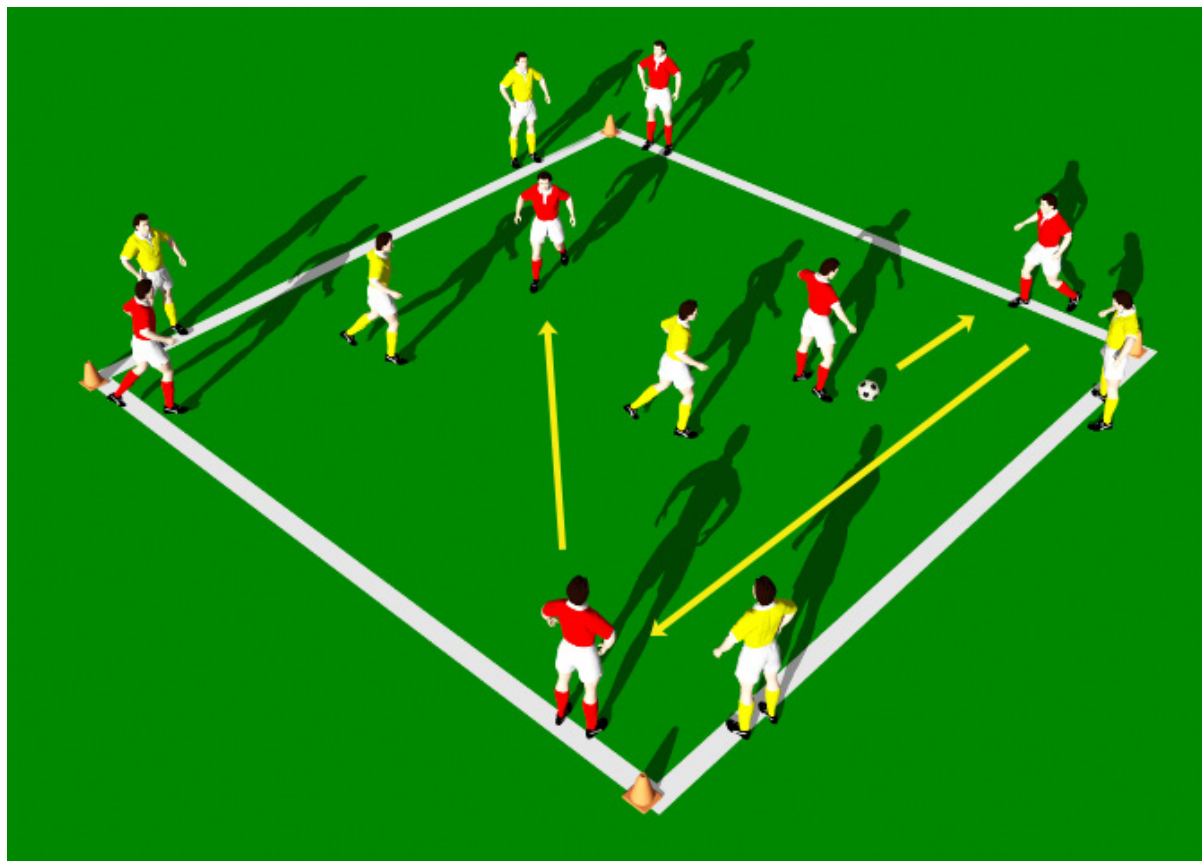


Liverpool Passing Exchange Opposed



Objective of the Practice:

To improve the speed of each players one touch and two touch play and decision making when passing. An emphasis is placed on penetration and body position to play forward.

Playing Area:

Make a square 10 yards x 10 yards. Two team of six players. Each team has a player at the corners and two working players inside the square.

Coaching Points:

The two inside players receive the ball from the outside players. The object is to transfer the ball from one side to the next as efficiently as possible. They score a point every time they successfully pass to an outside target player. The defending pair try to win the ball back and score points by find their target players with a pass. You cannot score a point by consecutively passing to the same target players. After scoring a point the play is in the opposite direction.

The Players keep transferring the ball from one side to next for serval minutes then switch pairs with outside players. End players are also allowed to pass directly to each other.

Place an emphasis on playing through gaps, quick exchanges of the ball, body position "side on" to improve vision and enable the player to play forward quickly. Demand that players work at match speed.