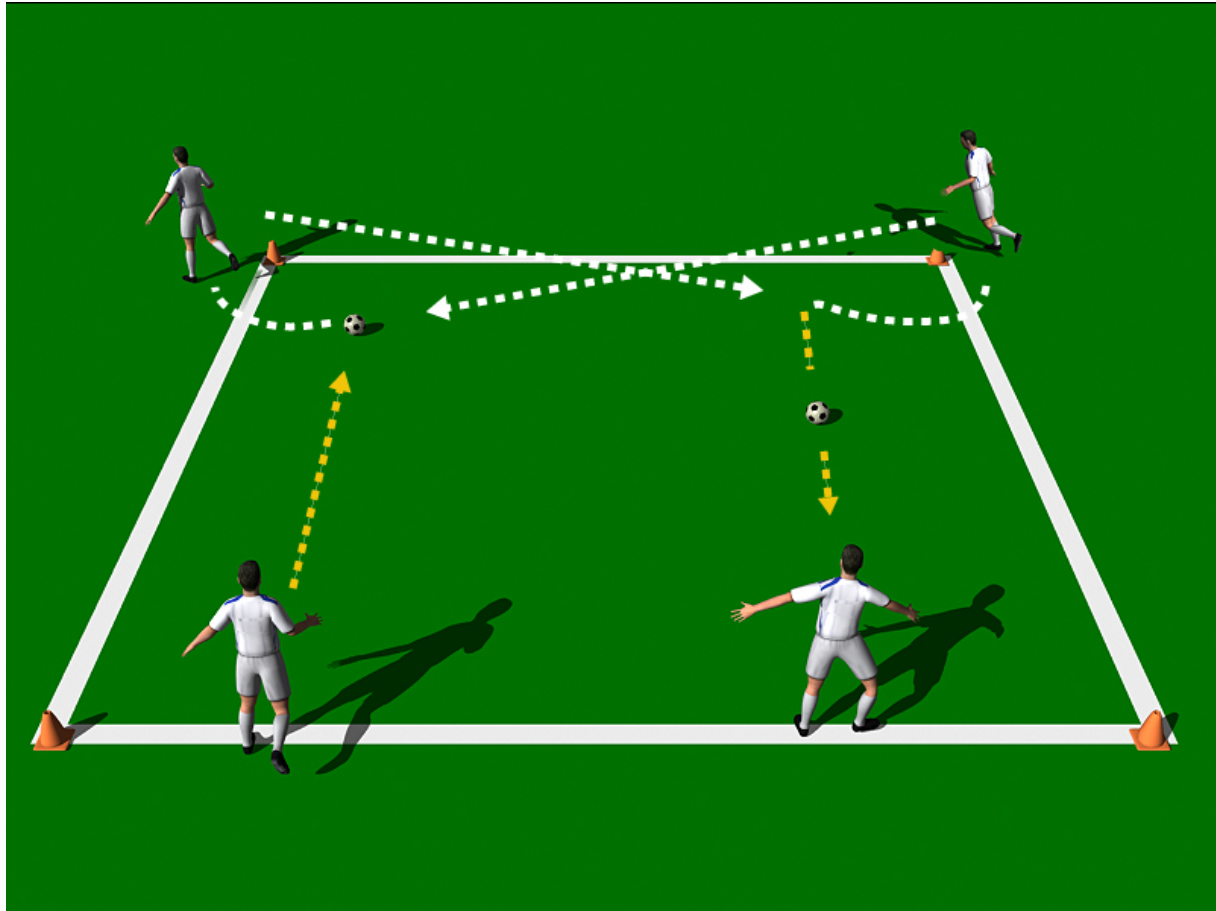


Pass, Swap and Sprint Drill



Exercise Objectives:

This Pass, Swap and Sprint drill is a great exercise to improve each players quick movement off the ball. It's a short exercise but challenging if the drill is performed at a high tempo.

Coaching Pointers:

Divide your team into groups of four. Place two players on each side of the square. Two players with the ball are the servers, the opposite are the receivers. (see video above). To start the exercise, the server passes the ball back and forth to the player opposite him. Try to establish a good passing tempo. On the coach's whistle, the receiving players must **sprint around the cone** and swap positions as quickly as possible and receive a pass from the other server. First player to get a touch, receives a point. Perform for several minutes, then swap roles.

Focus on:

- Speed of thought
- Quality passes
- Explosive movement

Field Preparation:

★ Area approximately 20 yards x 20 yards. ★ Entire group ★ Agility ladders and cones.