



Drill Library

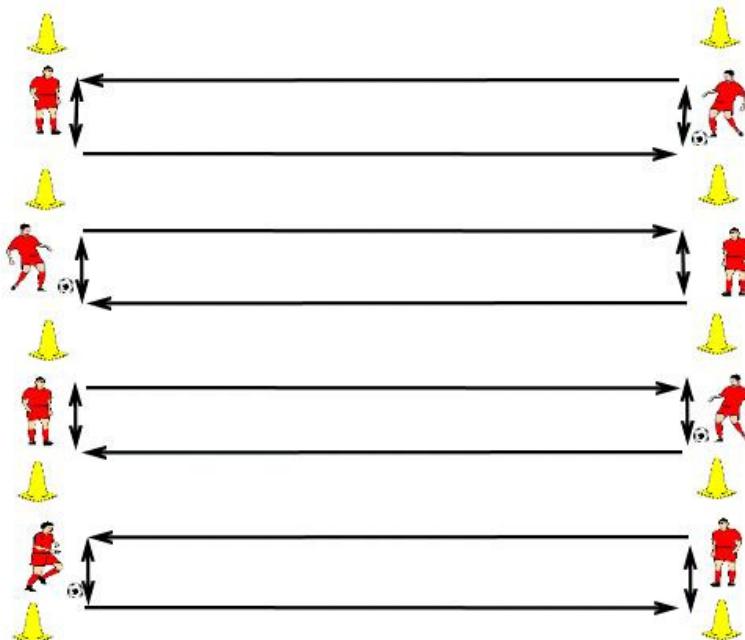


Drill Name: 5 - 1 - 5 Passing Drill

Age Group: U/7 to U/9

Objectives: Fast feet, improvement on first touch, accurate passing, improvement of basic passing technique.

Diagram:



Description: Player 1 does 5 toe taps then passes the ball to player 2 who does 5 toe taps then plays it back to player 1 who does 4 toe taps and passes the ball to player 1 who does the same, the pattern continues down to 1, then back to 5. The first pair of players to go from 5 to 1 then back to 5 successfully are the winners.

Progressions: Increase distance of pass.

Coaching Points: Accuracy of passes, importance of a good first touch, fast feet