



Drill Library



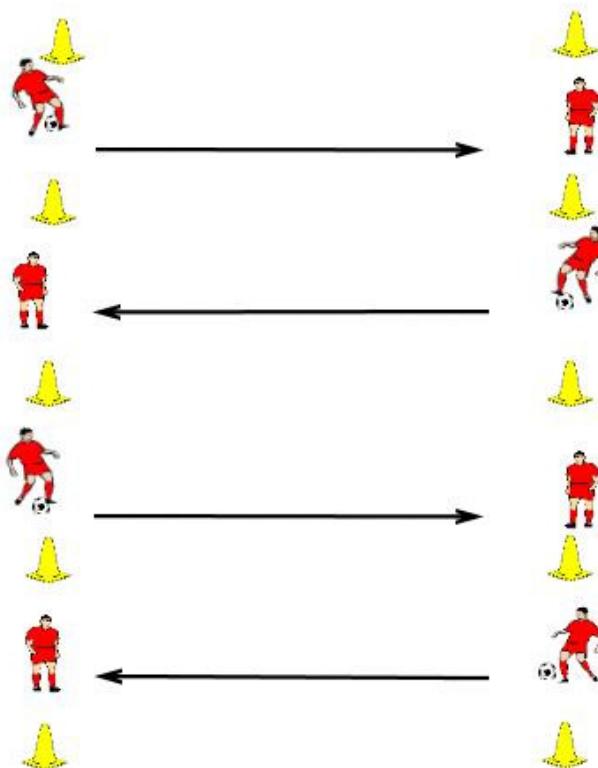
Topic: Techniques

Drill Name: 1 Touch Passing

Age Group: U/8 to U/9

Objectives: Technique exercises that improve both feet and comfort on the ball through passing and receiving exercises.

Diagram:



Description: Players stand 1 to 5 meters apart and using their right and left foot, pass the ball using one touch to their partner.

Progressions: Increase the distance of the pass

Coaching Points: Players always on their toes, waiting for the next pass, with the pass along the ground using the inside of foot.