



# Drill Library



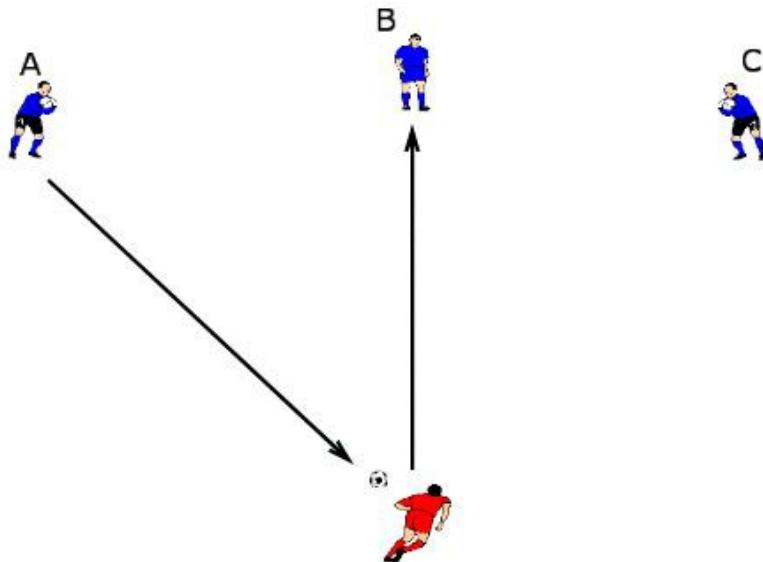
**Drill Name:** Find the Spare Player

**Topic:** Technique

**Objectives:** While working on techniques, players must scan the situation and find the free player.

Technique sets include - Volleys, Headers, Half Volleys, chest & Volley, Thigh and Volley, passing.

**Diagram:**



**Description:** Players A and C start with footballs in hand. Player A throws the ball to the red player, who finds the spare player. In this case its player B. The red player then receives a ball from C and then finds the spare player this time, in this case player A and so on. The player in the middle works for 45 seconds then changes with player A.

**Progressions:** Longer distance between player working and servers. Increase time and shorter time between serves.

**Coaching Points:** Correct techniques