



Drill Library

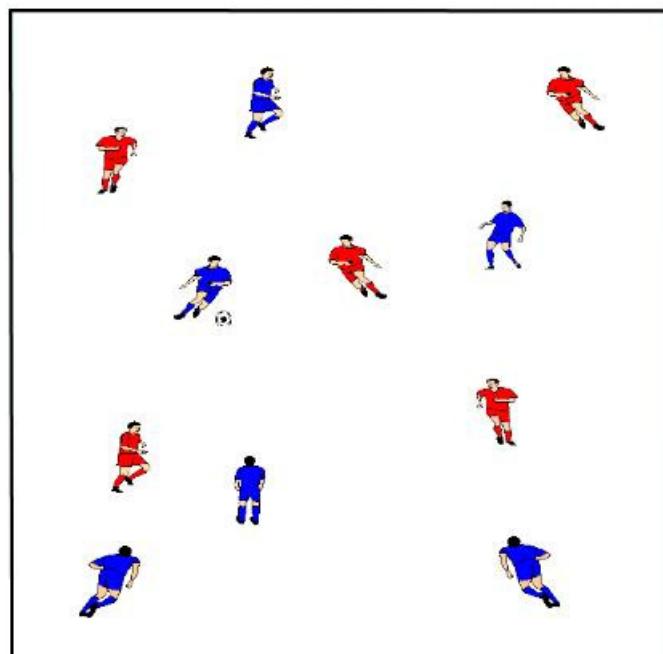


Drill Name: 6 v 6 Possession

Topic: First touch

Exercise Purpose: Improving first touch

Diagram:



Description: 6 v 6, the first team to pass 15 times is the winner.

Progressions: increase or decrease the number of passes, Limit touches on the ball

Coaching Points: Mobility, Angle of support, First touch (direction and speed)