



Drill Library

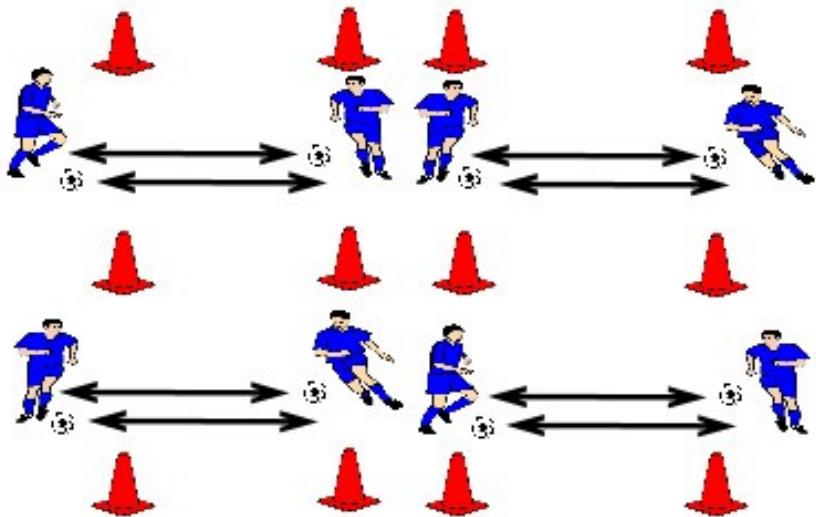


Drill Name: 2 Balls 1 Touch

Age Group: U10/11

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

Diagram:



Description: Players stand 2 metres apart with a ball each. Both players pass their ball using the opposite foot to their partner. They then play a one touch pass back with their other foot. Each ball should always remain on the same side of the player.

Progressions: Increase the distance of the pass.

Coaching Points: Attempt to get players looking up as much as possible and avoid them chasing balls all over the area.