



Passing drill

Category: Technical: Passing & Receiving
Skill: U12 | Start Time: 18-Jul-2014 20:45h

Pro-Club: Colorado Rapids Soccer Club
Gary Evans, Commerce City, CO, United States of America

Screen 1

Passing drill with varied-but specific touches and passing:

Minimum 5 players per group. Distance from Manakin to cone 10-12 yards. 2 yard gates.

Progression: 2 players with 1 ball each dribble at the manakin. Perform a move ie: scissors, shoulder drop, to beat the manakin. Both players must go the same way left/right to avoid collisions. Then pass into receiving player and repeat

