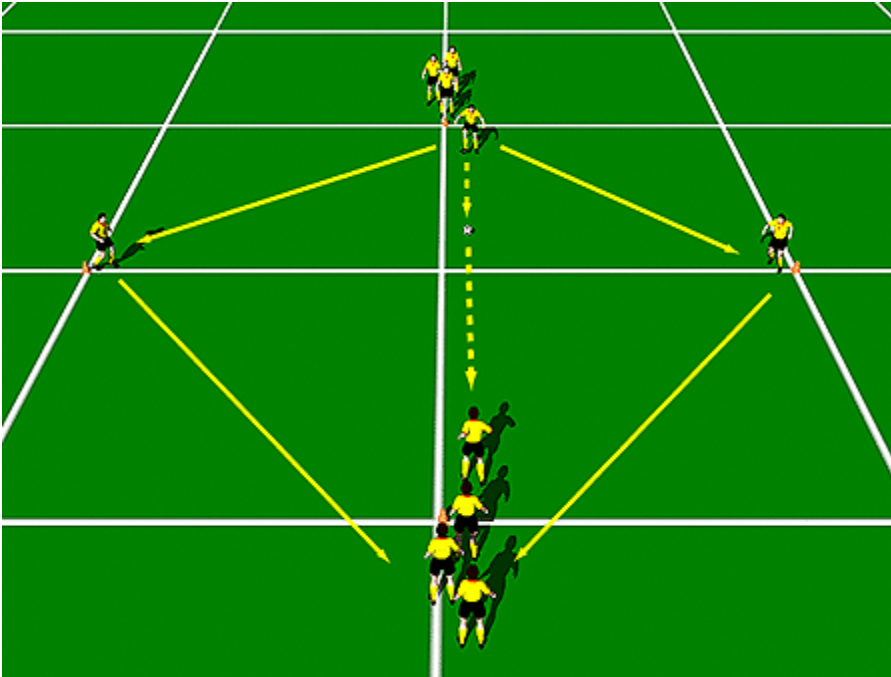


Pass and Move Conditioning Drill

This is a great drill, for passing quality, followed by diverse movements off the ball.



Coaching Points:

Start with one ball, gradually add additional balls to the practice to challenge each players decision making.

1. Pass straight and follow your own pass.
2. Pass straight and sprint to the next cone on the left.
3. Pass straight and sprint to the next cone on the right.
4. Pass left and sprint straight.
5. Pass right and sprint straight.
6. Pass left and sprint right.
7. Pass right and sprint left.
8. Pass straight and sprint around all of the cones "clockwise".
9. Pass straight and sprint around all of the cones "counter-clockwise".

If you want to make this more of a technical/conditioning drill just make the square larger, for speed and reaction make the square smaller.

As in all of the previous drills a variety in movements are required.

1. Forwards.
2. Backwards.
3. Sideways.

After the ball is passed then introduce these variables. According to the intensity of the drill the rest periods in between each touch vary, as the players get fatigued the emphasis shifts onto concentrating on the quality of the pass.

Using this principle a myriad of possibilities come to mind, this drill is very flexible and productive. Introduce as many varieties into the passes as well, using the "Three Levels of Play".

1. On the ground.
2. In the air (on the volley).
3. After a compulsory bounce.

A differing number of touches, sometimes one touch, sometimes two and so on, adds game like specificity.

As in the game sometimes players have to run with the ball, so using the same procedures as above, instead of passing the ball run with it some of the way and then pass. Adding this ingredient means that every single player involved in the drill has to be "pro-active", in readiness for maybe receiving the ball or not.

This drill can be continuous for 45 minutes, with all of its variables. Rest, stretch and repeat.

Soccer is not continuous running and certainly never at one pace, and not only in one direction. The above drill involves all of the running, walking, jogging, and even sometimes standing still, found in the game.