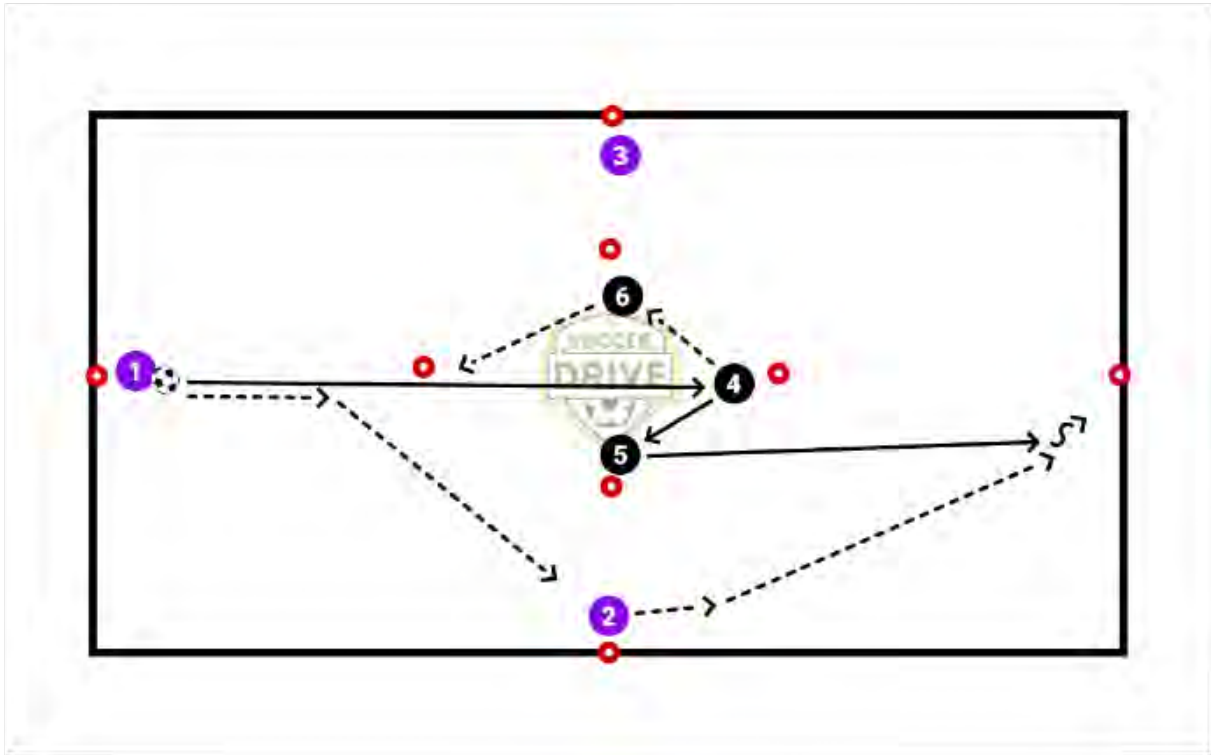


FLIP THE TRIANGLES

Players Required:6

Balls Required:

Goals Required:



Set Up:

The player at the top of the large triangle (Player 1) begins play with a pass into the player at the top of the small triangle (Player 4). From there, Players 4, 5, and 6 combine to send one of the outside players (Players 2 or 3) thru to the other side of the field. Upon completion, the players rotate to open cones in order to re-form the triangles, and the direction of play reverses. Possible combinations: Up, Back, and Thru, the Wall Pass, the Overlap, etc.

Coaching Points:

1. Timing the runs - Hold the run until the combination develops. Extra touches will slow play down.
2. Technique - Using more than one or two touches will result in a breakdown of the play.
3. Verbal and Visual Cues - Make supporting runs early and communicate early as well.

Progressions/Regressions:

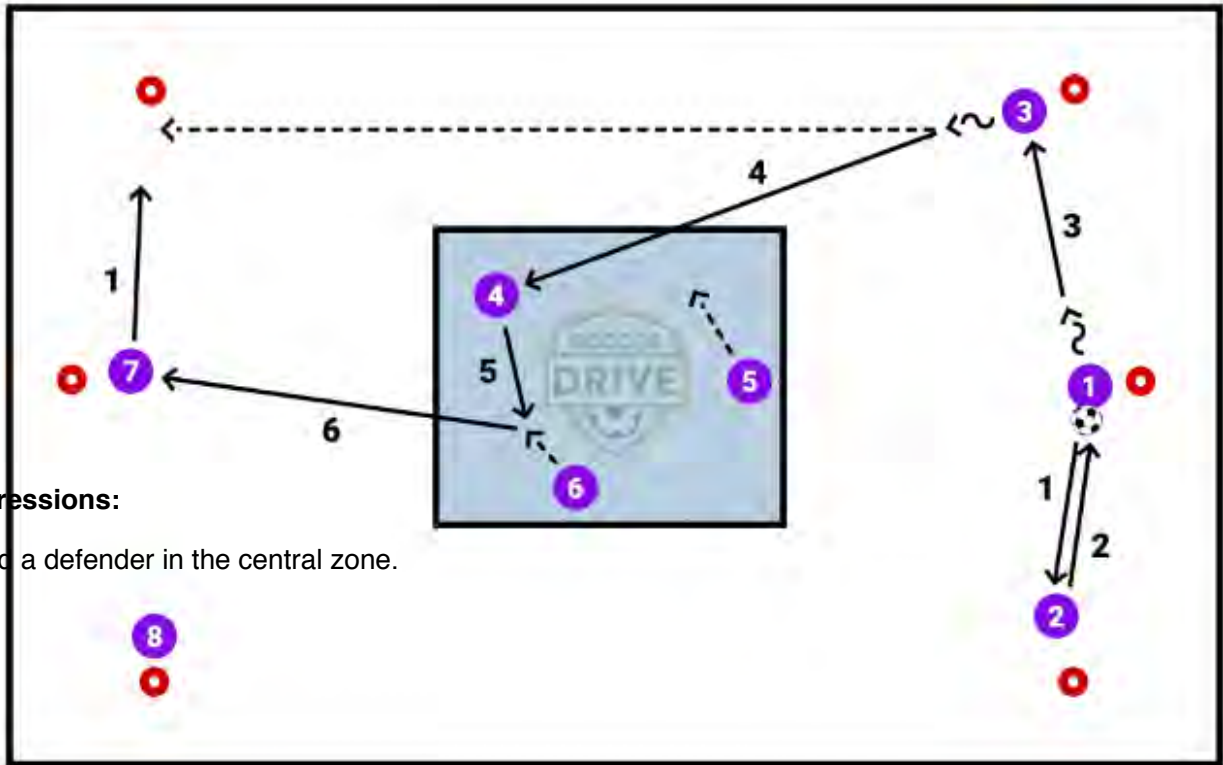
1. Progression 1 - Set up goals at both ends, run the same combinations with a finish on goal.

HEXA POSSESSION PASSING DRILL

Players Required:8

Balls Required:1

Goals Required:0



Progressions:

1. Add a defender in the central zone.

Set Up:

Six cones are set up in the shape of a hexagon (see diagram) with a small zone in the center. One side of the field has players at each cone, while the other side has an open cone in a corner. Three players are stationed in the small center zone, and must stay inside of the zone during play.

The drill starts with a double pass combination with Players 1 and 2. After receiving, Player 1 turns and passes to Player 3. From there the ball is transferred to the other side of the field by using the players in the central zone. One player in the central zone serves as the target for the first pass from Player 3, while the other two players support him. The target receives (Player 4), plays a back pass to a support player (Player 6), and he passes to the player on the middle cone (Player 7). Player 3 sprints to the opposite side after passing, and arrives at the empty cone in time to receive the last pass. Upon completion, the drill re-starts in the opposite direction.

Coaching Points:

1. Support the target player from the correct distance.
2. Support at an angle that sets up the next pass.
3. Look to make one touch passes whenever possible.

Progressions:

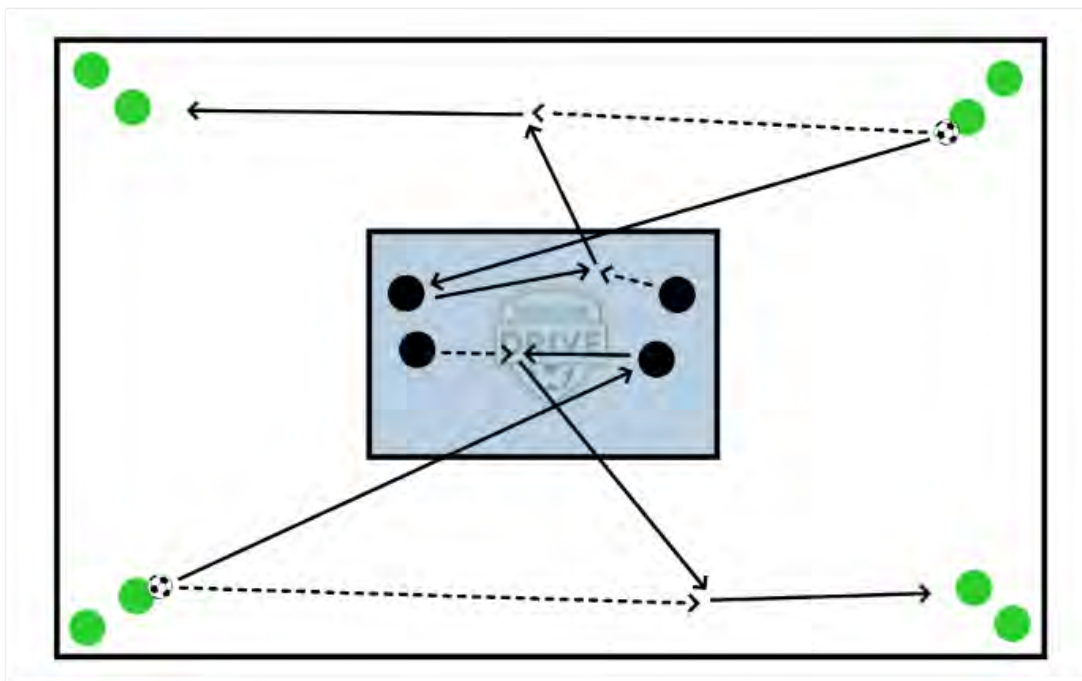
1. Add a defender in the central zone.

BIG SQUARE SMALL SQUARE PASSING SERIES

Players Required:12-14

Balls Required:1

Goals Required:0



Set Up:

During the drill, the players form two lines on opposite sides of the field. The lines are split in half so that there are 2 or 3 players in each corner. Four players are stationed inside of the small central zone, with two players working for each team. During the drill, the ball is played in an up, back, and thru pattern back and forth across the grid. The pattern starts with a pass from the corner into a target player in the central zone. The support player in the central zone drops behind the target in order to receive the back pass from him. Finally, the support player makes the thru pass to the player who struck the first pass, who has run from one corner to the other. Upon completion of the sequence, play re-starts in the other direction. after five minutes, new players are switched into the central zone.

Coaching Points:

1. The target player should push up the field as far as possible.
2. The support player should be able to reach a back pass made to the left or right.
3. All players looking to receive passes should call for the ball several times.

Progressions:

1. Using the same passing sequence, move balls counter-clockwise around the grid rather than back and forth. The pairs of players in the central zone will be responsible for moving the ball down two sides of the field.