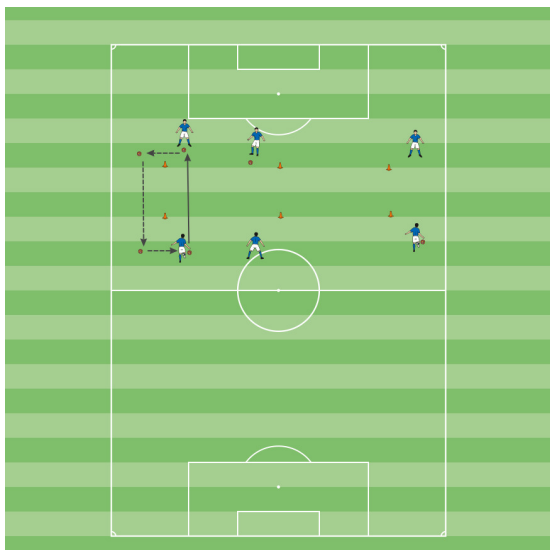



## TRAINING EXERCISE

### Control, Footwork, and Passing



 **Passing and Receiving**  
**Ball Control**  
**Coordination & Balance**

 **U12 to U18**

 **2 to 16 Players**

 **Cones, Balls**

 **Intensity: 5**

 **15:00 min**  
(4 x 03:00 min, 30:00 min rest)

#### Objective

Successfully shift the ball and play a pass into partner

#### Description

Place cones 8 yards apart. Players pass down the right hand side of the cones to their partner, who controls the ball with the inside of their left foot, bringing it over to the right with their first touch, and playing a pass back down the right. Should be controlled and passed with two touches. Progressions: Control with inside of right foot and pass with left, control with outside of right/ left and pass with right/ left, move cones further apart

#### Key Points

Good first touch to bring ball across body and cone to play pass, weight and accuracy of pass, player without ball should be on their toes in case of a poor pass