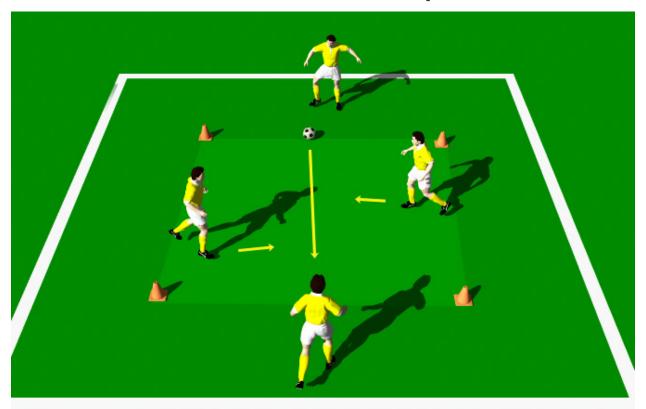


60 Seconds Pass and Sprint Drill



Objective of the Practice:

This drill will help improve a player's ability to "time the pass". In addition, it is a good fitness exercise for the two running players.

Coaching Points:

There are four players in the drill. Two players passing the ball and two players sprinting. The exercise last 60 seconds then they swap roles. The two players with the ball pass the ball back and forth trying to avoid the running players. They get 60 seconds to see how many passes they can make. The team with the greatest number of passes wins.

Players with the ball must look for opportunities to pass through the space between the two running players. Put their foot on the ball if there is traffic.

Alternate every 60 seconds. Challenge different players.

Field Preparation:

4 cones. Area 5 yards x 5 yards.