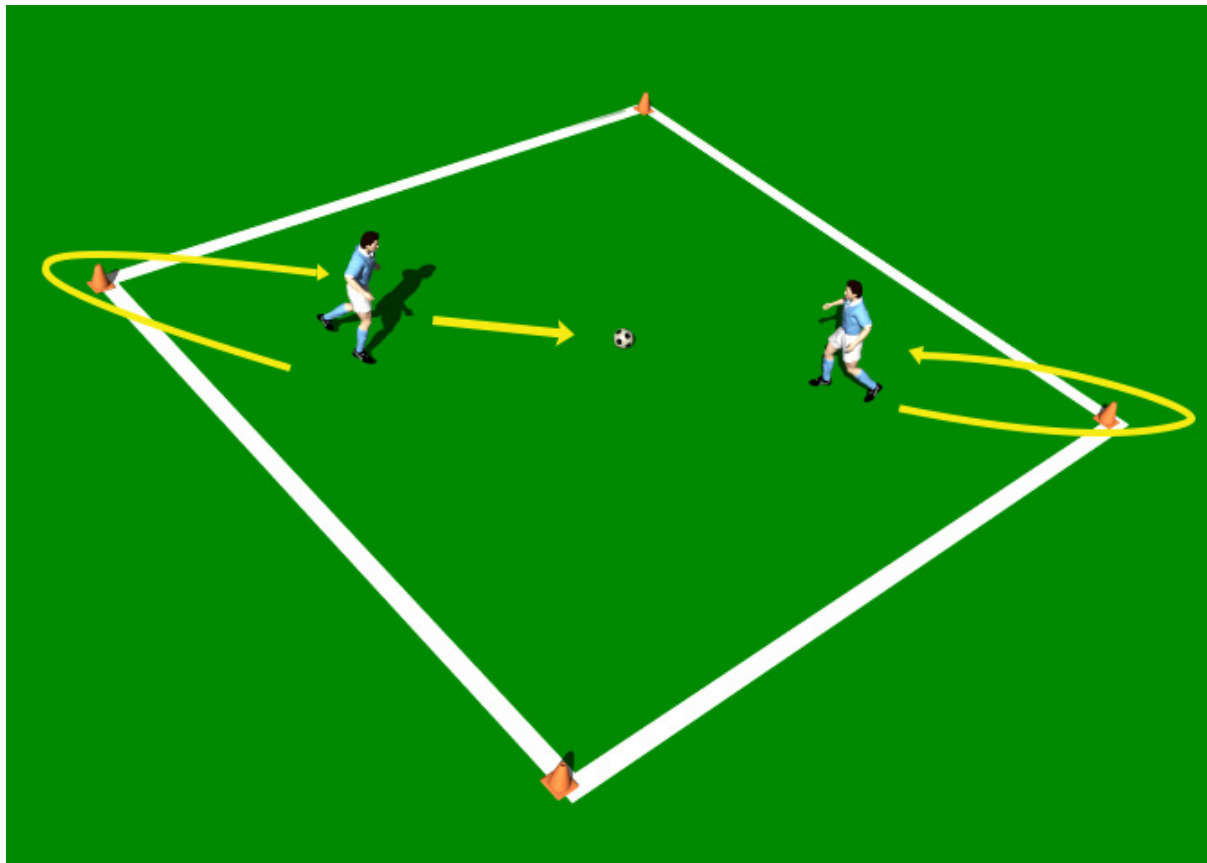


## Countdown Pass Sprint Drill



### **Exercise Objectives:**

This high intensity exercise will highlight each player's passing ability and change of speed and direction.

### **Coaching Pointers:**

Divide players into pairs, with one ball between two. On the coach's command, the players pass the ball back and forth 10 times then sprint around the cone behind them, then pass the ball 9 times and sprint. They repeat this sequence going from 10 passes to 1 pass. The first team to reach 1 pass wins.

### **Field Preparation:**

Entire Group divided into pairs.  
5 x 5 Yard squares.  
Cones, Balls.